

A breast reduction combines a breast reduction with a breast lift (mastopexy). Detailed information has been provided in the booklet on the procedure, but a summary follows here. The surgery is performed under general anaesthesia as a day or overnight stay procedure. You should allow one to two weeks off work, depending on how physical your job is, and approximately six weeks to return to unrestricted activities. You will need to wear a supportive bra for six weeks day and night apart from showering. Dressings comprise of tapes which can be showered over and air-dried or dried with a hairdryer on a cool setting before replacing the support bra. I recommend the bras we stock at Purity Bridge, as they are front fastening, have stretchy cups (so can accommodate all sizes of breast) and offer good support.

The scars for the breast reduction are normally described as an inverted-T or anchor shape (also known as a Wise pattern). This leaves a scar around the areola (the pigmented area surrounding the nipple), vertically down to the breast crease and a scar within the crease. The scars fade over time, and will continue to improve over 2-years. Sometimes other scar patterns can be used, and if appropriate to your situation we will discuss the pros and cons of alternatives.

As with any surgical procedure there are potential risks and complications. These are summarised below, although more detail is provided in the booklet on the procedure.

- Infection.
- Haematoma. A collection of blood in the breast which can occasionally necessitate a return to theatre to remove the haematoma, clean the area and stop the bleeding.
- Postoperative numbness or hypersensitivity of the nipples. This is quite common and usually resolves in the four to six weeks following surgery.
- Asymmetry between the breasts. Everyone has a degree of breast asymmetry, and normally this will persist after the surgery. If a significant amount of asymmetry exists pre-operatively, I will discuss with you ways in which this might be addressed during surgery. However, even when asymmetry is surgically treated, there will still be differences in size and shape of the two breasts. Should you desire further adjustments to your breasts, there will be further charges.
- Poor scar formation. Some people develop red, lumpy or stretched scars. If you are a poor scar former, further treatments can be instigated if desired (these treatments will be charged for).
- Loss of nipple sensation.
- Rarely, nipple death due to damage of it's blood supply.
- Lack of "perfect" shape to the areolae – whilst I always make every effort to ensure the areolae are as round as possible, sometimes, due to forces on the breast skin or scar contraction, the shape of the areolae can be distorted. If a shape revision is required, this will be charged for.
- Weight gain or loss, hormonal changes and pregnancy can affect the size and shape of the breasts in the same way as before surgery.
- Aging of breast tissue will continue in the same way as before surgery.

Regarding fees, the consultation fee covers your pre-operative journey, which normally consists of two appointments with me, and a consultation with my specialist nurses. If 3 or more pre-operative consultations are desired, further consultation fees will be charged. For your surgery, the hospital will collect their fees and the anaesthetist's fees, whilst you will be invoiced separately for the surgical fee. The hospital charge covers early complications such as infection and bleeding and certain other issues that will be covered in the paperwork that will be issued by them in due course.

For further information, I would very much like you to read and watch the following prior to our next consultation:

Please watch all of the videos at the bottom of the page: <https://www.marcpacifico.co.uk/treatments/breast/breast-reduction/>

Please read the following:

<https://www.marcpacifico.co.uk/wp-content/uploads/Breast-Reduction-Nov-16.pdf>

Please also visit my Instagram page: @marcpacifico for further information