

# BREAST REDUCTION

## Background

Large breasts can have a significant functional as well as psychological effect on people's lives. Neck pain, back pain, rashes, difficulty finding clothes and unwanted attention can all be an issue for girls or ladies with large breasts (breast hyperplasia). Mr Banwell believes breast reduction surgery constitutes a Quality of Life procedure rather than a cosmetic procedure per se.

## The treatment

This operation aims to make your breast smaller by removing breast tissue. Additionally it re-positions the nipples higher on the breast. Scars are created around the nipple, vertically as well as under the breast and patients must accept the size of these scars. The operation is performed under a general anaesthetic, surgical drains are used each side and patients usually stay in hospital for 2 nights.

## The benefits

This operation is associated with vast improvements in physical symptoms and psychological well-being. It should be noted, however, that an absolute cup size cannot be guaranteed

## Duration of Surgery

The surgery can take anything up to 3 hours depending on the complexity and severity of the problem. Drains are usually inserted on each side, and these will normally stay in for 1-2 days so be prepared for a couple of days in hospital.

## 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.

## 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.*

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## NOTES & QUESTIONS

### AT A GLANCE

**SURGERY TIME**

3 hours

**HOSPITAL STAY**

1-2 nights

**ANAESTHETIC ASSESSMENT**

Possibly

**PRE ADMISSION TESTS**

Yes

**SLEEPING POSITION**

Sleeping on back recommended for 2 weeks.

**REASONABLY MOBILE**

2 days

**WASHING**

Shower after 1 day. Bath only after 2 weeks.

**DRIVING**

2-3 weeks

**EXERCISE INCLUDING GYM**

6-8 weeks

**SEXUAL ACTIVITY**

Restricted 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.

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