CAOLÍN

PATIENT INFORMATION

INVERTED NIPPLES

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We encourage you to read this guide thoroughly and note down any questions you may have before the pre-examination.

PRE-EXAMINATION

Before deciding on surgery, you will meet with our surgeon for a pre-examination. Here, you will discuss your expectations, and the surgeon will assess what will give you the best result. At the same time, you will receive a thorough review of your options and the risks always associated with surgery. The surgeon will also ask about your health to ensure that you are suitable for the procedure.

Based on your expectations and the surgeon's recommendations, you will plan your operation together.

You are very welcome to bring a relative to the pre-examination, as there is much information to consider.

According to the law, you must have 7 days of reflection after the pre-examination before giving your final consent to the surgery.

EXPECTATIONS

For surgery on inverted nipples at Caolín, the procedure is tailored to your individual shapes and desires.

It is also important to remember that surgery carries a certain risk of complications and that the final result may not always live up to your and the plastic surgeon's expectations and wishes.

If you are very overweight or underweight, there is an increased risk of complications with wound healing. Therefore, it is not certain that we can offer you surgery.

PREPARATION

Before the surgery, you must:

- Stop taking aspirin-containing drugs like Magnyl, Aspirin, Ibuprofen, and Treo one week before the operation.
- Avoid herbal medicine, especially fish oil, ginger, and vitamin D, as they can increase the risk of bleeding. Stop all herbal medicine three weeks before surgery.
- Blood-thinning medication may need to be paused. This will be agreed upon with the surgeon during the pre-examination.
- Smoking should cease at least 4 weeks before and 6 weeks after surgery. Smoking can negatively affect the cosmetic result, increase the risk of infection, and is generally bad for your health. We often decline to offer surgery to smokers.

It is a good idea to stock up on groceries and prepare meals before surgery, so you can focus solely on recovery afterward.

On the day of surgery, you should take a shower with thorough soap washing of the body and hair. Avoid using body lotion or cream on the area to be operated on. Dress in loose, comfortable clothing, preferably a zip-up blouse and flat shoes. Remove and leave at home any jewelry or piercings.

ANESTHESIA

The operation can be performed under local or general anesthesia. This will be planned with the surgeon during the pre-examination.

If you are to be operated on under local anesthesia, only the area will be numbed, and you can go home immediately after the operation.

If the surgery is to be performed under general anesthesia, you must fast for 6 hours before the operation (no eating, not even chewing gum, smoking, or similar).

You may drink water and sugary juice in small amounts up to 2 hours before the operation, but no milk, juice, etc.

It is very important that you follow the fasting rules, as it can be dangerous to anesthetize you if you are not fasting, and the operation will therefore be canceled.

OPERATION

During the operation, an incision is made on each side of the nipple in the areola. From this incision, the ducts that are tethered are cut over, so the nipple is no longer inverted but sits normally. The incision is sutured in depth with dissolvable stitches to reduce the risk of the tethering reforming. The skin is sewn with a thin nylon thread. A large bandage is placed to protect the area and minimize the risk of the tethering reforming.

AFTER THE OPERATION

If the surgery was performed under local anesthesia, you can go home immediately. You are allowed to drive a car.

If you have had general anesthesia, you will be taken to the recovery room, where the nurse will monitor and care for you.

You will be given food and drink, as well as pain relief if needed. Depending on the extent of the surgery, you may be discharged after a few hours.

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Before going home, the plastic surgeon and nurse will review post-operative precautions with you and answer any questions so that you feel confident.

You must not drive yourself home, so it's a good idea to arrange for someone to pick you up.

The days following the operation
If the surgery was performed under general anesthesia, you will feel tired and weak during the first 24 hours, and you may experience nausea and dizziness. We recommend that an adult stays with you for the first 24 hours.

It is important to rest during the first few days after the operation and generally listen to your body's signals to reduce the risk of bleeding and swelling. Ensure you drink plenty of fluids and eat a sensible diet.

PAIN

This surgery is generally associated with relatively little pain.

Local anesthesia is applied to the wounds during the operation, which will last for a few hours afterward. You will be prescribed Panodil and Ibuprofen tablets, which you should take together four times a day.

ACTIVITY

You should avoid strenuous exercise for the first 4 weeks after surgery, but it is important to keep your body moving with light activities such as short walks. You should avoid driving until you can safely control the vehicle and no longer need strong painkillers. Always remember to wear a seatbelt, whether you are the driver or a passenger.

WORK

You can resume work immediately after the operation, unless your job is physically demanding, in which case you should wait about 2 weeks.

SLEEPING POSITION

You should not sleep on your stomach for the first 2 weeks, as the nipples must not be subjected to pressure.

BATHING

You will have a so-called 'chimney dressing' to prevent pressure on the nipple. This dressing should not get wet and must remain in place until your follow-up appointment with the nurse.

You can take a sponge bath or shower but avoid getting the dressing wet.

BLEEDING

Slight bleeding, bruising, and swelling around the nipples are entirely expected and will subside within the first two weeks.

A minor bleed can usually be stopped by resting and applying firm, constant pressure (possibly with something cold) to the area for about 15 minutes. In any case, contact the clinic if you experience sud- den or heavy bleeding, swelling, or pain.

SCARS

The scars after the operation will typically be red and swollen but will subside within 6-12 months. The scars will often become narrow and light over time, but in some individuals, the scars may become wide and darkly pigmented. You can apply nourishing cream to the scars once they are fully healed.

Avoid smoking, as it increases the risk of infection, slow healing, and unsightly scars.

FOLLOW-UP

After 10-14 days, you will have a follow-up with the nurse. The dressing will be removed, and we will check the wounds and remove any stitches.

New tape will be applied and provided, you should replace them every 10-12 days for about 3 months after the operation. The tape helps keep the scars narrow, flat, and level with the rest of the skin. We will discuss how you should care for your scars, any pain, etc.

You will be offered a follow-up appointment with the plastic surgeon 3-6 months after the operation.

If you encounter any problems before then, you are, of course, always welcome to contact us.

CONTACTING THE CLINIC

You will be given a phone number upon discharge to contact the clinic 24/7 in case of urgent needs. You can also expect a call from a nurse the day after your surgery to ensure you are doing well and to answer any questions. If your surgery takes place on a Friday, Saturday, or public holiday, you will be contacted by phone on the next business day.

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COMPLICATIONS

- Infection: Infections are very rare. Symptoms typically appear after about a week and include redness, warmth, swelling, throbbing pain, and possibly fever. Should an infection occur, you will be treated with antibiotics.
- Swelling and bruising: These are expected and will subside within the first few months.
- Unsightly scarring: Scars vary greatly from person to person. Most scars will eventually become neat and white, but some people tend to develop red and thick scars, also called hypertrophic scarring. This process can take several years.
- Bleeding: In very rare cases, bleeding may occur in the operated area. If this happens, it may require a new operation, which can affect the final result.
- Hematoma: A blood accumulation can occur within the first 24 hours after surgery, though this is rare. A hematoma may, in some cases, require a new operation but will usually not affect the final result.
- Reduced sensation: You may experience sensory disturbances and reduced sensation in the nipples. This usually disappears within 6-9 months, but in some cases, it is permanent.
- Tissue death: In the event of tissue death, parts of the skin lose their blood supply and die. Should this occur, surgical removal or natural healing from within may be required. This will be assessed by the surgeon. If you are overweight or a smoker, the risk is higher.
- Asymmetry: Many people naturally have a slight asymmetry of the nipples. In some cases, this asymmetry can be corrected during the operation, but a slightly uneven result is to be expected.
- Breastfeeding: After the operation, you should expect not to be able to breastfeed. Therefore, it is a good idea to wait with the procedure until you no longer wish to have children or breastfeed.

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