

Mr Marc Pacifico Consultant Plastic & Reconstructive Surgeon, discusses breast reduction surgery.

“How a breast reduction changed my life...”



Mr Marc Pacifico

Did you know that breast reduction surgery can improve headaches?!

It can also improve self-esteem, overall quality of life, psychosexual function and self-detection of breast cancers. A recently published scientific paper has analysed all the evidence about breast reduction surgery (also known as reduction mammoplasty) and concluded that the benefits for a woman can be wide and far-reaching.

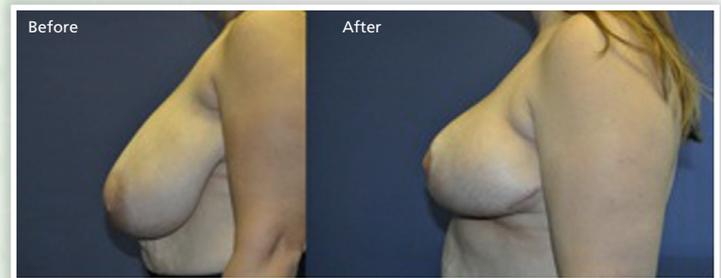
These findings seemed to be confirmed by Polly, who underwent a breast reduction under Tunbridge Wells Plastic Surgeon, Mr Marc Pacifico. “The changes to my life have been amazing,” she said. “When I picked up my children from school one mum who didn’t know I was having a breast

reduction asked what diet I had been on, when I told her she was amazed. Everyone’s giving so many compliments, its fab and this is exactly what I wanted, to feel confident in clothes.”

Unsurprisingly, breast reductions can significantly improve back and neck ache, and even improve posture due to the weight of breast tissue removed. However, interestingly, these benefits have also been shown to exist objectively even in quite small reductions.

Liz, another patient of Mr Pacifico, remarked that her “decision to have breast reduction surgery was a life changing experience”. She goes on to enthuse how excited she was after surgery, “knowing I can go and buy all the pretty lingerie and strappy tops that I could only look at before has given me a huge confidence boost. I really am able to wear anything now!”

Mr Pacifico explains: “breast reduction surgery is hugely rewarding surgery as it makes such a difference to the life of my patients. It is an operation that takes around 2-hours and usually



requires an overnight stay in hospital. Although a number of surgical techniques exist, most operations will result in a scar around the nipple, a scar down from the nipple to the breast crease, and sometimes a scar in the breast crease.” Despite hearing about the scarring, the benefits of the surgery seem to outweigh this downside in most peoples’ minds. “The scarring, in fact, usually fades very well down to pale lines, but this can take up to two years in some people” (see picture). Mr Pacifico concludes “breast reduction surgery consistently demonstrates one of the highest patient satisfaction scores of all plastic surgery operations”.

Polly’s satisfaction was confirmed when Mr Pacifico took some post-operative photographs to compare how she was before, to her new self



(see pictures). “I was shocked” she said, “I just couldn’t believe those huge horrid floppy things were a part of me. It’s amazing how quickly you adjust to something new, although this reduction has change my life massively I also feel I’ve been the way I am now forever.”

Mr Marc Pacifico, Consultant Plastic Surgeon, sees patients every Wednesday evening at the Nuffield Tunbridge Wells Hospital – 01892 619 635/01892 552932 or email tun.enq@nuffieldhealth.com www.marcpacifico.co.uk

Nuffield Health Tunbridge Wells Hospital is holding FREE cosmetic surgery information events on Wednesday 13th June at 7pm and Thursday 12th July at 7pm.

Following the meeting you will have an opportunity to have a confidential five minute chat with the consultant. To reserve your place at the meeting please call 01892 552932.

Nuffield Health Tunbridge Wells, Kingswood Road, Tunbridge Wells, Kent, TN2 4UL