BREAST REDUCTION

Surgical Name: Reduction Mammoplasty
Hospital Admission: 1-2 nights
Duration of Operation: 3-5 hours
Anesthetic: General Anesthesia (GA)
Recommended stay following surgery: 14-15 days

Introduction

From the word itself, the main purpose of breast reduction is to reduce the size and reshape the breast into more youthful and natural looking breast. Breast reduction is also a type of reconstructive surgery to alleviate back pain or discomfort due to overly heavy breast. Clients who are seeking to have this procedure may have one or more of the following feelings or conditions that may indicate a need for breast reduction:

- Clients with stretched areolas and large nipples.
- Clients who are physical and emotional burden of having huge breasts.
- Clients who experience rashes or skin irritation under the breast.
- Clients who are unable to engage to exercises or take part in sports.
- Clients who have difficulty fitting into bras and clothing.
- Clients who have difficulty in breathing and with deep hollows in shoulder from the bra straps.
- Clients who are self-conscious of having large breasts.

Pre-Surgery Instructions

Fasting is required in any surgical procedure performed under general anesthesia. The client is advised not to eat or drink anything at least 8 hours prior to surgery. If there is no fasting instruction given, the client must not take any food or drink from midnight before her scheduled surgery. Clients who do not comply this requirement may result to surgery being delayed or cancelled.

Please remember the following:

- NSAIDS drugs and Aspirin must be avoided for at least 2 weeks prior to surgery. If you are taking Aspirin or any type of blood thinning medications for a medical condition, please notify your Plastic Surgery Thailand surgeon to give you a proper advice.
- Generally it is best to continue any blood pressure or blood sugar medications. These can be taken with a sip of water in the morning of surgery.
- Women should ensure negative pregnancy test before surgery.
- Smoking should be stopped at least 3-4 weeks prior to surgery. If you have been smoking for a long time, and you have difficulty quitting, cut back as much as possible.
- Drinking alcohol must be ceased a day or two before surgery.
- Body piercing especially nipple piercing for clients having breast surgery should be removed a week before surgery.
- Do not wear makeup, jewelries and hair accessories containing metal such as hairpins or clips on the day of surgery.

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- Nail polish and Acrylic Nails are not allowed and should be removed prior to surgery.
- If you develop an illness right before surgery, please notify your Plastic Surgery Thailand surgeon.

Our team will thorough evaluate your medical history to check for conditions that may delay the surgery or the healing process.

**The Procedure**

The procedure usually takes 4-6 hours and you are required to stay in hospital overnight.

Stage 1 – Induction of Anesthesia: General anesthesia or intravenous sedation will be administered. If you are allergic to a certain type of anaesthesia, please notify your Anaesthesiologist right away.

Stage 2 – Surgical Incision: There are various techniques in reshaping breast and removing excess breast tissues and skin. The location and type of incision should be agreed both by client and Plastic Surgery Thailand surgeon and will be based on breast size and shape, position and size of the areola and degree of sagging. Remember that with any kind of incision, the areolas are always made smaller if they are too large. A cookie cutter or known as “areolatome” is used to make new areola size. The following are the types of incision sites:

  - Inverted T or Anchor Incision. This technique is commonly used by Plastic Surgery Thailand surgeons. The incision will be made around the perimeter of the areola, vertically down from the areola to the breast crease and horizontally along the breast crease. This type of incision improves breast contour, reposition the areola and nipple complex to a more normal location and reduce the volume.

  - The Keyhole, Vertical or Lollipop Incision. This is recommended for woman with moderate degree of breast sagging. The incision is made around the perimeter of the areola and vertically down from the areola to the breast crease.

Stage 3 – Breast Tissue Removal:

This is the next step after breast incision. The surgeon will remove the excess breast skin, fat and tissues to create a more youthful breast shape. Then the nipple areola complex will be placed to a higher position.

Stage 4 – Closing the incisions: The lower breast is reshaped with internal stitches, then the skin will be closed by either using dissolvable or non-dissolvable stitches. Temporary drains may be placed by your Plastic Surgery Thailand surgeon prior to closing your incisions to prevent blood and fluid accumulation. These drains will be removed during a follow up visit after your surgery.

**Post- Surgery Instructions**

Waterproof plasters are placed over the incision sites. Clients are advised to keep them dry and clean at all times. If the plaster get wet or soak with body fluids or blood, please contact your Coordinator and ask for advice. You may be instructed on how to change your dressings on your own or you may need to come back to the hospital.

You will be provided with set of medications which includes antibiotics, pain killers, anti-inflammatory etc. Please follow the instruction on when to take your medications. Do not drink alchohol while you are on antibiotics.
Wear your support bra or surgical bra around the clock for the first week or two. If you feel that your surgical bra is too tight, you can remove it for few hours.

The non-dissolvable stitches will be taken out on the 12th or 14th day post op. While dissolvable stitches takes time to disappear which is usually around 6 weeks.

What to expect following breast surgery:

- Swelling can be expected in any breast surgery and this usually subsides in 3-4 months. Cutting back salt, proper hydration and light exercises such as walking can help to reduce swelling. If you experience sudden swelling in the days after your surgery, call your Coordinator.
- Bruises after breast lift is to be expected and this will improve over time. If you still have some discolorations after several months, notify your Plastic Surgery Thailand surgeon.
- The most common risk particular to this surgery is damage to the nerve and blood supply of the nipple. In some cases this could lead to a loss of feeling in the nipples.
- If a free nipple graft is performed, expect that you will not be able to breast feed anymore.
- All breast reduction techniques will leave a permanent scar behind. However the scar can be improved with the use of scar gels or scar creams.

Other post op instructions include:

- Walking right after surgery is recommended. This will help relieve swelling and prevent DVT (Deep Vein Thrombosis). DVT is a form of a blood clot (thrombus) within a deep vein which is most commonly develop in the legs.
- Strenuous activities, heavy lifting and cardio exercises should be avoided for atleast 6-8 weeks. Recommendation when to resume specific exercises and activities must be asked directly to your Plastic Surgery Thailand surgeon.

You should contact your Coordinator if you experience severe pain not relieve by medications, any unexpected symptoms, such as redness of your breast skin, a burning sensation or unusual swelling and high fever.