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The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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Role: Nurse Practitioner  
Date written: September 2006  
Last reviewed: February 2017  
Review date: February 2020  
Version: 2.3  
Code: PI0438

## **Nipple Surgery** (page 1 of 2)

A nipple is usually re-constructed following previous breast surgery.

There are several different options to building a new nipple

- a skin graft
- using existing skin around the nipple (called a Skate Flap), or
- skin from elsewhere on your body.

Your surgeon will discuss and agree with you the option that best meets your needs. This operation can be done under general or local anaesthetic.

Your new nipple will have no feeling and will not react to stimulation or changes in temperature. An improved colour match may be achieved by tattooing at a later stage.

This operation is normally done as a day case, rarely an overnight stay will be necessary.

You usually will come to a Pre-admission Clinic appointment 2 - 4 weeks before your surgery. Here you will have various tests, a full health assessment and explanation of your surgery.

If you not have a Pre-admission Clinic appointment, all of these things will be done on the day of surgery.

### **Complications**

#### **Infection**

There is a very low risk of infection with this operation. However if you notice redness, increased pain or any discharge, please telephone the Dressing Clinic on 01722 336262 ext 3254 for advice. You may be asked to come to the clinic or see your GP for a course of antibiotics.

#### **Scarring**

All surgery leaves a scar. The scar will be red, itchy and tender at first. This is normal. Scars can take up to a year to settle.

#### **Wound breakdown**

Occasionally the wound may take longer than expected to heal, and the wound may come apart. If this happens the wound may be left to heal with dressings or re-stitched but your surgeon will discuss this with you.

**Day Surgery Unit**  
**Tel: 01722 336262 ext. 4554**

## **Bruising (haematoma)**

Some bruising will occur. If too much bleeding happens, blood can sometimes collect under the skin (this is known as a haematoma). The treatment will depend on the amount and will be discussed with you when your wound is checked.

## **Asymmetry**

It is difficult to make the new nipple match exactly to the existing nipple.

## **Pain**

If you experience any pain or discomfort, take your painkillers. Please follow the instructions on the packet. If the pain increases speak to your GP or telephone the Plastic Outpatient Department for advice.

## **Swelling**

There will be some swelling after the operation. This should settle after the first week.

## **Follow-up**

You will be seen in the Dressing Clinic seven to ten days after your operation. At this time the dressing will be removed, the wound checked and stitches removed if needed.

You will be sent an appointment to be seen again in the Plastic Outpatient Department three months after the operation.

## **Clothing**

It is advisable to wear a bra during the day and night for the first two weeks after the operation. This will help to keep the dressing in place. Care should be taken when selecting a bra, make sure that it is a good fit so that the new nipple does not rub.

## **Exercise**

Please avoid any vigorous exercise in the first month until the graft is fully healed. Because your new nipple has no sensation, if it is rubbing against any underwear, you will not be able to feel it.

## **Further information**

If you need further advice please contact:

Day Surgery Unit 01722 336262 ext. 4554 between the hours of 7.30pm and 7.00pm.

Plastic Surgery Outpatients 01722 336262 ext. 3254 between the hours of 8am and 5pm.

Laverstock ward 01722 336262 ext. 4312.

Day Surgery Unit

Tel: 01722 336262 ext. 4554