

# AREOLA REDUCTION PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice.)*



# Information For Patients

This booklet provides information to help you decide whether to have areola reduction surgery. It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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## What is Areola Reduction?

Areola reduction is a surgical procedure designed to decrease the size of the pigmented area surrounding the nipple (the areola).

Areola size may increase due to genetics, pregnancy, breastfeeding, weight changes or ageing. The procedure reshapes the areola to achieve a size that is more proportionate to the breast.

Areola reduction can be performed as a standalone procedure or combined with other breast surgeries.

## Why Consider This Procedure?

You may consider areola reduction if you:

- Feel the areolae are disproportionately large
- Notice stretching after pregnancy or weight changes
- Have asymmetry between the two sides
- Are seeking improved breast proportions

The procedure aims to create a more balanced and natural appearance.

## Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Disclose all medications, supplements and medical conditions
- Maintain stable weight prior to surgery
- Follow any fasting instructions if required

Your surgeon will review your medical history and discuss the treatment plan during consultation.

# Your Treatment Journey (International Patients)

## Initial Assessment

Your medical history, photographs and treatment goals are reviewed.

## Travel Arrangements

Airport pickup and accommodation are coordinated through the treating hospital.

## Pre-Operative Appointment

You will attend a consultation for examination, surgical planning and consent confirmation.

## Surgery Day

The procedure is usually performed in a clinic or hospital setting.

## Post-Operative Stay

Most patients return to their accommodation on the same day.

## Return Travel

Patients are generally advised to remain abroad for several days before travelling home to allow for follow-up.

## The Procedure

During areola reduction surgery, excess pigmented tissue is removed from around the edge of the areola. The remaining skin is then sutured to create a smaller, more proportionate circle.

Incisions are typically placed around the perimeter of the areola, which helps conceal scars within the natural colour transition between areola and surrounding skin.

The procedure is commonly performed under local anaesthesia with sedation, although anaesthesia may vary depending on the surgical plan or if combined with other procedures.

Surgery typically takes 1 to 2 hours.

# After the Operation

After surgery you may experience:

- Mild swelling
- Bruising
- Tenderness around the nipple area
- Temporary changes in sensation

Dressings are usually applied to protect the area during early healing.

## Recovery and Expected Results

### First Week

Swelling and mild discomfort are common.

### Weeks 2–3

Most swelling improves and daily activities can usually resume.

### Weeks 4–6

The areola shape becomes more settled and results become clearer.

Scars typically fade over time but do not disappear completely.

## Aftercare Instructions

You may be advised to:

- Wear a supportive bra as instructed
- Avoid strenuous activity for several weeks
- Keep the surgical area clean and dry
- Avoid pressure on the chest area
- Attend follow-up appointments

Following aftercare instructions supports proper healing.

## Potential Benefits

Areola reduction may:

- Improve breast proportions
- Reduce areola size
- Improve symmetry
- Enhance overall breast appearance

Results vary between individuals.

## Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications may include:

- Infection
- Bleeding
- Changes in nipple sensation
- Scarring
- Asymmetry
- Changes in pigmentation
- Need for revision surgery

Your surgeon will discuss potential risks during consultation.

# Procedure-Specific Considerations

## Combination Procedures

Areola reduction is often performed together with breast lift, augmentation or reduction.

## Breastfeeding

Future breastfeeding ability may be affected in some cases.

## Scar Visibility

Although scars are placed at the areola edge, individual healing varies.

## Symmetry

Perfect symmetry cannot always be guaranteed.

## When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing redness or swelling
- Fever
- Severe pain
- Excessive discharge from the wound
- Sudden changes in breast appearance

## Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for areola reduction?
- Will this procedure be combined with other breast surgery?
- What results are realistic for my case?
- What type of anaesthesia will be used?
- What is the expected recovery timeline?

## Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

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