

# CORRECTION OF BREAST ASYMMETRY

It is normal to have breasts of slightly different size and shape. However, in some women the difference can be significant and cause considerable psychological and emotional distress. There are a variety of surgical procedures available that may help you if you have breast asymmetry.

## WHAT DOES IT INVOLVE?

The different operations that are possible include breast reductions, breast uplifts, breast implants, inflatable breast implants (expanders), or a combination, such as breast uplift and implant placement. The operation(s) and options appropriate for you will be discussed with you by Mr Pacifico after a careful clinical examination. Occasionally two or three operations may be needed, spaced apart. This, for example, may include the use of an expander implant to slowly enlarge the smaller breast, followed a year later by a replacement of the expander with a silicone implant, and adjustment of the larger breast to match (for example by performing a combination uplift and implant procedure -an augmentation mastopexy). Alternatively, reducing both breasts in size by different amounts may be more appropriate. At the end of the day, everyone is different, and the correct procedure needs to be individualised.

## WHAT ARE THE BENEFITS?

The benefits of breast asymmetry surgery are to match your breasts as closely as possible: not only in terms of volume, but also in terms of shape and nipple size and position.

## HOW LONG DOES THE SURGERY TAKE?

The length of surgery depends on what procedure(s) you are having done. Please refer to the individual information pages on the specific procedure for more information.

## WHAT IS THE RECOVERY PERIOD?

Following most surgery to your breasts, you should go straight into wearing a supportive postoperative or sports bra which you should continue wearing day and night for 6-weeks. After the surgery the wound will be dressed with medical tape. This is splash-proof and shower-proof but not bath-proof. You will be able to shower from the day after surgery, and dab the tape dry with a clean

towel, kitchen towel or alternatively use a hair-dryer on a cold setting to dry the tapes. You will be able to return to sedentary activity (i.e. an office job or light duties) within 2-weeks, depending upon how you feel and the procedures you have undergone.

## HOW LONG BEFORE DAILY ACTIVITIES MAY BE RESUMED?

You should avoid all heavy physical activity and contact sports for 6-weeks following the surgery to prevent damage to your breasts. Mr Pacifico, however, recommends that you do light shoulder exercises after the surgery to prevent you from getting stiff. In fact, the best way to start is to wash your own hair the day after the surgery. This also has the added benefit of making you feel much better!

## WHAT ARE THE SUCCESS RATES?

The operations have a high success rate, but, as everyone is different, the likely outcome you will obtain will be discussed directly with you.

## WHAT ARE THE POSSIBLE COMPLICATIONS?

Please see the specific procedure information sheets for details of the possible complications.