



RESHAPE & RESTORE

Breast Reduction

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Introduction

Reshape & Restore has put together this factsheet for anyone who is considering a breast reduction. We understand that undergoing a surgical procedure is not often an easy decision, and you may have many questions.

The aim of this factsheet is to outline the details of the breast reduction procedure, explaining how it works, how it's carried out and what to expect from the results. Being fully informed about the potential risks and complications of surgery, can help to answer any concerns which may help you in making a clear decision.

Every patient's surgery is a unique experience and the approach we take at Reshape & Restore is tailored to suit your specific needs. It is important to understand that as the requirements of each patient differ, so does the outcome. This will depend on a number of factors and with our guidance, we can help you to understand the realistic results that can be achieved.

Why have a breast reduction?

A breast reduction is often sought by patients who are affected by the appearance and physical effects of having particularly large, heavy breasts. Although some people feel that large breasts are not aesthetically appealing, it is often related conditions that give more concern. As large breasts are also heavy, a woman can develop pain in the back, neck and shoulders as a result. This can also be accompanied by poor posture as the weight of the breasts leads to stooping. In many cases where the breasts are of a significant size, they can hang low on the chest wall. This may not be considered a good look, as well as creating an area for moisture to accumulate in the crease. Issues such as inflamed skin, sore patches and infection can then develop.

When large breasts are not considered to be attractive,

this can also relate to the size of the nipples and areola. These can all be addressed during the breast reduction procedure. Enlarged breasts can also affect men and Reshape & Restore can perform a breast reduction on both men and women. With men, the procedure is adapted slightly and is used to treat a common concern known as Gynaecomastia. There is a separate fact sheet on our website if you want to find out more about this condition.

The consultation

The consultation is the most important part of any treatment journey. Not only does it give you the chance to meet your surgeon, it provides the opportunity to discuss what is concerning you and what you are hoping to achieve from surgery. There are a variety of factors we need to consider before recommending any procedure, including: general health, skin type, risk of bleeding, how well you're likely to heal, smoking status, alcohol consumption and medications. We also examine your breasts, and we'll talk through the appearance you are likely to achieve. We'll provide information about how the procedure is carried out, any potential risks and complications, and what to expect during the recovery period. The aim of the consultation is to give you a better understanding of what undergoing surgery involves and what it can mean for you. As there is a lot of information to absorb, we don't expect you to make a decision there and then. It is our policy at Reshape & Restore to offer a second consultation at a later date so you have had some time to think, and consider the details of the operation - including reading any information leaflets that have been provided by us. In many cases a person goes away and finds they have other questions that weren't thought of at the time, which can then be addressed at the second consultation. Only when both you and us are completely certain that undergoing surgery is the right option for you, will we make an appointment. During this session we will also take some photographs of your 'before'

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appearance and give you the opportunity to speak with past patients - this has proven to be very valuable for many of our patients.

What happens during the procedure?

Mammoplasty is the medical term for a breast reduction which involves the removal of breast tissue and excess skin to reduce the size of the breasts. The way we approach this procedure will depend on your specific concerns; how much tissue needs removing and whether or not the nipple and areola will also need repositioning.

Typically, an incision is made around the outside of the areola, and vertically from the areola to where the breast meets the chest wall (inframammary crease). If there is some excess fat that needs to be removed, we will do this using liposuction - which uses suction to extract the fat through a small tube. The incisions will allow access to the breast tissue which is then surgically removed. In many cases removing breast and glandular tissue from the breast often leaves behind excess skin. During the breast reduction procedure we may also perform a breast uplift whereby excess skin is trimmed away so that the breasts will then sit higher up on the chest wall. The skin is pulled back together and sutured. If it is necessary to reposition the nipple and areola, Reshape & Restore will use a technique whereby a nipple graft is performed. A section of skin is taken from another area of the body, and is used to create a new nipple.

Breast reduction surgery is usually carried out on both breasts. We treat each breast individually and adapt the procedure so that a relatively symmetrical appearance is achieved.

On the day of your surgery, you will be asked not to eat or drink anything from midnight, and you should not apply any creams or lotions to the chest area. Our patients often spend one night recovering in hospital before being discharged, however, it is not unusual for someone to spend two or three nights with us. We usually advise that you have someone drive you home from the hospital and also to stay with you on your first night at home.

What can I expect after the procedure?

Before we discharge you we will ensure you have been provided with suitable pain relief advice and some

ointment to apply regularly to the wounds while they heal. It is not recommended that you use aspirin or brufen as these medications can increase bruising and the risk of postoperative bleeding. If any drains have been applied they will be removed, and we will arrange your first follow up appointment - usually 7 - 10 days after surgery.

Your breasts will have some degree of swelling, tenderness and bruising, immediately following the procedure. The skin may also feel tight, and you may experience some temporary numbness. These effects are expected to gradually settle over the next few weeks, and we ask that you keep the breasts dry for 1 week. You will need to wear a surgical supportive bra for up to 4 weeks, which will help to support the breasts as they heal, as well as to minimise swelling. At your first appointment we aim to remove any stitches, if your healing allows. You should then be able to have a gentle shower, using non-perfumed products and warm water. When drying your breasts it is better to pat them gently using a soft towel, as rubbing will be uncomfortable and may disturb the wounds.

Having surgery can be hard on the body and it will use a lot of energy while it heals and recovers. You will benefit from taking it easy for a few weeks, only undertaking light duties and keeping activity levels low. Heavy lifting, rigorous exercise, swimming and the gym should be avoided for between 6 and 8 weeks. You can expect to need up to 3 weeks off work, depending on your job, when you should feel more comfortable to drive and resume normal daily activities. Our aftercare programme entails a series of follow-up appointments made approximately 1 week, 6 weeks, 3 months and 6 months after surgery. Your healing, recovery and development of results will be closely monitored during this time, and we will provide you with any necessary advice to ensure the outcome is effective.

What are the risks of surgery?

People who undergo a surgical procedure are usually concerned about how much scarring will be left behind. At Reshape & Restore we use modern surgical techniques which consider where incisions are made, and where scars will form. As we attempt to keep incisions to minimum, scarring is usually less noticeable and can be hidden when wearing underwear. In some cases a person is prone to developing hypertrophic scars, which

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can be particularly thick or raised from the skin. During our follow-up procedures we will monitor how your scars are developing and if hypertrophic scars are becoming likely, there are ways we can treat this in the future.

During the consultation we will discuss potential complications, which are always a risk when undergoing surgery. Haematoma is a condition where blood collects under the skin, and is a risk in the first few hours after the procedure. If this occurs we will need to take you back to the theatre to have it removed. Infection is fairly uncommon and careful aftercare is often the best way to prevent an infection from developing, and a course of antibiotics will help to clear it up. We mentioned temporary numbness as a possible side effect, but in some very uncommon cases this can be prolonged. It happens if the nerves are bruised and don't start to work as quickly as expected. Although it can cause some alarm, in most cases it does resolve itself in time and doesn't remain permanent. We will discuss how this is managed at the consultation. It is important to maintain your mobility while your body is recovering. You should try to move around regularly as you may risk developing Deep Vein Thrombosis (DVT), a condition where a blood clot forms in the leg. This only happens in around 1% of cases and we provide medication for you to take after the procedure to minimise the chance of this occurring.

If at any time you are concerned with your healing, or experience prolonged side effects / a burning sensation / discharge from the wounds, you are welcome to contact the Reshape & Restore team. Particular symptoms to look out for include: temperature above 38.5, pain and discomfort that is not relieved through painkillers, bleeding or discharge from the wounds and sudden swelling at the wounds.

What results can i expect?

Breast reduction is often used to help achieve a more natural-looking appearance of the breasts. The procedure aims to improve both size and shape of the breasts itself, and can also address the shape, size and positioning of the nipple and areola. Many patients find that this procedure can be life-changing, and when the final results have developed - around 6 weeks - they are much more comfortable. Aches and pains around the upper body can significantly ease, and posture improves as it's easier to sit and stand taller and straighter. Clothing may also fit better, and can look

more flattering.

As large breasts are usually the result of the overgrowth of breast tissue, we cannot guarantee that the breasts will not naturally increase in size in the future as breast tissue can grow back. Repeat procedures are not uncommon, and are easy to perform. Where possible, we access the breast tissue in the same place as the original procedure which also reduces any further scarring. Having said this, many patients enjoy long-term results.

Disclaimer

We are unable to make any guarantees to the outcomes of your procedure as the results of cosmetic surgery differ from patient to patient. It is prudent to note that whilst potential outcomes may have been discussed, these can sometimes be modest. Beauty is entirely subjective, and therefore what is good / achievable for one person may not be good / achievable for another. We can only guide you to what we expect your outcome to be, during the consultation. It is also possible that post procedure, other areas of the body may become more noticeable such as: arms, flanks or thighs. This is more common with procedures such as breast augmentation or tummy tuck.

Surgery comes with no guarantee of happiness and cosmetic surgery should not be undertaken lightly. Before proceeding, you must be certain that you can cope both physically and mentally should any complications arise as a result of your decision to undergo a surgical procedure. For this reason we recommend that you do not hide the fact from friends or family, rather you involve them in the decision making process so you can be sure you have an adequate support network should you need it.