

# Breast Reduction (Mammoplasty)

# Breast Uplift (Mastopexy)



LINIA

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EXPERTS IN COSMETIC SURGERY

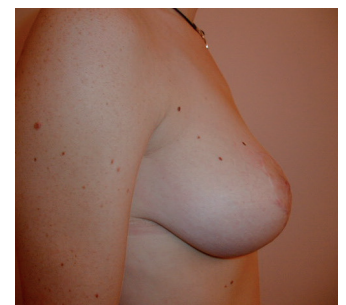
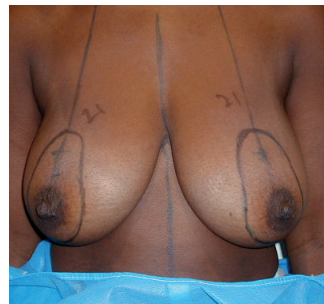
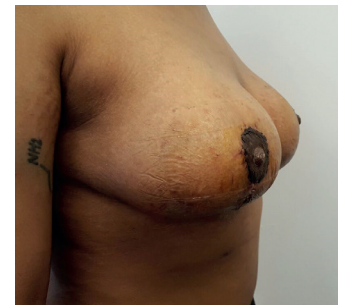
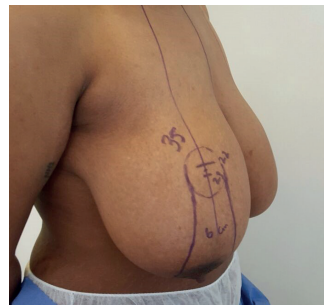
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Before

After



## WHAT IT IS?

As the name suggests, the procedure reduces the overall size of the breasts and can also correct asymmetry, where one breast is larger than the other. Breast uplift or “mastopexy” is a procedure similar to breast reduction. It tightens loose skin, and reshapes and repositions the nipples if they are mis-aligned.

## WHY IS IT POPULAR AND WHAT ARE THE BENEFITS?

The size of your breasts is determined by a number of factors, such as your genes, hormones, and body weight. For many women overly large breasts are, quite literally, a burden. They can cause not only self-consciousness and attract unwanted attention, but can also lead to physical problems like backache and neck strain. Bra straps can dig in and rashes can develop under the breasts. They can also restrict participation in active sports and the enjoyment of well-fitting, flattering clothes.

Breast reduction addresses all these issues and gives women a new-found confidence in their physique as well as correcting the unwanted physical symptoms described above. Breast uplift addresses the sagginess which is a natural result of the ageing process and/or pregnancy and weight loss.

## WHAT DOES THE PROCEDURE INVOLVE?

The procedure is usually performed under general anaesthetic and in most cases will involve an overnight stay in hospital. There are a number of surgical techniques which can be used, depending on the individual. Your surgeon will discuss these with you at your consultation.

## WHAT ARE THE RISKS AND LIKELY AFTER-EFFECTS?

Cosmetic Surgery, like any other surgery, involves a “trauma” to the human body and there are risks associated with any procedure. Each woman’s body is different, and your general health, level of fitness, age and genetic profile will all have an effect on the speed of healing and also on the risk of side-effects.

If you smoke, drink alcohol, are overweight and/or take drugs for medical or other reasons, the risk of complication during and after surgery can be greatly increased. Smoking, in particular, is discouraged because it increases the risk both of infection, wound breakdown and thrombosis (blood clots).

After a breast reduction it is normal for all women to experience swelling, bruising, tiredness and numbness. A smaller number may also encounter infection and/or some bleeding around the scar area, and sometimes infection from germs which are present in the ducts of the breast. Infection can be treated with antibiotics, though this can delay the healing process somewhat.

You are also very likely to experience some loss of sensitivity in your nipples, which usually improves in the months after surgery, but can occasionally remain permanently.

Scarring is an unavoidable consequence of this procedure, and will vary in appearance and severity, depending on the extent of surgery and on your body type. The nipple disc and the area underneath the breast are the most likely areas to be affected. Your scars will certainly reduce and fade over a period of months and, whilst permanent, should not be visible under the average bra or bikini top. Most women consider scarring to be an acceptable "trade-off" for correcting the problem of over-large breasts. (See minimal Scar Techniques)

Another side-effect of breast reduction is the possible inability to breast-feed as the procedure involves the separation of the nipple from the underlying milk ducts. Whilst breast reduction has no counter-indication to pregnancy, you should be aware of the effect on breast feeding.

## WHAT WILL HAPPEN AFTER THE OPERATION?

### Post-Op

Your surgeon will see you when you have come round from the anaesthetic to check that all is well. You will probably stay in hospital for a day or two to ensure you receive all the care and support you need. If you have drainage tubes, these will be removed soon after the operation, and once you are fit to return home, you will be given medication and full post-operative instructions along with appropriate telephone numbers in case you need to contact us at any time.

### Week 1-2

During the first week after surgery, you should not remove the dressings at any time and you will not be able to immerse your breasts in water. You should try to resume normal daily activities as soon as possible: general mobility will help speed up the healing process. You should NOT, however, drive or undertake any strenuous activity or exercise.

You will see our nurse after 7-10 days so that she can check your progress and remove your dressings and stitches. After your check-up you should be able to bathe and shower fully as usual, using unscented products. You should also be able to drive again.

### Week 6-10

You can expect much of the swelling and discomfort to have eased by now, and you should be able to start gentle exercise again. Your surgeon will see you again, usually 8-10 weeks afterwards for a full post-operative consultation. You can also travel by air, and sunbathe if you wish, taking care not to expose any scars to the sun.

## LINIA MINIMAL SCAR TECHNIQUES

### Nipple Lift

Involves small scars around half the nipple only.

### Circumareolar Mastopexy

The breast is lifted with a small scar around the nipple. No other scars are made.

### Suspension Uplift

Involves moving and suspending the whole breast through a small incision around the nipple.

### Vertical Scar Breast Reduction

Involves liposuction to reduce the volume of breast and small scars to tighten and lift it.

### Combination with Breast Implant

May be needed in certain uplift cases to achieve firmer breasts and better results.

## FULL POST-OPERATIVE COVER

We're confident that you will be delighted with the results. For that reason, we guarantee that we will provide post-operative cover for a full three years after your procedure. It's our way of ensuring that you have peace of mind and confidence in Linia.

## PERIOD OF REFLECTION

Cosmetic surgery is a purely elective procedure and careful consideration should be given to both the potential benefits and the risks, before making a decision to proceed. Linia recommends that, following consultation with your surgeon, you allow a period of at least fourteen days before making a decision.

General matters pertaining to cosmetic surgery.

**1. Expectations and limitations:** Cosmetic surgery may satisfy many needs and often provides inner confidence. It may enhance your quality of life significantly. It is however, not the answer to all of life's problems. It is vital to understand the limitation of such surgery. The purpose of cosmetic surgery is to improve one's appearance. But do not expect miracles. Most patients understand these limitations and have a realistic view of what may be achieved. Wrong expectations and over expectations may lead to disappointment. Being realistic brings satisfaction.

**2. General risks of Surgery and Anaesthesia** such as blood clots, chest complications, pain and discomfort, infection, swelling, bruising, bleeding and haematoma, seroma, problems in the healing process, numbness, sensitivity etc.

**3. Subjective Nature of Cosmetic Surgery:** It has been emphasised that, the final assessment of the result is a matter of subjective opinion. Hence, while a probable expected result has been advised, this is in no way a guarantee of a good result.

**4. Scars:** All surgery involves creating some scars. Although these are placed in locations to hide, any scar, in theory, can become prominent. It normally takes 12-24 months for scars to fade away completely.

**5. Time lag for final results:** Every operation is followed by a period of healing, before tissues return to normal and the final result is apparent.

**6. Numbness:** Loss of sensitivity is a consequence of all surgery and it takes time for normal sensation to return.

**7. Revisions and Refinements:** Every operation may sometimes need more refinement to achieve a satisfactory end result.

**8. General Asymmetry:** Every human body is asymmetrical between left and right sides. This normal difference will persist after the surgery.

**9. No guarantee can be given for final cup size following breast enlargement or reduction.**

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