

## **Patient information sheet – Breast reduction**

### **Why is Breast reduction done?**

Breast reduction is done to decrease the size and volume of the breast. It also automatically gives the breast a lift as well. It is used to relieve problems associated with massive breasts like back pain, neck pain, bra strapping, dermatitis, bad posture, breast pain etc. It also gives self confidence in women due to the obvious cosmetic benefit.

### **What are the types of Breast reduction?**

Depending upon the extent of reduction, either a vertical scar or inverted T scar reduction is done. About 90 percent of the cases are managed by just a vertical scar reduction, where there is only one vertical scar from the areola to the infra mammary crease and it is well hidden in the undersurface of the breast.

### **How many days of hospital admission is required?**

It is a daycare procedure and you will be discharged from the hospital on the same day of surgery. In rare circumstances, one overnight stay might be required.

### **What does the surgery involve?**

You will be seen by our anaesthetist before surgery and then admitted on the day of surgery. The surgery is conducted under general anaesthesia and takes about 2-3 hours. Cuts are made as explained above depending upon the extent of reduction. Excess breast tissue is removed. Sometimes liposuction is also done. The wound is closed with absorbable stitches. You will be given some pain killers and antibiotics and discharged on the same day evening. You will be advised to wear a comfortable sports bra after surgery.

### **What happens after surgery?**

There will be a follow up appointment after 1 week to check the wound. Most of the swelling goes down in a week, but final results can be usually seen after 6 weeks of surgery when the swelling and bruising completely recedes.

### **What is the downtime after surgery?**

You will be able to go back to normal activities in 2-3 days. Strenuous activity like jogging, gym and sports can be resumed after 3 weeks.

### **What complications can I expect?**

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital. Loss or alteration of nipple sensation can happen occasionally. Nipple loss and wound healing problems can also arise and this is usually managed with simple dressings.

### **Will I be able to breast feed after this surgery?**

Email Id: [contact@drvvybhavderaje.com](mailto:contact@drvvybhavderaje.com)

Phone no: +91 9535581616

Many women have breast fed even after breast reduction surgery, but we would advise you to undergo this surgery preferably after completion of your family.

**I have a few more questions. What do I do?**

Kindly write to us at [contact@drvvybhavderaje.com](mailto:contact@drvvybhavderaje.com). We will be happy to reply to any of your questions and concerns.

Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.