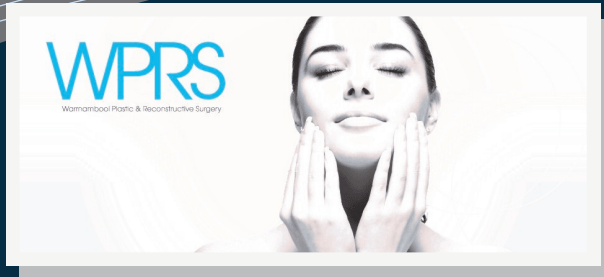


this issue

Let us answer some questions you may have

- **What can be done about inverted nipples?**
- **What are Tuberos breasts?**



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Inverted nipples. What can be done about them?

Inverted nipples affect approximately 2% of women. It tends to occur unilaterally more commonly than bilaterally.

Most common cause is congenital with a lack of connective tissue below the nipple and tethering of the ducts to the nipple. Secondary causes include Breast cancer, mastitis, scarring of nipple post breast feeding and surgery. Inverted nipples cause functional problems with breast feeding and hygiene as well as cosmetic and psychological concerns.

Inverted nipples are classified into:

Grade 1: Nipple easily pulled out and will project without traction

Grade 2: Nipple can be pulled out but retracts without tension

Grade 3: Nipple unable to pulled out

Treatment depends on the grade. Grade 1 can be treated with a nipple ring. Grade 2 and 3 will require surgical intervention to correct the inversion. Goals of surgery are to restore adequate nipple projection and preserve ducts to nipples to allow women to breastfeed if they wish. Loss of nipple sensation and inability to breastfeed following surgery are risks.

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Tuberous breasts? What are they?

Tuberous breasts are defined as constricted breasts both in length and width with herniation of breast tissue into hypertrophied areola. This may or may not be associated with hypomastia. It affects approximately 80% of women presenting for breast augmentation or lift.

Clinical features are enlarged areolar, protrusion of gland into areolar, constricted breast base, high infra-mammary fold, breast ptosis and breast hypoplasia. It is a congenital condition thought to be related to a constricting ring of fascia that prevents breast development. The breast deformity only becomes evident at puberty.

There are four grades of severity (Von Heimberg) with severe breast constriction and minimal breast base being the most severe and also the least common.

Goals of surgery are to create aesthetically pleasing and symmetrical breasts. This often involves a breast lift combined with augmentation to achieve the desired result.

In more severe case breast expansion of the pocket is required before augmentation.



HAPPY
1st
BIRTHDAY
to
HUGO TOMA!!