

# BREAST ASYMMETRY SURGERY

## Background

It is completely normal to have breasts of slightly different sizes and shapes and there is a spectrum of normality. However, in some women the difference can be more noticeable and Mr Banwell understands that this may cause considerable issues with confidence in clothing and in relationships. However, you will be pleased to know that there are a variety of surgical procedures available that may help you if you have different sized breasts.

## The Procedure

A variety of different operations may be employed to correct your asymmetry and Mr Banwell will discuss your individual case. Usually this involves a combination of breast reduction/uplift or enhancement. Sometimes tissue expanders may be used to help stretch out the skin. Often a series of procedures will be required to obtain a desired result and this will obviously take time so patience is required!

## Benefits?

Surgery aims to match your breasts as closely as possible: not only in terms of volume, but also in terms of shape (although sometimes this is not always possible). It is important to realise that often several operations are needed to achieve this goal. Everybody's motivations and desires are slightly different and some girls would like a good match in clothes only and others would like a match out of clothes.

## Duration of surgery?

The length of surgery for these operations varies enormously depending on complexity but in general will be between 1.5 - 3 hours

## Complications of surgery

Unfortunately complications can occur following any surgery and patients need to be fully aware of this. Mr Banwell does his utmost to minimise the complication rate and likes to practise in a safe manner. The commonest complications are scarring, widened scars, hypertrophic scars, bleeding, haematoma formation and the need to return to theatre, infection, fat necrosis, skin numbness, nipple necrosis, asymmetry in the healing and the final result, alteration in nipple sensation, size and position, dog ears, wound healing delay. Clots in the legs and lungs can also occur. If an implant is used then complication of implant surgery should be considered.

## After Surgery

You will usually be in hospital for two nights. The wounds will be dressed with brown surgical tape (micropore). This is to stay in place for at least two weeks. You will be able to shower the day after you leave hospital and then it is important to pat the tape dry with a towel then use a hairdryer on a warm setting to dry the tape off. In addition you will need to wear a sports bra for 8 weeks night and day. You will usually need to take 3 weeks off work and will return to normal within 6-8 weeks

## Recovery

It is important to minimize your activities in the first few weeks. Bending or lifting should be avoided as well as strenuous exercise for 6 weeks. Many patients find gentle cardiovascular exercises are fine after a few weeks. You should refrain from sexual intercourse for 6 weeks and should not drive until it is safe to perform an emergency stop. Swimming is permitted once your wounds are healed.

## Success and satisfaction.

Patients repeatedly report how happy they are with the results of this type of surgery and they accept the scarring involved as well as the recovery period.

## Important Notice

*Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.*

# BREAST ASYMMETRY SURGERY

## NOTES & QUESTIONS

### AT A GLANCE

**SURGERY TIME**

1.5 - 3 hours

**HOSPITAL STAY**

1-2 nights

**ANAESTHETIC ASSESSMENT**

Possibly

**PRE ADMISSION TESTS**

Yes

**SLEEPING POSITION**

Sleeping on back recommended for 4 weeks.

**REASONABLY MOBILE**

2 days

**WASHING**

Shower after 1 day. Bath after 2 weeks.

**DRIVING**

2-3 weeks

**EXERCISE INCLUDING GYM**

6-8 weeks

**SEXUAL ACTIVITY**

Restricted activity after 4 weeks

**FULL RECOVERY**

6-8 weeks

**TIME OFF WORK**

2-3 weeks

**BRAS & GARMENTS**

Sports bra worn for 8 weeks. Wired bra after 2 months.