

Breast Reduction

Surgery to decrease the size of the breasts and improve confidence and quality of life

What is Breast Reduction?

Breast Reduction or Reduction Mammoplasty is surgery to make the breasts smaller and reduce their weight. The procedure can also reshape and lift the breasts, so they are firmer and more pert.

Breast Reduction Surgery can be life-changing, easing back pain, improving posture, and increasing body-confidence.

Why have Breast Reduction?

Many women request Breast Reduction because they're unhappy with the size, weight, and shape of their breasts; they find they attract unwanted attention and make them feel self-conscious about their bodies.

Breast size can be more than a cosmetic consideration. Big breasts are heavy, they can make the shoulders and neck ache, bra straps can dig in painfully, the skin in the creases can become red and irritated, and it can be a challenge to stay active and enjoy sports.

If your breasts are affecting your wellbeing, confidence, and ability to live a full and active life, the expert aesthetic surgeons at Bella Vou can help. Breast Reduction is an effective treatment for large and heavy breasts, decreasing physical discomfort, boosting self-esteem, and freeing you to wear the clothes you want.

What happens in Breast Reduction?

Bella Vou provides a bespoke breast surgery service. The expert cosmetic surgeons will carefully assess your breasts, evaluate the proportions of your body, and discuss your preferences before customising the surgery to best meets your needs. The type of incision will depend on the look you want and the amount of tissue to be removed.

Breast Reduction is carried out under general anaesthetic. The surgeon will remove excess fat, skin, and glandular tissue from the underneath and sides of the breasts. They will then reshape the breasts to suit the proportions of your body. Some sagging is common with heavy breasts. In which case, the surgeon will uplift the breasts and reposition the nipples and areola to enhance and rejuvenate the breasts.

How long is the recovery from Breast Reduction?

Most women only need a few days' downtime following Breast Reduction surgery. Some pain, swelling, and bruising are normal; however, typically, women don't experience much pain following the procedure.

You will be given a soft, sports bra to support and protect the breasts and keep you comfortable as you heal.

You should take it easy and rest for two weeks. After this, you can gradually increase activity. However, excessive arm movement, stretching and strenuous or repetitive activity should be avoided for six weeks, when you should be able to return to your usual routine.

Quick glance guide to Breast Reduction

Procedure Time: 2-3 hours

Recovery: 4-6 weeks. Return to work in 1-2 weeks depending on the job

Anaesthetic: General anaesthetic

Hospital stay: Day case or one night in hospital

Treats: Large, sagging and heavy breasts

Why choose Bella Vou for your Breast Reduction?

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 Reduction journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an accredited cosmetic surgeon. There is no obligation to proceed to treatment. The consultation is an opportunity to discuss the concerns you have with your body and the size you would like your breasts to be,

The expert aesthetic surgeon will evaluate your breast volume and position, your skin elasticity, the size and position of the areola, and your body shape. They will plan surgery to ensure the breast looks natural, in proportion, and correctly placed on the chest. Mr Amir Nakhdjvani 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 Reduction. This will give you a chance to find out more about the procedure and to ask any questions you may have.

The specialist 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 Reduction

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 stop eating and drinking in preparation for your general anaesthetic

It's essential to tell the team 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 Reduction?

Breast Reduction is carried out under general anaesthetic. You may need to spend one night in hospital to rest and recover.

The type of incision will depend on the size of your breasts, the look you want, and the amount of tissue to be removed. The surgeons usually use one of two types of incision:

The anchor incision is most frequently used. This is around the areola, extending vertically down to the natural breast crease and horizontally across the crease.

Lollipop incision results in smaller scarring. There is a circular scar around the areola, which extend in a downward vertical scar to the breast crease. Both scars heal well and usually fade to become unobtrusive.

The surgeon will excise excess fat, skin, and glandular tissue from the underneath and sides of the breasts. They will carefully measure the breast volume and plan the amount to be removed before your surgery, to ensure you get the results you want.

Your consultant will then lift and reshape the breasts to achieve a natural, youthful contour. They will also reposition the nipples and areola to enhance and rejuvenate the breasts. The size of the areola can also be decreased to suit the proportions and shape of your new breasts.

The surgeon will suture the incisions closed using absorbable sutures that don't need to be removed. Finally, a dressing and supportive sports bra are applied.

Recovery from Breast Reduction

You may need to stay in hospital overnight following the operation. The staff at Bella Vou will offer safe and effective pain relief, carefully monitor your recovery, and provide support every step of the way

You will be given a supportive sports bra to protect the breasts and maintain your comfort as you heal. After one week, the nurse and wound care specialist will check your breasts and the scars. After two weeks, you will be able to increase activity gradually. However, excess arm movement and strenuous or repetitive activity should be avoided for up to six weeks, when you should be able to return to your usual routine.

At around six weeks, your surgeon will check your progress and ensure that you are healthy and happy with your results. The Bella Vou staff are always available if you have problems or questions at any time.

FAQs

Can I breastfeed after Breast Reduction?

Generally, if you haven't completed your family, then it's sensible to avoid this surgery. During pregnancy, the breasts increase in size, therefore negate the effects of the operation.

Talk to your surgeon to fully understand the risks and benefits of surgery. It's important to understand that Breast reduction surgery can damage nerves and milk-producing ducts and glands, making breastfeeding difficult. If your nipple and areola are still attached to the breast tissue beneath them, then there is a greater likelihood that you'll be able to nurse. However, if the nipple was removed and then placed on a reconstructed breast, damage to the nerves, milk ducts and breast tissue may diminish sensation in your nipples and limit your milk flow.

The nerve supply to the nipples is vital to breastfeeding, as they trigger the release of hormones that affect lactation and milk let-down. The overall length of time since surgery has an effect. With increasing time, you're more likely to regain nipple sensation and produce milk.

You won't know how your milk supply will be affected until you start trying to nurse. If you still have sensation in the nipple, then you have a much better chance of having a full supply. There are several groups out there who help and guide women who have had breast reductions and are hoping to breastfeed.

Let your baby's doctor know about your surgery. They will need to keep a close eye on your baby's weight gain.

What are the scars like from Breast Reduction?

All surgery leaves scarring. Our surgeons will do their utmost to ensure the scar is as small and discreet as possible. Plastic surgeons, like the specialists at Bella Vou, are in making incisions and suturing in ways skilled that minimise scarring.

Areola scars generally heal well. They are pink for several weeks and then start to settle. They mature well in almost all cases, but it is impossible to make them completely invisible. If the healed scar is discoloured, Bella Vou offers medical tattooing to camouflage it and blend it with the surrounding skin tone.

How long should I wear the surgical bra?

The surgical bra will support and protect your breasts as they heal. It's essential to wear it night and day for six weeks. At your six-week check, your consultant will check your wounds and your breasts and let you know if it's OK to return to your usual bra.

Will I lose sensation to my nipples?

There is a risk of nipple sensation changing following Breast Uplift and Breast Reduction Surgery. There is usually a temporary loss of sensation to the nipples, which may return as the swelling and bruising settles. Nipple sensation is generally derived from multiple sources from within the breast tissues. The reshaping and lifting of the breasts can interrupt the nerve supply, meaning that for some women, the change in nipple sensation can be permanent. Your surgeon will take time to

answer all your questions and talk you through the risks and benefits of the procedures.