

St Andrews Centre for Plastic Surgery and Burns

NIPPLE RECONSTRUCTION

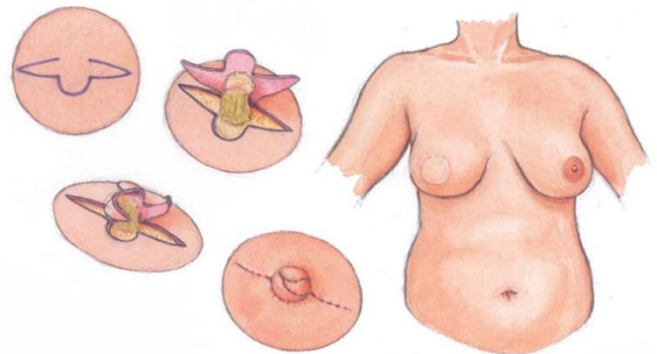


What is nipple reconstruction?

Nipple reconstruction is the making of the nipple projection on a reconstructed breast. This is normally done as one of the final stages in the breast reconstruction journey.

Alternatives to nipple reconstruction

Either; Leave / do nothing
 Prosthetic nipple
 3D nipple tattooing



How is the nipple made?

Nipple reconstruction is a surgical procedure, under a local anaesthetic as a day case.

The skin on the breast mound is cut and moved around to produce the projection usually with dissolvable sutures (stitches).

The projection is initially made larger than required as the projection often shrinks post operatively.

You will have small scars around the nipple projection. These scars can be disguised at the final stage of the process with nipple areola tattooing.

Aftercare

On leaving the hospital you will have a dressing on. This is to be kept intact and dry for approximately **one week**. An appointment will be made for you to attend dressing clinic (Nurse Led Breast Clinic) where the dressing will be taken down and a sponge applied. This is for protection only. You may then shower and change the sponge at home. The sponge protection should be worn for up to six weeks to give the best results.

Patient Information

Contacts / Further Information

If you would like further information about this leaflet please contact the:

Breast Reconstruction Nurses (Monday – Friday 8.30 till 16.30) 01245 516136

Mayflower Ward (24 hours) 01245 516303 or 01245 516304

Stock Ward (24 hours) 01245 516264 or 01245 516265

www.breastreconstructionawareness.org.uk

Please ask if you require this information in other languages, large print, easy read accessible information, audio/visual, signing, pictorial and change picture bank format via the following link <http://meht-intranet/clinical-pages/the-big-word/>



Mid Essex Hospital services NHS Trust is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Charitable donations can make a very real difference to the level of patient care at our Trust. The Breast Reconstruction Awareness (BRA) charity raises valuable funds to provide equipment and services above and beyond that which is provided by the hospital for the benefit of patients having breast reconstruction surgery. For information about making a donation please contact the Charities Office on 01245 514559 or the Breast Reconstruction Nurses on 01245 516136. All donations gratefully received. Reg. Charity N^o 1048542 (41AC)

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