

# Timing is everything



**I**n her late 40s, Beth underwent a breast reduction procedure after many years of being unhappy with the size of her breasts. “I had been considering breast reduction surgery since my 20s but never felt I was in the right place in my life to contemplate going ahead. At the beginning of 2021, after a year of living through the pandemic, I decided that I didn’t want to put it off any longer.

“My frame is small and I have always had very large breasts. It was something that would continue to impact my life, so I felt it was the opportune moment to have surgery while I was fit and healthy.”

Beth underwent a breast reduction procedure, combined with liposculpting on the back, in early 2021. As the UK was under Covid restrictions at the time, Beth attended the hospital on her own. She was instantly put at ease by the nurses who showed her to a private room where she was seen by Mr Alex Karidis who discussed what size she ideally wanted to be after surgery.

“The whole process was completely seamless from start to finish and, before I knew it, I was coming round in recovery and I was reassured that everything had gone well.”

## A year on from surgery

“I cannot believe how amazing my new breasts look. The scarring is almost entirely invisible, and they are very natural looking. I can wear whatever I

want and go without a bra if necessary.

“They are also not too small, which was something I was concerned about having had larger breasts. In fact, they are precisely the size that Mr Karidis discussed pre-surgery.

“Twelve months later, I cannot believe the difference it has made to my life. I wish now I’d had it done many years ago, but it was the right time for me.” ■

[karidis.co.uk](http://karidis.co.uk)

“I am so glad that I took this journey with Mr Alex Karidis because he has been amazing all the way through. The finished result is so much better than I ever thought it would be.”

