



**PETER
CALLAN**

PLASTIC SURGEON

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?

Mr Callan has many years of experience at this procedure. He performs breast reduction regularly and keeps up to date with the latest techniques. As a fully trained plastic surgeon, Mr Callan performs this procedure to the highest standard available.

Can I see photographs?

You can see photographs of people who have had this procedure when you have your consultation. As Mr Callan performs this procedure frequently, we have a large number of photographs of those who have your particular breast type and the size you want to be.

Who has breast reduction?

Women aged 18 and over who want smaller breasts. Occasionally younger females will be considered if they have significant problems or breast asymmetry. For some women large breasts pose problems such as neck and shoulder pain, finding clothes and bra's to fit and the constant feeling of appearing conspicuous. Reducing the size of the breasts and repositioning them to their correct position surgically can help a woman feel more balanced, as well as reducing her physical symptoms.

Am I suitable?

You need to be sensible and honest about your reasons for wanting a breast reduction and happy with your informed decision. You should also be as healthy as possible. A time of personal crisis is no time to be making decisions about such surgery. If you have a family history of breast cancer or your breasts have sagged significantly after weight loss or breastfeeding, this will need to be discussed at your consultation.

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?

Mr Callan performs all his surgery at St John of God Hospital in Geelong, 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 is remodelled into an aesthetically pleasing shape, which depends a bit on your original breast size and shape.

Will I have scars?

The only incision lines are 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 but this is not usually visible when standing or sitting up. These incision lines are always there but as time goes on they 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?

What you get out of surgery 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 by breast reduction surgery, 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. 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.

What are the risks?

All surgery carries some element of risk. You can minimise your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and by giving yourself a stress free time during which to recover. The particular risks and complications of this surgery will be discussed at your first consultation. 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. Breastfeeding is possible after breast reduction but some women find it difficult as they may have insufficient milk. There are other risks common to all surgery and you will be made aware of these.

How long will I be in hospital?

Breast reduction can be a day procedure but may involve an overnight stay, depending how you are after the anaesthetic. Someone will need to take you home from hospital and should stay with you the first night. Breast reduction is not a particularly painful procedure but can be a little uncomfortable for a couple of days. You will be given medication if it is required to keep you comfortable.

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 out from more strenuous activities so you don't prolong your recovery. The same guidelines apply to exercise, with mild to moderate exercise allowable early on and full aerobic activities after three weeks. You can shower within hours of surgery as dressings are minimal. You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery. 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 is worth mentioning that despite a reduction - which on average removes 1/3 of existing breast - a woman's bra size may not necessarily change post op. Naturally there will be a visible size and weight difference, however as bra size is based on breast base and chest diameter - as neither of these usually change - so may not the bra size, or by much. The overall volume in the cup will be reduced with less projection and less weight.

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 3-4 days after surgery, then at three weeks and at three months. You are of course welcome to call or visit any time with any concerns.