

REDUCTION MAMMAPLASTY

Procedure: Reduction mammoplasty or breast reduction surgery is performed to reduce breast size and improve the form of the breasts.

Women who elect for this surgery have breast that are excessively large and pendulous, which typically can cause pain in the breast itself as well as in the neck and back, and discomfort caused by bra straps digging into the shoulder.

The incision depends on the size of the breast before and after the operation. Generally speaking, an incision is made around the areola and vertically down to the breast crease and, if necessary, under the breast. For patients with extremely large and pendulous breasts, the nipple and areola may need to be removed and transplanted to a higher position on the breast.

Duration of operation: Normally this procedure lasts around 2 to 3 hours.

Anaesthetics: This procedure is generally performed under a general anaesthetic. Small reductions can also be performed under local anaesthetic, with additional intravenous sedation.

Outpatient or inpatient: For short procedures under local anaesthetic, patients can go home the same day or the next day; otherwise, patients generally stay in hospital for roughly 4 days.

Possible side effects and complications: Pain, swelling.

Poor wound healing, leading to tissue loss, infection, bruising, blood loss, changes in sensation particularly in the nipple, difficulty with breastfeeding, visible scars, unattractive breast shape, asymmetry, failure to meet expectations of cosmetic results.

Expectations

Healing: Normally patients can resume normal activity after 2-3 weeks.

Strenuous physical effort, particularly activities involving the upper extremities, must be avoided for 3 to 6 weeks.

Results: Patients are generally highly satisfied with the cosmetic results and express major relief at the absence of pain. Patients appreciate their new possibilities and freedom to choose clothes and engage in sports.