



## breast reduction (*mammoplasty*)

When considering cosmetic surgery, it is important that you are fully informed on all aspects of the procedure that you are seeking.

### What is breast reduction?

In breast reduction (reduction mammoplasty) breast tissue and skin are surgically removed in order to decrease the overall size of the breast and to produce an more comfortable, youthful breast contour.

### Why do women seek breast reduction?

- To achieve aesthetically pleasing breasts and increase their confidence, enabling them to improve their choice of fashionable clothes etc.
- To relieve them of excess weight associated with large breasts and the pain and discomfort they produce.
- To facilitate their participation in sports etc.
- For reasons of hygiene, especially in cases where persistent moisture under the breast gives rashes.

### What to think about at this stage?

It is important that, before you see the surgeon, you consider what you are trying to achieve from your surgery. In particular, consider what size you would like to be, taking into account your general body shape especially your upper torso. Appreciate also that breast reduction is a major surgical operation.

### How is breast reduction performed?

- The operation is performed under general anaesthesia.
- It takes about three to four hours.
- Most patients stay in hospital for one to two nights.
- If your work is not physical, expect to return to work after three weeks.
- Expect to resume normal activities within four to six weeks.

As with most surgical procedures, there are many options, depending upon the patient's wishes, technical considerations and the surgeons' preferences. At consultation, the surgeon will advise on the best option for you. However, basically the incisions and hence scars will run around the areola, then vertically down from the areola to the crease under the breast and the horizontally along that crease. For women requiring only a moderate reduction in breast size, this can be undertaken through a vertical incision only with appreciable 'gathering', which may take a long time to settle.



# Profile

cosmetic surgery

## Following the operation

As with all surgery, you must expect to feel bruised and sore. Your breasts are likely to be swollen. You may be asked to sleep on your back and to avoid straining or bending for a few weeks. You have to wear a support bra for six weeks. Most patients are able to fully resume normal activity within four to six weeks.

Any sutures are removed after seven days. The scars will fade over a period of time. In many women, they heal to form very faint white lines in twelve to eighteen months. However, it is important to remember that no surgical scar ever totally disappears. Most women consider the scarring of breast reduction to be more than acceptable trade-off for the significant disadvantages of their large heavy breasts.

## Risks and complications

Whereas cosmetic surgery is generally safe, all patients must understand and accept that no surgical procedure is absolutely free from risk. At consultation, your surgeon will discuss these risks with you. In particular, it is important for women requesting breast reduction to understand that breast-feeding is generally reduced after surgery (assuming that the individual had been able to produce milk in the past). Nipple sensation may be reduced post operatively or remain unaffected or enhanced.

## How long will the results of your breast reduction last?

Excessive weight gain or pregnancy will alter the breast shape as in any other woman. Furthermore with age your breasts are likely to sag as normal, but this will depend on how committed you are with supporting your breasts with well fitting bras.