

MATTHEW POTTER

INVERTED NIPPLE CORRECTION

Benefits

A reduction in the inversion of the nipple, or the formation of a protruding nipple. This can often be undertaken as an out patient day case procedure and is undertaken under local anaesthetic. in a procedure that takes 30-120 minutes.

Risks

1. Infection - this can manifest itself as;
 - redness of the nipple or the surrounding skin,
 - pusious discharge,
 - pain
 - temperature
2. Scarring. These scars are placed about the nipple. These should heal well however some patients scar with raised scars such as keloid or hypertrophic scars. It is uncommon to have abnormal scars just to the nipple and poor scar formers would most often have a previous history fo such scarring. Hypertrophic and keloid scars around the nipple are rare.
3. Pain. Mr Potter uses a local anaesthetic cream applied to the area to limit the pain of the local anaesthetic injection.
4. Swelling - all post surgical wounds and sites will swell after the procedure - this should settle within a week if not less.
5. Bleeding and bruising. it is usual to have a small ooze of blood from the operative site following any form of surgery. If you feel that the area is becoming more painful and or distended/swollen then there may be the formation of a blood clot /haematoma. You should return to the operative hospital for a review and if need be removal of the blood clot.
6. Loss of the nipple/areolar complex. This is an exceptionally rare complication.
7. Over/ under done correction.
8. Redness/bruising. This is expected and should settle

at a week.

9. Return of nipple inversion. This can happen in the short term or long term. if short term this may settle or remain inverted in which case we will discuss the merits or potential for further surgery.
10. Numbness or altered sensation to the nipple. Most patients will notice altereddsnesation to the nipple following this form of surgery. This is likely to settle over time. Rarely patients have either increased or loss of sensation that is permanent.
11. Further procedures - if there are any imperfections or adjustments to be made Mr Potter and the hospitals in which he practices are more than happy to facilitate any further surgery to be sure you are happy with your final result.
12. Appearance of the nipple not in keeping with ones expectations.

The procedure

This is likely to be undertaken in a minor operating theatre.

The area will be numbed using a topical anaesthetic and then this topped up with injections.

The procedure takes approximately 30-45 minutes per side. The wounds are closed with sutures that dissolve of their own accord. Dressings vary according to the technique used. Ideally you will have dressings that allow you to shower the following day allowing the dressings to get wet and allowed to air dry.

Postoperative course

You will be discharged with oral pain relief which on average is only needed for two days.

The dressings applied to the wounds will simply start to peel off after a few days and these can be trimmed at home with ease.



MATTHEW POTTER

INVERTED NIPPLE CORRECTION

Post operative follow up

You will be reviewed at 7 days within your original hospital where the tapes will be removed. All sutures used will dissolve internally.

Mr Potter will review you after three weeks to assess your progress and he will give you regular reviews until all has fully settled and healed.

Do's and Don'ts

You should only return to driving when you have the strength to perform an emergency manoeuvre.

It is advisable to sleep on your back during the initial post operative course.

You should avoid strenuous exercise for 2 weeks.

you should avoid smoking until directed by Mr Potter that all is fine.