FAQ

(Nippleplasty)

**What is Nippleplasty?**

Nipple malformation can bring about negative effects, such as lack of self-esteem or difficulty in breastfeeding. There are other more or less effective treatments you can try to correct this, such as massages to stimulate the area or the use of ‘pumps’ for breast milk. However, in some cases, these do not get the hoped results, and when that’s the case, you can resort to Nipple Plasty.

**What causes nipples to be malformed?**

Inverted nipples are usually caused by a lack of galactophorous canals (lactic canals) or by their retraction, which impedes their projection. These look ‘cupped’ or as if they are divided in two. The Nipple Plasty is a procedure aiming to ‘correct’ this malformation when other methods have failed. You can also do this operation to alter nipples who appear to be ‘too big’ or too long.

**Would I be able to breastfeed after the procedure?**

Nipple Plasty does not guarantee that you’re able to breastfeed in the future, since that depends on how many lactic canals are preserved. This however is a ‘relative’ problem, since most women with inverted nipples are already unable to do so before the procedure.

**How long is the duration of the procedure?**

Approximate duration is 1 to 2 hours

**What kind of anesthesia will be used?**

Local anesthesia with or without sedation

**How much time will it take to recover?**

You’ll be released in the same day, but it will take 3 to 4 weeks for full recovery.

**Any tips I should consider after the surgery?**

* You can shower normally from the next day but should avoid the sea or the pool for 3 to 4 weeks.
* Any sensitivity loss is normal but temporary.