

BREAST REDUCTION SURGERY FAQs

What Is Breast Reduction Surgery?

Breast Reduction Surgery, formally known as "Reduction Mammoplasty" is a surgical procedure for reducing the size of large breasts.

Am I Suitable For Breast Reduction Surgery?

Only a consultation will be able to determine if you are an acceptable candidate for a breast reduction procedure. Women of all ages can benefit from surgery however, in most cases, it would be advisable to wait until you are 18 years or over. Each situation is looked at individually and, in extreme cases, the procedure can be performed earlier. Depending on your age you may be required to have a mammogram prior to surgery. This again will be advised at the initial consultation.

What Does Breast Reduction Surgery Involve?

In order to achieve the new position and size of the breast, excess breast tissue, fat and skin are removed. The breast tissue is then repositioned by moving them to a new higher location. The result will not only be a reduction in size of the breast but, also, an uplifted breast.

Stitches will be placed along incisions made around the nipple, a vertical incision to the crease of the breast and a short approximately 10 cm horizontal incision hidden in the natural crease of the breast. Although Mr. Karidis tries his best to keep scarring to a minimum there are some situations where a longer horizontal incision is required. You will be informed accordingly.

How Should I expect To Feel on the Day Post Surgery?

When you return to your room after your surgery, you will have dressings applied to the breasts. You will need to also wear a well structured sports bra after surgery. This will help keep swelling and bruising to a minimum and protect your new breasts. You may feel a little drowsy as a result of the anaesthesia but are likely to feel otherwise quite well.

Discomfort is usually minimal with the help of some regular pain relief.

What Should I Know Following Breast Reduction Surgery?

You will need to wear the sports bra continuously for 6 weeks (apart from when washing) after surgery. It is also important to avoid any strenuous upper body exercise for at least 6 weeks.

Is There Anything Else I should Expect Post Surgery?

It is very common to have some bruising, swelling and minor asymmetry, to the breasts which can in some situations cause mild distortion in the nipple area. This is often completely normal and will settle over the course of the coming weeks. You may feel numb or tingly in some areas due to some nerve irritation. This usually resolved within the first 6 months of surgery.

Can Breast Reduction Surgery Go Wrong?

All surgery carries some uncertainty and risk. When a breast reduction is performed by a qualified Plastic Surgeon, complications are infrequent and usually minor. Still, individuals vary greatly in their anatomy, their physical reactions, and their healing abilities, and the outcome is never completely predictable. Complications are rare but can include unattractive lumpy or stretched scarring, asymmetry between sides, prolonged numbness and swelling; haematoma or seroma formation (a collection of blood or fluid under the skin) infections and wound or skin healing problems. Complications will be discussed in more detail during your consultation with Mr. Karidis.

How Does Post Breast Reduction Surgery Affect My Lifestyle?

As a guideline, most patients can return to work after 1 week. However, patients whose work involves strenuous activity or lifting may require 2 weeks off work.



Quick Reference

-  **Surgery time**
2 hours
-  **Anaesthetic used**
General anaesthetic
-  **Hospital stay**
1 night stay
-  **Pre admission tests required**
Blood tests +/- ECG
-  **Up and about**
Same day
-  **Washing**
2 weeks
-  **Driving**
1 week
-  **Exercise**
4-6 weeks
-  **Time off work**
1-2 weeks

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It is best to wait for 4 weeks before commencing moderate lower body exercise with the view to be back to normal activities by around 6 weeks post surgery. Overall common sense rules in the recovery period. If what you're doing is uncomfortable then don't do it!

What Costs Are Involved?

A surgeon fee, anaesthetist fee and hospital fee will be required. You will be given a breakdown of these costs on the day of your consultation.

How Many Breast Reduction Procedures Has Mr. Karidis Performed?

In accordance with the National Healthcare Commission guidelines, and according to the last ten years of annual audit figures submitted to the Hospital of St. John and St. Elizabeth in London, Mr. Karidis has performed on average 40 Breast reduction procedures per year. It is easy to understand therefore that having been in private practice since 1997 Mr. Karidis has performed a large number of these procedures.

Preparing For Your Op

It is always useful to allow yourself plenty of time to recover and organise sufficient time off work. 1-2 weeks off should give you sufficient time to allow any obvious swelling to subside. Ensure any blood tests or other tests that are required are undertaken well in advance to avoid any potential delays.

Will There Be Post Op Care?

We look forward to seeing you at the clinic around 7 and 14 days after your surgery to review your result and check all is healing well. Providing all is well, you will usually see Mr. Karidis at around 6 weeks post operation for a routine check up. Further appointments can of course be made if necessary.

Nurses' top tip:

Sleep with your upper body slightly elevated to help quicken any reduction in swelling and bruising.

How Does Travelling Soon After Breast Reduction Surgery Affect me?

Please ensure that you notify medical staff of any heavy bleeding, pain, excessive swelling, pockets of fluid or a persistent high temperature (above 37.5 degrees for 12 hours or more). Most often there is nothing to be concerned about, however, it is always best to check!

What Other Treatments Would You Recommend Post Op?

"Fractional Resurfacing" can really improve the look of scarring associated with breast reduction surgery.

Why Should I Choose Breast Reduction Surgery?

Breast Reduction surgery has an extremely high satisfaction rate. The procedure will give confidence to the individual and allow them to wear clothes and undertake activities that were previously felt unsuitable.