

Reduction Mammoplasty (Breast Reduction)

What is a Breast Reduction?

Breast Reduction is a surgical procedure aimed at reducing large breasts to a smaller size with an improved shape.

Would this procedure be suitable for me?

Breast Reduction is suitable for women who feel their breasts are too large or out of proportion with their body shape. It is suitable for women with uncomfortable, large breasts who suffer pain in their back, neck and shoulders or discomfort during physical activity.

Can I breast feed after having a Breast Reduction?

There is no guarantee that breast feeding is possible after Breast Reduction surgery.

How is the procedure performed?

Excess breast tissue and skin is removed and the breast is recontoured into a smaller size and improved shape. The nipple remains attached to breast tissue and is appropriately repositioned.

What are the complications of this procedure?

Scars are the inevitable result of this procedure and are usually located around the nipple and under the breasts. These fade with time and most women believe the benefits are worth it. Some bruising, swelling and tenderness can occur. Nipple sensitivity may be reduced after this procedure in some women.

Will I be hospitalised and what is the recovery period?

Breast Reduction is performed under a General Anaesthetic in the Day Surgery Centre or hospital environment. The recovery period varies, but most people return to basic activities within two weeks. No strenuous activity is advised for six weeks.

What results can I expect?

The aim is to decrease the volume of the breasts and create an improved shape in proportion with the physique. It is very important that patients have realistic expectations regarding the outcome of their surgery.