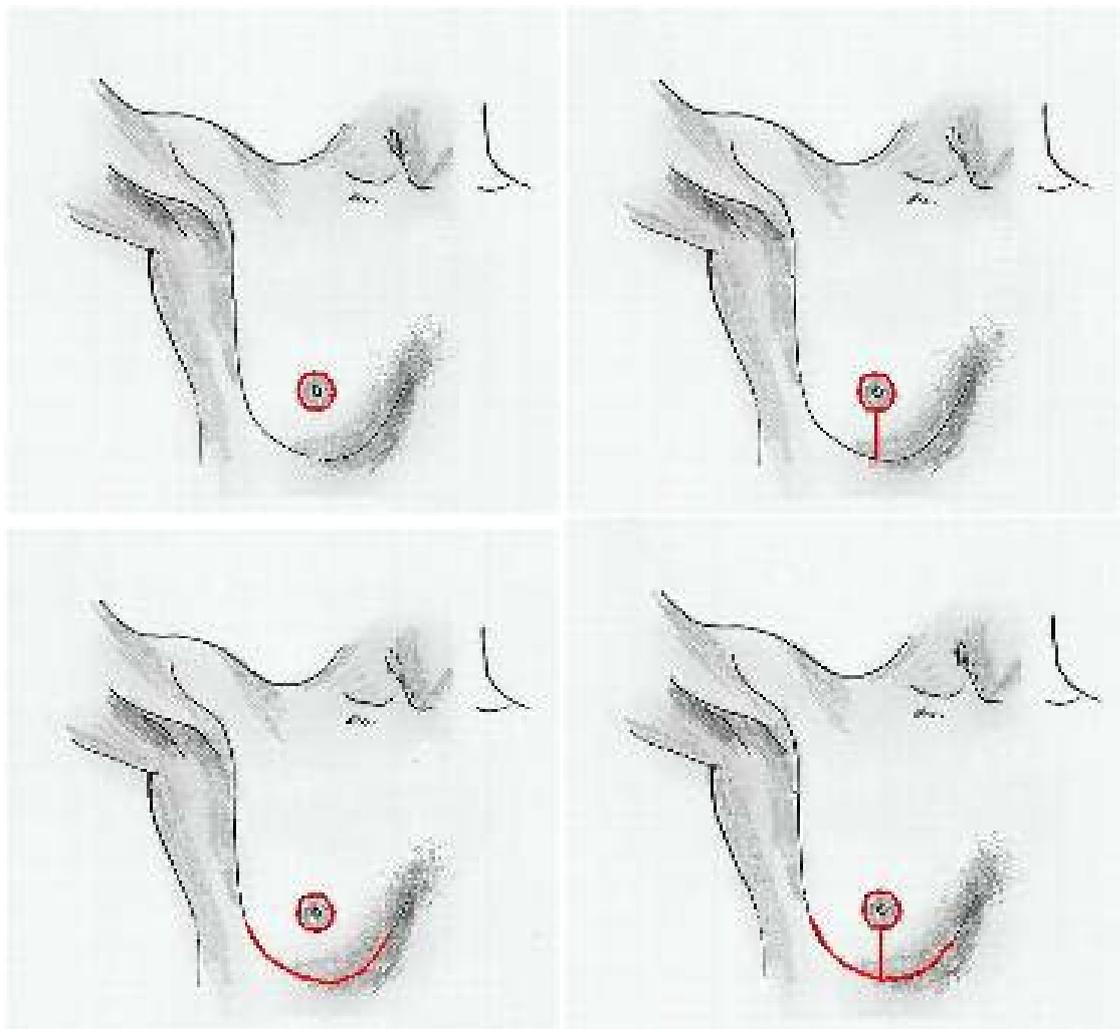


Breast reduction is an operation to reduce the size of the breasts or to equalise two unequal breasts.

Breasts that are too large can be painful, give a painful back and are disproportionate to the rest of your frame. Breast reduction can alleviate this, decrease the chance of breast cancer and lift the breasts.

The scars from a breast reduction can be:

- Around the nipple only for very small reductions
- Around the nipple and a vertical line from the nipple down the breast for medium reductions
- Around the nipple and under the breast in the fold only OR
- Around the nipple, down the breast and underneath the breast for large reductions.



Barbara Jemec will discuss and explain the best option for you with you at the consultation.

Breast reduction is performed under a General Anaesthesia and takes approximately 2 ½ hours. You will have a drain (thin plastic tube to drain away excess tissue fluid) from each

breast, which is removed the next day. You are advised to stay in overnight and you will have painkillers and antibiotics to take home.

The wounds are taped and you are advised to wear a supportive sports bra for the next 6 weeks, during which time you should avoid vigorous exercise.

When you leave the hospital, bring a pillow to cushion you from the seatbelt. You will not be able to drive a car yourself, pick up any children or lift anything heavy for at least two weeks after a breast reduction.

Depending on your job you should take 2-3 weeks off work.

The potential complications from breast reduction surgery are:

- Bad scars (you will have scars but they are usually not bad)
- A bleed in the breast which necessitates your return to theatres for the blood to be removed
- Infection
- Wound dehiscence (the scar opens, usually minor and is allowed to heal before a scar revision)
- Nipple loss (Definitely if you are a smoker. Otherwise it depends on how far the nipple needs to be moved as the breast is lifted)
- Altered nipple sensation or even loss of nipple sensation
- Asymmetry
- Possibly an inability to breastfeed

All breast tissue is sent for examination to detect any cancer and the chance of breast cancer is reduced by a breast reduction.

It is advisable to have had some form of imaging of the breast, a mammogram or ultrasound, depending on your age, before a breast reduction.