

Breast Asymmetry Surgery

Surgery to correct breast asymmetry and create a balanced, attractive and harmonious body contour

What is Breast Asymmetry Surgery?

Breast Asymmetry Surgery is surgery to correct uneven breasts, restore balance, and improve body-confidence.

Surgery can be performed to either reduce the size of one breast or enlarge a breast to make the chest more balanced and symmetrical.

Why have Breast Asymmetry Surgery?

We're all a little bit wonky; in fact, most women have one breast that is bigger than the other. However, for some women, the difference is more pronounced, making it noticeable in and out of clothing.

It can be distressing if your breasts are very uneven. Many women struggle to choose clothes and are embarrassed in swimwear and intimate relationships. Corrective surgery can boost body image and let you display your curves with confidence.

What happens in Breast Asymmetry Surgery?

Bella Vou offers a range of procedures to treat breast asymmetry. The best treatment for you will depend on your breasts and the look you would like to achieve. Bella Vou's specialist surgeons will assess your breasts and discuss your preferences before tailoring a bespoke treatment plan. Breast Asymmetry Surgery can include:

Breast Reduction: Surgery to reduce the size of the larger breast can help restore balance. Reduction surgery is a better choice for women who feel that their bigger breast is too large.

Breast Augmentation: A breast implant can be inserted to enhance the smaller breast. This is particularly effective for women who prefer the size and shape of their larger breast.

Breast Uplift: If both breast volumes are similar, but one is drooping and sitting lower on the chest wall, surgically lifting the breast can restore symmetry.

Areola Reduction: An operation to reduce the size of the areola, which is the brown or pink pigmented area around the nipples, to match the proportions of the other breast.

Nipple Reduction: Surgery to decrease the size of oversized or puffy nipples.

Sometimes a combination of procedures is necessary to achieve a more symmetrical appearance. The experienced aesthetic surgeons may also perform surgery on both breasts to ensure that they have the same volume and shape at the end of the operation.

How long is the recovery from Breast Asymmetry Surgery?

Your recovery will depend on the specific surgery you have had, as well as on your general health and wellbeing. Most procedures will be performed under general anaesthetic, and you may need to stay in hospital overnight to recuperate.

Some bruising, soreness, and swelling of the breasts are normal following surgery. You will be given a soft, supportive bra to protect the breasts and reduce discomfort. Over the first two to three weeks following surgery, the pain and swelling will gradually ease, and you will be able to increase activity gradually.

It's essential to take it easy four to six weeks. Arm movement may be restricted, and you should avoid over-exertion and heavy lifting. By around six weeks, you should be back to your usual routine, but it can be three months or more before all the swelling settles, and you can see the final results of the surgery.

Quick glance guide to Breast Asymmetry Surgery

Procedure Time: 1 - 3 hours

Recovery: 4-6 weeks, some women may feel ready for work after 1-2 weeks

Anaesthetic: General anaesthetic

Hospital stay: No

Treats: Asymmetrical or uneven breasts

Why choose Bella Vou for your Breast Asymmetry Surgery?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Breast Asymmetry Surgery journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon. There is no obligation to proceed to treatment. The consultation is an opportunity to discuss the concerns you have with your breasts and receive an impartial professional opinion.

The surgeon will carefully evaluate the size, shape, and position of your breasts. They will listen to your preferences and determine the best way of achieving a symmetrical, attractive appearance. You will be allowed all the time and space you need to decide on surgery. Mr Amir Nakhdjevani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with your consultant before proceeding to Breast Asymmetry Surgery. This will give you a chance to find out more about the procedure and understand any potential risks or complications.

Your surgeon will take your medical history, examine your breasts to check for lumps, and ensure you're healthy and fit for surgery.

Preparation for Breast Asymmetry Surgery

The Bella Vou team will give you individual pre-operative advice to reduce your chance of bleeding and infection. As soon as your operation time is set, they'll also let you know when to fast in preparation for your general anaesthetic.

It's vital to let your surgeon know if you're on any medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can disrupt the healing process.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre.

What happens during Breast Asymmetry Surgery?

Breast Asymmetry Surgery can be performed under local or general anaesthetic depending on the extent of surgery and your personal preference. The specific surgery will depend on the operation, or combination of procedures, you are undergoing. Surgery can include:

Breast Reduction: Under general anaesthetic, the surgeon will remove skin and breast tissue from the underneath and sides of the breast. They will then reshape the remaining breast tissue so that it matches the other breast.

Breast Augmentation: Under general anaesthetic, the surgeon will make an incision in the crease under the breast. The surgeon will insert the implant between the breast and the pectoral muscle, or behind the chest muscle, to enlarge the breast and improve chest symmetry.

Breast Uplift: Under general anaesthetic, the surgeon will excise skin from the underneath and the sides of the breast. They then lift and shape the breast to rejuvenate and restore symmetry.

Areola Reduction: Under local anaesthetic the surgeon will make a circular incision around the edge of the areola. They will excise a donut-shaped ring of the pigmented tissue to reshape the areola so that it is closer to the size and shape of the areola on the other breast.

Nipple Reduction: Under local anaesthetic, the cosmetic surgeon will remove a portion of the nipple, to reduce the size but maintain the overall shape.

Recovery from Breast Asymmetry Surgery

You should be able to go home the same day following your surgery. The staff at Bella Vou will offer safe and effective painkillers, carefully monitor your recovery, and provide support every step of the way.

Your breasts will be feeling sore, bruised, and swollen for up to a week. You will be given a soft sports bra to support your breasts, reduce swelling, and keep you comfortable as you heal.

After one week, the nurse and wound care specialist will check your breasts, the scars, and your general wellbeing. The soreness and swelling will gradually settle. You should avoid returning to work for at least a week for optimal recovery and sufficient rest. It will be six weeks or more before you can resume playing sports or other strenuous activities.

At around six weeks, your surgeon will check your progress and ensure that you are healthy and happy with your results. However, the Bella Vou team is always available if you have questions or worries at any time.

FAQs

Can I breastfeed after surgery?

If you are planning on having a family, or you have not completed your family, then your breasts are still going to go through further shape and size changes. It might be better to wait until after this time before embarking on the surgery. Your surgeon will go through the surgery with you in detail, outlining all the risks and benefits to make sure you get the result you desire.

How is the recovery?

Following your surgery, your breasts will be feeling sore, bruised, and swollen for up to a week. We provide safe and effective painkillers to help ease any pain and discomfort. The dressings will stay in place for two weeks following surgery.

We recommend that you avoid returning to work for at least a week for optimal recovery and sufficient rest. It will be six weeks or more before you can resume playing sports or other strenuous activities.

You will be required to have follow-up visits with your surgeon for surgical wounds to be checked and cleaned. Your surgeon will check on your progress and answer any questions you may have.