



Cosmetic Image Clinics

Breast Reduction

Breast reduction surgery, known as reduction mammoplasty, involves the removal of fat, tissue and skin from the breasts, making them smaller and firmer, bringing them into better proportion with the rest of the body.

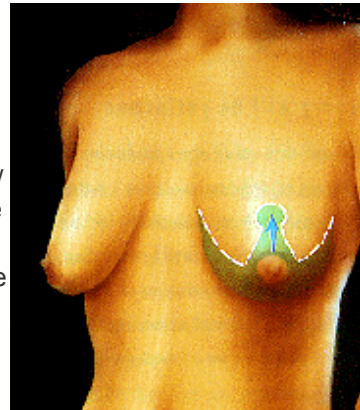
Women are increasingly turning to surgery as they realize they don't have to endure the discomfort of heavy breasts. Overly large breasts can be both physically and emotionally uncomfortable. They can result in severe back, neck, and shoulder pain, poor posture, bra strap indentations, skin irritation, self-consciousness, and low self-esteem. The surgery will not only give you smaller, firmer, more youthful-looking breasts, but a new freedom. You will be able to exercise more comfortably, participate more readily in sports, and wear a wider variety of clothing styles. Apart from relieving the physical stress on the body, the psychological and emotional benefits of this procedure can include enhanced self-esteem, a more satisfying body image and increased confidence and sense of well-being.

All of our surgeons have had many years of experience performing this surgery.

The Surgery

Breast reduction surgery is performed as a day procedure within a hospital facility, under general anaesthesia. The procedure takes about 3 hours.

The usual reduction involves a "breast lift". The most common surgical technique involves an anchor-shaped 3 part incision. The first incision is made around the nipple area (areola), and another is made vertically from the bottom edge of the areola to the crease underneath the breast. The third incision is horizontal beneath the breast and follows the breast's natural curve. The incision outlines the area from which breast skin will be removed and defines the new location for the nipple. When the excess skin has been removed, the nipple and areola are moved to the higher position. The skin surrounding the areola is then brought down and together to reshape the breast. Stitches are usually located around the areola, in a vertical line extending downwards from the nipple area, and along the lower crease of the breast. Areola size may also be reduced at the same time so that the nipple size is more suited to the new smaller breasts.



Breast reduction surgery leaves permanent scars in locations normally covered by a bra or bathing suit; the scarring becomes less obvious over a period of six to twelve months.

Risk Factors

Apart from discomfort and bruising following the procedure, some loss of feeling may occur in nipples and breast skin for a period of weeks. In some patients it may last longer, and in rare



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cases it may be permanent. A small percentage of women experience sharp pains in the breast or nipple for up to six months. This is part of the healing process and will subside over time. Some breast reductions can result in the loss of nipple sensation and reduction of milk supply as a consequence. Breast-feeding may be unable to be established.

There will be visible scarring with the breast lift technique, although it will be covered by your bra or bathing suit (poor healing and wider scarring is more common in smokers). The procedure may also leave the breasts slightly uneven.

As with any surgical procedure, although uncommon, excessive bleeding or infection following surgery may cause swelling and pain. Whilst the majority of women do not experience complications you should discuss with your doctor any concerns you have in this regard.

Planning Your Surgery

In your initial consultation, the doctor will evaluate your health and explain which surgical techniques are most appropriate for you, based on the size and shape of your breasts and placement of the nipples. You will be shown before and after photos of other women whose breasts are similar to yours and the results which they have achieved from surgery.

Most women who have large enough breasts to warrant a breast reduction also need a breast lift (mastopexy) due to the weight of the breasts pulling them down and stretching of the skin. In these cases, excess skin, as well as breast tissue will need to be removed. This procedure involves some scarring. While generally considered safe, the procedure is not recommended for women who intend to breast-feed at some point.

Some women, however, may benefit from breast reduction alone, either by liposuction or surgical removal of tissue. Your surgeon will decide if you are an appropriate candidate for a reduction without a breast lift. In these cases, the breasts are still firm with upper fullness and high nipple position. With good natural shape, only a reduction in size may be required.

The procedure cost will vary according to each patient's unique requirements. Because of the back and neck pain, skin irritation, and breathing problems caused by overly large breasts, reduction surgery is usually deemed medically necessary. Medicare and/or private health insurance will contribute in these cases.

Post-Operative Care

The pain associated with breast reduction surgery varies from person to person but in general it's not considered to be particularly painful. There may be pain for the first 24 hours and discomfort for a week or more. We will ensure that you have adequate pain medication, however most patients cope extremely well with minimal reliance on medication.

Following reduction with breast lift you will have dressings covering incision sites which will restrict your ability to shower in the first week following surgery. With some extensive procedures, a small tube may be placed in each breast to drain off blood and fluids for the first day or two. A



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compression bra is not required to be worn, however, dressings will need to be changed during the first week.

It is recommended that patients take two weeks off work after breast reduction surgery. If your job involves any form of heavy lifting or straining of any kind, the time will increase. If you take longer to heal provision needs to be made for additional time off, although in most cases two weeks is adequate. During this time you should avoid household duties. You will need to avoid aerobics or other strenuous exercises until about six weeks after your surgery. However if you have specific concerns, you should discuss them with your doctor.

You will be reassessed in our clinic 7 days after surgery when the sutures around the areola are removed. The remaining sutures will be removed 14 days after surgery. You will subsequently be seen at our clinic 6 weeks and 3 months after surgery.

There is a very large amount of information available on breast reduction surgery. Much of this information will be explained to you during your consultation appointment. At Cosmetic Image Clinics we understand the issues involved in making such an important decision and we are happy to discuss your concerns at any time.