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Patient Information Leaflet

Nipple Eversion Correction for Inverted Nipples

What Are Inverted Nipples?

An inverted nipple is a nipple that turns inward rather than pointing outward. This may affect one or both nipples and may be present from birth or develop later in life.

Inverted nipples may occur due to:

- Normal development
- Previous trauma
- Breastfeeding
- Scarring or shortened internal tissue bands
- Previous surgery
- Breast disease

Any new nipple inversion, especially if it occurs on one side only or is associated with a lump, discharge, skin changes or pain, should be assessed carefully before surgery.

What Is Nipple Eversion Correction?

Nipple eversion correction is a surgical procedure designed to release the shortened internal bands that pull the nipple inward. The aim is to allow the nipple to project outward into a more natural position.

This is usually a minor surgical procedure and may be performed under **local anaesthetic** or **general anaesthetic**, depending on the patient, the degree of inversion and the surgical plan.

How Is the Surgery Performed?

The procedure is performed through very short, inconspicuous incisions placed at the edge of the inverted nipple.

Through these small incisions, the shortened bands tethering the nipple are gently released. Care is taken to preserve the milk ducts as far as possible, although this may not always be guaranteed depending on the severity of the inversion and the amount of release required.

Fine sutures are then placed to help maintain the nipple in an everted position.

Protective Splint

After surgery, a protective splint or dressing is used to support the nipple and help maintain its position while healing takes place.

This splint is usually worn for approximately **4 weeks**, unless otherwise advised by your surgeon.

Recovery

Most patients recover well after nipple eversion correction. You may experience mild swelling, bruising, tenderness or sensitivity around the nipple after surgery. These symptoms usually improve gradually.

You should avoid pressure or trauma to the nipple area during the healing period. It is important to follow all wound care and dressing instructions carefully.

Scarring

The incisions are very small and are placed at the edge of the nipple, making the scars usually discreet and inconspicuous once healed.

As with all scars, they may initially appear red or firm and will gradually mature and fade with time.

Breastfeeding Considerations

Care is taken to avoid damaging the milk ducts. However, depending on the severity of the inversion and the amount of surgical release required, there may still be a risk of interference with breastfeeding.

This should be discussed with your surgeon before the procedure, especially if future breastfeeding is important to you.

Possible Risks and Complications

As with any surgical procedure, nipple eversion correction carries potential risks. These may include:

- Bleeding or bruising
- Infection
- Delayed wound healing
- Scarring
- Altered nipple sensation
- Persistent tenderness or sensitivity
- Partial or complete recurrence of nipple inversion
- Difficulty with breastfeeding
- Asymmetry between the nipples
- Need for revision surgery

Recurrence is possible in a small percentage of patients, particularly in more severe cases.

Follow-Up

Follow-up appointments are important to monitor healing and ensure that the nipple position is maintained. Please contact the practice earlier if you notice increasing pain, redness, swelling, discharge, fever, wound breakdown or any other concerns.

Important Note

Every patient is different. The cause and severity of nipple inversion vary from person to person. A thorough assessment with Dr Chen is required to determine the most appropriate treatment plan and to exclude any underlying breast condition before surgery.