



**BODYCONTOUR**.CO.UK  
COSMETIC SURGERY

# Breast Reduction

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Breast Reduction surgery is an operation that reduces breast size and at the same time lifts the breast. Women undergo Breast Reduction for a number of reasons:

- Excessively large breasts may cause backache, neck pain, and bra straps, which dig deeply into the shoulders resulting in permanent grooves.
- Large breasts may cause rashes in the fold beneath the breast.
- Women with large breasts may also find it difficult to find suitable clothes and comfortable bras.
- Participating in sports may be difficult.
- For some women having large breasts can make them very self-conscious.
- To help correct different size breasts.

The size of women's breasts is largely determined by genetics but a number of other factors such as body weight, pregnancy, breast feeding and hormonal changes may play a part. Breast Reduction surgery is usually carried out when the breasts have reached maturity and the woman completed her family although in exceptional cases women do undergo surgery before having a family.

## the consultation

The consultation with the Consultant Surgeon will be held at The Cosmetic Surgery Centre for the South West at the Winterbourne Hospital in Dorchester. We do not use nurse advisers or counsellors, as we believe that all consultations should be held with the surgeon who will be performing the operation and is able to answer any questions you may have. You are encouraged to bring your partner or a friend to the consultation.

At the initial consultation you will be asked your reasons for wishing to undergo Breast Reduction surgery and what your expectations are from surgery. You will be asked questions about your medical history, whether you are taking any medication or have any drug allergies.

The surgeon will perform a breast examination to ensure that you do not have any breast lumps, which need to be investigated prior to surgery. Women over fifty should have had a mammogram (breast X ray) within the last twelve months. Chest measurements will be taken and a note made of the amount of breast tissue, skin tone and bone structure.

The surgeon will discuss details of the procedure, what to expect during your hospital stay and during your recuperation period. He will also discuss the potential risks and complications associated with Breast Reduction surgery.

You will of course be given an opportunity to ask any questions you may have relating to the surgery.

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## the operation

You will be admitted to The Cosmetic Surgery Centre for The South West at the Winterbourne Hospital in Dorchester on the day of surgery. The room facilities will be demonstrated to you and your nurse will ask you some basic questions about your health and fit anti-embolism socks.

Your surgeon will see you before the operation, draw some line markings on you and take your pre-operative photograph following which you will be asked to sign the consent form, which gives him your permission to operate.

You will have the opportunity to meet the Consultant Anaesthetist who will explain to you what the anaesthetic involves. Some patients may have experienced nausea after previous anaesthetics. If this is the case you should inform the Anaesthetist who will give you medication to reduce the risk of nausea.

You will next see your Anaesthetist in theatre. The anaesthetic is given and you will drift off to sleep. While asleep you may be given an antibiotic to reduce the risk of infection and a blood thinning injection to reduce the risk of thrombosis. The operation lasts approximately two to three hours and you will wake in the recovery bay before being taken back to your room.

Local anaesthetic may have been injected during the operation and you will be given painkillers to keep you comfortable. Dressings will have been applied during surgery. Mr Graham does not routinely use surgical drains after Breast Reduction surgery. Most women stay in hospital overnight following Breast Reduction surgery.

You will be given painkillers and discharge advice to take home with you and a contact telephone number should you have any questions. Mr Graham will also give you your next out patient check up appointment.

## the recovery period

Following discharge you should take it easy at home but do not take to your bed. You should keep active with regular short strolls around the house or garden. You will have some discomfort for a few days and should take the painkillers given to you on discharge. The dressings applied in theatre should be kept dry but you will be able to sit in a bath.

You will be advised to wear a good supportive bra but not under wired as you may find this uncomfortable. At your first outpatient appointment (usually one week later) the dressings will be changed. Scars will be taped to provide support while they are healing. All sutures used are dissolvable and will gradually dissolve over several months.

You may slowly resume normal activities as you feel comfortable to do so. Driving is usually possible within a few days and depending on your occupation, return to work in ten to fourteen days or sometimes sooner. You may swim after four weeks. Strenuous gym work is usually not possible for six weeks although exercises involving the lower body may be started within a few days of surgery. Flying is discouraged for the first two weeks following surgery.

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## risks and complications

Breast Reduction surgery as with all surgery carries certain risks. There are general risks associated with anaesthesia such as chest infections and thrombosis and those specifically related to Breast Reduction surgery.

Some bruising is not unusual and settles rapidly. Bleeding may occur requiring a return to theatre to cauterise the bleeding vessel. Slow wound healing and infection may occur especially in heavy smokers and it is advisable to stop smoking prior to surgery.

Scars usually fade well and become hardly noticeable but some people can have problems with red, raised and lumpy scars. Nipple sensation may be lost temporarily or permanently. Breast feeding may not be possible and in some rare but extreme cases the nipple may be lost altogether due to problems with its blood supply.

Following Breast Reduction surgery some asymmetry may exist and there may be further changes associated with future weight fluctuations and pregnancies.

## the Winterbourne Hospital

Mr Graham your local Consultant Surgeon holds consultations and operates at The Cosmetic Surgery Centre for the South West at the Winterbourne Hospital in Dorchester, one of the leading cosmetic surgery centres in the UK.

The hospital, which has recently undergone a major refurbishment, has two new state of the art operating theatres, twenty nine private en suite bedrooms, eight consulting rooms, resident medical officer and as is of course fully registered with the National Care Standards Commission.

Mr Graham, your local surgeon lives locally and has been operating at The Winterbourne Hospital for more than nine years and during that time has developed an expert operating and outpatient team in cosmetic surgery.

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### Mr. Michael D. Graham

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If you would like to arrange a consultation with your local Consultant Surgeon, please fill in the online form at [www.michaeldgraham.co.uk](http://www.michaeldgraham.co.uk) or, contact us by telephone at 01305 267 687. Arranging a medical consultation does not obligate you to anything other than attending the appointment. There is no obligation to proceed with treatment. This is entirely a matter for your decision, after the surgeon has decided on the feasibility and accepted you as suitable.