

# Aesthetics

## Inverted Nipples; an operation to make you proud!

Inverted nipples are a common cause of concern for some patients. They are often a problem that a patient has lived with for many years and are usually a benign problem. However, they can be the source of embarrassment and may interfere with a patient's life. Moreover, an inverted nipple can be a bit like a belly button and collect debris, which can lead to difficulty in keeping them clean and in some cases lead to an unpleasant odour.

Inverted nipples can be corrected with a relatively simple procedure done with the patient awake and under a local anaesthetic. It involves an injection around the areolar (the dark disc around the nipple) and isn't as painful as it sounds! Once the area is numb, the inverted nipple is released and 2 small triangular pieces of areolar (flaps) are used to support the nipple to stop it becoming inverted again. After stitching up the wounds, a dressing is applied that supports the nipples for 1 week. It usually takes 2-3 weeks for the area to settle completely. Results are immediately obvious and can be very natural-looking. Scroll down for before and after photos of the procedure and its effect.

It is important to note that if you have developed an inverted nipple recently when you have previously had normal nipples, this may be as a result of another problem in the breast and needs to be looked at by your doctor as soon as possible.

**Inverted nipples can be corrected by a simple procedure performed under local anesthetic.**



Pre-op inverted nipples

Post-op inverted nipples at 4 weeks

For more information visit: [www.thestratfordclinic.co.uk](http://www.thestratfordclinic.co.uk) or call: 01789 412 994