



BREAST REDUCTION SURGERY INFORMATION SHEET

WHAT IS A BREAST REDUCTION SURGERY?

Breast reduction surgery (reduction mammoplasty) is an open surgery procedure that removes breast tissue, skin and fat to reduce the size of the breast and lifting the nipple from the current location.

The surgery is performed under general anaesthesia. The most common used incision is the "Wise pattern" resulting in a scar around the areola and an inverted T scar. The stitches are absorbable, and a special negative pressure dressing is applied to cover the wound and nipple immediately after surgery. This special dressing helps to improve blood supply and reduce the tension on the wound, in term reducing wound related complications. It is usually turned off after 1 week.

There are usually no drains after this type of surgery, unless otherwise advised by Dr Huang.

POTENTIAL RISKS AND COMPLICATIONS OF BREAST REDUCTION SURGERY

- Infection (1%)
- Bleeding (1%) may require return to theatre
- Seroma (fluid accumulation, which may require needle aspiration)
- Altered sensation to nipple, areolar or breast
- Scarring (keloid)
- Asymmetry and not matching aesthetic expectation
- Skin flap necrosis
- Breast feeding may not be possible after this surgery
- Nipple necrosis or loss (<1%)
- Wound breakdown requiring ongoing dressings
- Anaesthetic related complication
- Chronic pain
- Unexpected histology pathology results
- Ptosis again overtime

WHAT TO EXPECT AFTER BREAST REDUCTION SURGERY?

1. Post-operative bra

"Post-Op" bras can be purchased from retail stores (i.e. Kmart, Target, Bras N Things, Myer or David Jones). You should aim to wear this type of bra for 2 weeks and then a more fitted surgical bra for another 4 weeks.

2. Hospital stay

Overnight stay is our recommendation or even as a day procedure in selected patients.

3. Shower

The scars will be covered by waterproof dressing. You may have a brief shower after 48 hours. Please avoid prolonged shower or bathing until the special dressings are off.

4. Driving and exercise

We do not recommend driving for 1 week. We do not recommend any strenuous activities or weightlifting for 6 weeks.

5. Pain and discomfort

It is normal to experience mild pain. Please take regular paracetamol 1000mg four times per day with additional pain relief prescribed by the anaesthetist.

LONG-TERM RESULTS OF BREAST REDUCTION SURGERY

Most patients are satisfied with the long-term functional relief and aesthetic outcomes. There are many factors that may lead affect the shape and size of your breasts after breast reduction surgery. These may include weight changes, pregnancy, aging, radiotherapy and medication. To perform a breast reduction second time is technically possible with higher risks associated.