

# Nipple prosthesis

## Breast Care Service

### Patient Information Leaflet

#### Introduction

This leaflet has information on what a nipple prosthesis is and how to look after it.

#### What is a nipple prosthesis?

During a mastectomy and breast reconstruction, the natural nipple and areola is lost. Our maxillofacial laboratory can make a nipple prosthesis for you from a soft medical grade silicone, to attach to your reconstructed breast. It is soft, lightweight and custom made to match your existing nipple areola in size, shape, colour and projection.

#### What are the benefits?

It is a good option if you decide you do not want to have another operation to make nipples. The custom made nipple prosthesis can be made to look like your existing nipple and areola.

#### What does a nipple prosthesis look like?

Picture one shows an example of a ready-made nipple areola prosthesis of an average shade. Picture two shows examples of our custom made nipple areola prostheses, fabricated and colour matched to the patient.



Picture 1 – a ready-made nipple prosthesis



Picture 2 – custom made nipple prostheses

## **How does it stay on?**

The back of the prosthesis is naturally tacky and will stay on your skin with a thin layer of Vaseline. The edges of the prosthesis are very thin and 'feathered' to blend into the skin. If you want, you can also use a water-soluble medical adhesive (like glue) that we can provide for you.

## **When and how often can I wear it?**

You can wear your nipple areola prosthesis as often as you like. If you apply adhesive, it should stay on the skin whilst showering, swimming and sleeping. However, if it is exposed to hot water for a long period of time, for example soaking in a hot bath, it may loosen.

We recommend that you remove your prosthesis for a few hours a day, to keep your skin healthy and allow it to breathe.

## **How do I look after it?**

You can clean your prosthesis in warm water with a mild soap, to remove any adhesive residue. Soaking the prosthesis in warm water helps to loosen the adhesive. You can remove the adhesive by gently rolling it off the prosthesis, using your fingertips.

## **What happens if I lose it?**

If you lose your prosthesis, contact the Maxillofacial Laboratory. We keep a record of the impression, mould and shade match of your prosthesis, so we can make another one for you.

If you have any questions, or you would like more information, please contact:

Zaine Ahmed Maxillo facial Prosthetist/Manager  
01384 244386 (8.30am to 4pm, Monday to Friday)  
Maxillofacial Laboratory  
Ground Floor, West Wing  
Russells Hall Hospital

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email [patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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