

## Breast Reduction

Breast reduction is the name of the procedure where breasts are reduced in size and generally lifted at the same time

Breast reduction is one of the most popular procedures in cosmetic surgery.

If you consider having this surgery, you need to know a few things about it.

### 1) What happens during the initial consultation?

- You will meet your surgeon and will tell him exactly what you want, why you want it and for how long.
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- You will be asked to give information about your previous operations (cosmetic and non cosmetic), your health condition, your current medications, your allergies to medications, if you are a smoker or not.,if you or someone in your family had a breast problem in the past
- Also, if you are suffering from back ache, or can perform certain activities due to the size of your breasts; if you think that your breasts are becoming very sore before your periods (possible hormonal imbalance to be treated first)
- Your surgeon will examine you, and will take some measurements.
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- Then, the whole operation will be explained to you in details,including:
  - the type of anesthesia (general)
  - the incisions (length, position, shape (inverted T shape),and outcome)
  - the necessity to have or not liposuction at the same time,and where
  - the cup size after surgery

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-the outcome of your areolas

-the drains

-the type of sutures used, the type of dressing

As you are usually staying 1 or 2 nights, your drains will be removed the day you will be discharged, and your big dressing changed for a smaller one. Then, you are supposed to wear a support bra and to keep it on for 3 weeks, day and night

## 2) What happens when you decide to go ahead with your surgery?

You will have a second consultation where everything is explained again.

The, you call the office and we book the hospital for you.

You need to do a blood test (usually in a private lab), mostly to check your red and white cells and your coagulation., and Hiv /hepatitis tests, and possibly to have a mammogram

Before the operation, you are not supposed to take aspirin or similar tablets. You stop the contraceptive pill a month before the surgery

You will have to stop eating, drinking and smoking 6 hours before the operation. Take a good shower the night before and the day of the operation (possibly with betadine scrub)

You will see your surgeon before going to theater and have time to ask him any question you forgot to ask before.

He will ask you to sign a consent form, where all the possible risks are mentioned. He will then do some markings on your skin and take some before photographs (they will stay in your file and are totally confidential)

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-Then, you will meet the anesthetist and you will be taken to theater.

Your operation takes about three hours. You will spend half an hour in recovery, before being taken back to your room.

You will be discharged 1 or 2 days later, before 12 noon

### 3)How many sizes will I lose during this operation.?

Generally, 2 sizes, but it depends on your wishes and it has to stay in proportion with the rest of your body

### 4)What happens after the surgery?

-Back home you are supposed to take it easy: no sport, no heavy lifting for 3 weeks

-You cannot shower your breasts for two weeks, you cannot drive for one week

-You will feel uncomfortable, but not sore

- You will be told to take some antibiotics for one week, and pain killers ,only if needed

-Your dressing need to be changed every other day by a nurse or your local GP.

-You are supposed to come back to the clinic after one week for the first wound check (but you can contact the office anytime in between), and then you will see your surgeon on the second week. After this first post operative check up, you will see your surgeon, one month ,3 months and 6 months after the surgery. Then, it will only be once a year

Your stitches will be trimmed after 3 weeks.

The initial swelling will disappear within 3 weeks, which is the time you need ,before seeing how slim you are going to be. The rest will take another couple of months

5) What are the risks of this operation?

Apart from the usual side effects (pain(3-5 days), swelling, numbness(3 weeks ), there are some potential risks ,which are still very rare:

-scars: these scars can be red for several months and they should settle down:  
inverted T shape (or lollipop shape):its quality varies according to your way of healing.They can sometimes get wider but it is always possible to improve them later  
or vertical scar (possible "dog ear" for 8 weeks)

-bleeding: you will have to go back to surgery to have it stopped. This is why it is so important to stop smoking before the surgery

-bruising

-infection (this is why you have the antibiotics)(there is always a risk of infection after any type of surgery)

-wound opening (only if there is an infection)

-asymmetry ( it is rare to have 100% symmetry)

-areola necrosis (exceptionnal, mostly seen with heavy smokers)

-fat necrosis

-limits of the operation (you might still need to lose weight prior and after the operation);The breast reduction can sometimes be combined with a second procedure where an implant is put in , to maintain a nice fullness of the top of your breasts

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-numbness of your breasts

-Pregnancies are not recommended before one year after surgery

Again all these risks of complications are rare, but remember that surgery is not an exact science and there is no magic in surgery.

If there is a complication that requires surgery, the patient has to pay for hospital and anesthetist fees, and sometimes ,for surgeon fees

**Would you have more questions, do not hesitate to ask your surgeon,who will be always pleased to see you again during a second consultation**