





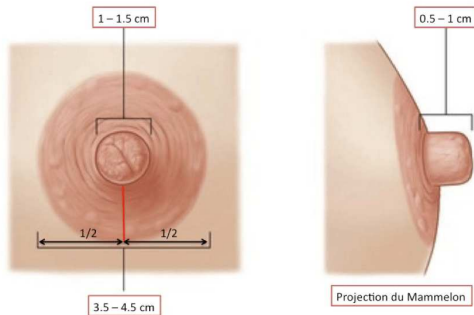


Nipple augmentation by hyaluronic acid or fat transfer

-  **Duration: 25 minutes for fillers/ 45 minutes for lipofilling**
-  **Anesthesia : local**
-  **Hospitalization : no**
-  **Results : immediate**
-  **Recovery : immédiate**
-  **Price : from 1000 CHF for fillers. From 2900 CHF for lipofilling**

Ideal anatomy and proportions :

The ideal areola is 38-45 mm in diameter. The nipple should be centered at the areola and should be 10-15 mm in diameter and 5-10 mm in projection.



Some patients have sagging nipples, nipples that are too large or areolas that are too wide. All these anomalies, which can be a source of great complexity, can be corrected by surgery. Concerning sagging nipples, they can be corrected with hyaluronic acid or fat (lipofilling).

Technique :

Hyaluronic acid : filling with a needle for more precision after local anesthesia

Lipofilling : fat harvesting (often inner knee or abdomen) under local anesthesia (no pain with an appropriate anesthesia), decantation and specific preparation of the fat (thus recovering part of the purified fat, rich in stem cells) and then reinjection by the same technique as hyaluronic acid.

Results :

Time frame for final results :

Hyaluronic acid: immediate

Lipofilling: 7-10 days after a period of swelling

Longevity of results :

Hyaluronic acid: 3-12 months

Lipofilling: 5-10 years

Before surgery :

Stop smoking 1 month before lipofilling

Do not take Aspirin 10 days before surgery, inform Dr. Lucas of any anticoagulant medication (Sintrom, Coumadin, Eliquis, etc.) to arrange for its discontinuation or replacement.

Take Arnica capsules 5 times a day for 5 days before surgery to prevent hematoma.

Contraindications hyaluronic acid: autoimmune diseases, pregnancy, breastfeeding.

Contra-indications lipofilling: pregnancy, breast feeding

Intervention :

Pain : pain during the procedure will be almost non-existent, with an appropriate anesthesia

Duration of the procedure: 25 minutes for hyaluronic acid, 45 minutes for lipofilling

Anesthesia : local

Location : office for hyaluronic acid, operating room for lipofilling

Ambulatory (without hospitalization)

After surgery :

Post-operative pain : 1/10 often responding to Dafalgan

Social eviction :

Hyaluronic acid: no (discrete swelling for 24-48h)

Lipofilling: swelling and hematoma for 4-7 days

Suture removal: no sutures

Return to work: immediate

Return to sports: 2-3 days

Instructions :

Desinfection with Merfen disinfection for 7 days.

Preventive antibiotic therapy Augmentin 1 g twice a day for 3 days.

Do not compress the fat injection zone if lipofilling (risk of fat loss) for 3 weeks.

Shower from the 2nd day: for 10 days do not rub the nipple, dry with a clean cloth by dabbing.

Stop smoking permanently to prevent fat and hyaluronic acid resorption.

Lyman 50,000 IU cream twice a day on fat collection areas.

Dr. Lucas control 2 days, 1 week, 3 weeks, 3 months.

Complications :

- Infection, hematoma, asymmetry, under or overcorrection.

- Intravascular emboli

- Breastfeeding: there is no consequence on breastfeeding, the patient can breastfeed after a breast augmentation by prosthesis

Alternatives and operations that can be combined:

Nipple augmentation can be combined with breast augmentation

Dr Dominique Lucas

Chirurgien plasticien et esthétique FMH, EBOPRAS

Ancien Chef de Clinique universitaire CHUV

Membre FMH (Fédération médicale helvétique), KCCS (Korean Society of Cosmetic Surgery), ISAPS (International Society of Aesthetic Surgery), AMGE (association Médecins canton Genève)

Drlucasplasticsurgery@gmail.com

+41 77 992 95 97

Boulevard Helvétique 26, 1207 Genève

