

CORRECTION OF INVERTED NIPPLES

What are inverted nipples?

Inverted nipples are a relatively common problem, occurring in approximately 2-10% of the population. It is a condition that develops when the nipples remain tethered by fibrous bands of tissue and cannot stand proud of the surrounding skin. It is a benign condition. There should only be concern if a nipple that is usually normal suddenly becomes inverted, as this could be a sign of an underlying breast problem.

What is the treatment for inverted nipples?

In order for the nipple to be released, the tissue that is holding the nipple down needs to be released. Many procedures have been described to achieve this aim, which suggests that none of them are perfect. The principle of the treatment is to make an incision at the base of the nipple, release the fibrous bands that are tethering the nipple and then put something under the nipple to support it. The support comes from either sutures or some surrounding tissue brought in to the area.

How does Mr Venus treat inverted nipples?

I use a technique that involves making 2 incisions at the base of the nipple, opposite to each other. A small triangle of skin is then raised on either side of the nipple from the areola. I make a tunnel under the nipple to release it and then place each triangle of tissue under the nipple to support it, preventing it from becoming inverted again. The small incisions are sutured and a dressing to protect the nipple is applied.

What are the downsides of the treatment?

As with any corrective procedure, there is always a possibility that the nipple becomes inverted again, but this is unusual. If this were to happen, the procedure would need to be repeated. When the nipple is released, some of the milk ducts that lead from the breast to the nipple are cut. This can reduce the ability to breast feed, which can be permanent. Although the scars usually heal well, and almost invisibly, they can sometimes be more prominent in some patients. The nipple will be permanently erect and the sensation can be affected.

What do I do after my inverted nipple correction procedure?

The dressing is shower-proof, and I encourage my patients to wash from the day after surgery. The dressing is removed after 1 week and the small sutures removed. The scars should be gently moisturised for up to 3 months post-op. The nipple often looks a little distorted after the surgery, but this settles in time.

If you have any questions about this procedure, please do not hesitate to contact me by email at info@mattvenus.co.uk