



# Peter Callan Plastic Surgeon

Peter Callan Plastic Surgeon specialising in Cosmetic Surgery, Breast Surgery, Hand Surgery and Treatment of Skin

## Breast reduction (Reduction mammoplasty)

### What is it?

Breast reduction is making breasts smaller by removing breast tissue and then reshaping the breasts into smaller, more elevated breasts.

### Is Mr Callan experienced at this procedure?

This is an important question to ask. Not only is Mr Callan experienced at this procedure, but he performs breast reduction regularly and keeps up to date with the latest techniques. It is also important to know that as a fully trained plastic surgeon Mr Callan performs this procedure to the high standards of Australian Plastic Surgery.

### Can I see photographs?

You can see photographs in our office when you have a consultation. As Mr Callan performs breast reduction frequently, there are large numbers of photographs to look at many of which will be of patients with a problem similar to yours. We do not publish photographs on the web for a number of reasons, but the most important of these is that you need realistic photographs for your particular breast type, and the size you eventually want to be.

### Who has breast reduction?

Women aged 18 onwards who want smaller breasts. Occasionally younger females will be considered if they have significant problems or breast asymmetry.

### Am I suitable?

You need to be sensible, honest about your reasons, happy with your informed decision, and be as healthy as possible. A time of personal crisis is no time to be making decisions about such surgery. You may need more discussion if you have a family history of breast cancer, or your breasts have sagged significantly after weight loss or breast feeding.

What would stop me from having the surgery?

You must not be smoking, outside the BMI range of 18-28, under stress when making your decision, or have a medical condition that would make surgery unsafe.

### How is it done?

Breast reduction surgery is done in a fully accredited hospital. An incision is made around the areola (coloured part around the nipple), and another vertical incision below that. Very rarely a horizontal incision is made in the fold under the breast. The excess breast tissue is removed and the breast remodelled into an aesthetically pleasing shape, which depends a bit on your original breast size and shape.

### Are there scars?

The only incision lines are one around the areola (coloured part around the nipple) and one vertical incision line below that. Very rarely there will be a horizontal one in the fold under the breast (not usually visible when sitting up). These incision lines are always there, but as time goes on usually improve to the extent that they are not a great concern for most women. As a rule the incision lines are inconspicuous unless specifically searched for, or viewed at certain angles.

### What are the benefits?

This is entirely a personal matter. If the size of your breasts currently distresses you, smaller breasts may be the answer. Back, neck and shoulder pain may be relieved in many, and the pressure of the bra straps grooving the shoulders should be alleviated. However the benefits depend on whether or not you have been properly assessed, and you may need to consider other options prior to surgery. For instance it may be that you just want firmer, lifted breasts (for which a mastopexy is required), or more even breasts, or something else. This needs to be discussed if appropriate.

### What are the risks?

All surgery carries some element of risk. You can minimize your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and giving yourself a stress free time during which to recover. Despite this there are some risks that you will need to discuss. The most common of these is that it takes a couple of months for the breasts to assume their final shape. A few women may lose some sensation in the breasts or nipples, but most do not. Breast feeding is possible after breast reduction, but many women find it unsatisfactory and have insufficient milk such that the baby will require complementary feeds. There are other risks common to all surgery, and you should be aware of these.

### How long am I in hospital for?

Breast reduction can be a day procedure or overnight, depending how you pull up after the anaesthetic. Someone will need to take you home and should be with you the first night. Breast reduction is not a particularly painful procedure, but can be a little uncomfortable for a couple of days.

### How long will I need to recover?

This varies but usually ranges from a few days to a few weeks depending on what you do. If your activities are sedentary, then you may only need a few days, but if you do heavy work and lifting you may need up to three weeks. It's a good idea to take some time so as you don't put pressure on your recovery. The same guidelines apply to exercise, with mild to moderate exercise allowable early on to full aerobic activities by three weeks. By the way, you can shower within hours of surgery, as dressings are minimal (tape only). You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery so as you are fully capable. If in doubt, don't.

### Will I wear a bra after surgery?

You will be given instructions on the purchase of a soft bra prior to surgery. This bra is important in the early postoperative period to help shape the breasts and keep discomfort to a minimum. After a couple of weeks you can wear any bra you want. It's up to you.

### Will I need to be seen after surgery?

Yes. We will keep in close contact with you by telephone for the first few days and then will see you about five days after surgery, then at three weeks, then at three months. You are of course welcome to call or visit anytime with any concerns.