

## 他院での乳頭乳輪縮小術後、乳頭隆起の消失を来し 乳頭形成術を行った症例

Nipple reconstruction in a patient experiencing loss of nipple projection after undergoing nipple and areola reduction performed by another clinic

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### 抄録

【はじめに】今回我々は他院美容外科にて乳輪縮小術を3回、乳頭縮小術を1回施行された後に、乳頭隆起が殆ど消失した症例に対し、乳頭形成術を行い、良好な結果を得たので、若干の文献的考察を踏まえて報告する。

【方法 結果】術前初見では乳頭の高さは約2mm程度と非常に低く、乳頭周囲切開による乳輪縮小を繰り返したことによる瘢痕拡大を伴っていた。乳頭基部周囲の瘢痕を風車状に三箇所 of 局所皮弁を全周性にデザインし、この小さな瘢痕皮弁を乳頭頸部に巻きつけるようにして乳頭隆起を形成した。術後半年以上経った現在も隆起は保たれており、創部も目立たず経過は良好である。

【考察 結論】Lewis法のように乳頭周囲を切開して乳頭隆起を調整する手術手技では、過剰切除を行った場合に本症例同様に隆起が失われる可能性が危惧される。また、乳頭周囲の乳輪をドーナツ状に切除し、乳輪を縮小する方法は乳頭基部は瘢痕化し拡大し、乳輪がまた拡大し効果がないばかりか、乳頭が扁平化してしまう合併症に見舞われる。

術前の乳頭乳輪形態、希望の大きさを十分に検討したうえで、適切なデザイン、術式を選択する事が非常に重要と考えられた。

### Abstract

【Introduction】We performed nipple reconstruction in a patient who had experienced almost complete loss of nipple projection after undergoing three areola reduction surgeries and one nipple reduction surgery performed by another aesthetic clinic. A favorable outcome was achieved. We herein report this case with a review of the relevant literature.

【Methods/Results】At the initial pre-operative examination, the nipple height was quite low at about 2 mm and there were scar contractures resulting from multiple areola reduction surgeries done by cutting around the nipple. Based on the pre-operative assessment in collaboration with Dr. Sakai, we made incisions around the nipple to remove scar tissues and release the contractures. Then, local flaps were designed circumferentially to create nipple projection. To date, six months after the surgery, the nipple projection has been maintained and the surgical scar is not noticeable, showing a favorable post-operative outcome.

【Discussion/Conclusion】With respect to the Lewis method and other surgical techniques that involve incisions around the nipple to adjust nipple projection, there are concerns that excessive incisions may lead to the loss of projection. Additionally, frequent areola reductions performed by making incisions at the base of the nipple may increase the risk of nipple deformation due to scar contractures.

It is considered to be absolutely vital to fully consider the forms of the nipple/areola and to confirm the desired size prior to surgery, in order to select the appropriate design and procedure.