

Third Nipple Removal

Surgery to remove extra or supernumerary nipples

What is Third Nipple Removal?

Third Nipple Removal is surgery to remove any extra, accessory, or supernumerary nipples. Extra nipples can occur in both men and women, with Mark Wahlberg, Tilda Swinton, and Lily Allen all rumoured to be affected.

Accessory nipples develop in the womb along the natural embryological milk lines and are often mistaken for moles or birthmarks. If you find your extra nipple embarrassing or unsightly, a simple operation can remove it and restore your body confidence.

Why have Third Nipple Removal?

Most third nipples are harmless, but they can leak milk or become sore around the time of your period. Extra nipples can safely be left in position for a lifetime-but if your nipple makes you uncomfortable or self-conscious, the specialist cosmetic surgeons at Bella Vou can help. They can carefully remove the nipple under anaesthetic, leaving a fine, discreet linear scar.

What happens in Third Nipple Removal?

At Bella Vou, Third Nipple Removal is performed under local anaesthetic. It is a day case procedure, so you will not need to stay in hospital overnight.

The cosmetic surgeon will make an incision around the areola. They will carefully remove an ellipse of skin containing the nipple and suture the wound closed. The stitches are absorbable and do not need removal.

The scar will be a fine line that follows the body's natural skin creases so that it is unobtrusive.

How long is the recovery from Third Nipple Removal?

After Third Nipple Removal, you should be able to go home the same day. The staff at Bella Vou will be on hand following surgery to offer you a drink or a snack and answer any questions.

It's sensible to take it easy and recover for the rest of the day, and you should avoid bending, exercise, and heavy lifting for two weeks. The stitches are usually absorbable and, therefore, do not require removing. Most people can return to work and daily activities after one or two days.

Quick glance guide to Third Nipple Removal

Procedure Time: 40-60 minutes
Recovery: 1-2 days
Anaesthetic: Local anaesthetic
Hospital stay: No
Treats: Removes any extra nipples

Why choose Bella Vou for your Third Nipple Removal?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Third Nipple Removal journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon. There is no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your body and receive an impartial professional opinion. Mr Amir Nakhdjvani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with your surgeon before proceeding to Third Nipple Removal. This will give you a chance to find out more about the procedure and to ask any questions you may have.

Preparation for Third Nipple Removal

You'll be given individual pre-operative advice to reduce your chance of bleeding or infection and support your healthy recovery. Let the team know if you're on any prescription or over-the-counter medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can affect healthy healing.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. As you'll be awake for your procedure, your surgeon will greet you, explain what will happen, and offer reassurance throughout the operation.

What happens during Third Nipple Removal?

The cosmetic surgeon carefully cleans the skin on the chest and injects local anaesthetic. Within a short time, the area will be numb. You may feel movement, but no pain.

The surgeon will make an elliptical incision in the skin around the areola. They will remove the skin containing the nipple, then suture the wound closed. The stitches are hidden under the skin and absorbable, so they will not need removal.

The wound will be a fine line, which follows the chest's natural creases so that the scar is unobtrusive. After surgery, it is protected with a simple dressing.

Recovery from Third Nipple Removal

You will usually be able to go home on the day of the procedure. The staff at Bella Vou will offer pain-relief, monitor your recovery, and provide support every step of the way.

After one week, the nurse and wound care specialist will remove the dressing and check your scars. You may experience some discomfort for the first few days, but this should be controlled with over-the-counter painkillers.

There is minimal downtime following extra nipple removal. Most people can return to work and normal activities after one or two days. The Bella Vou staff are always available if you have questions or worries at any time.

FAQs

Will I be left with a scar?

All surgery leaves scarring. Our surgeons will do their utmost to ensure the scar is as small and discreet as possible. Plastic surgeons, like the specialists at Bella Vou, are expert in making incisions and suturing in ways that minimises scarring.

Do I have to get my nipple removed?

It's entirely up to you whether you get your nipple removed. Many people are happy to live with their extra nipples; they're harmless and a natural part of their body. Other individuals find them embarrassing or ugly. Sadly, some people are teased because of any feature that makes them different.

If you don't like your nipple because of its size or location, then the experts at Bella Vou can offer advice and operate to remove it.