

# *Breast Reduction* (REDUCTION MAMMAPLASTY)

## **DISCLAIMER:**

### **Please read the following points:**

- ❑ The details supplied on this website are for information purposes only and full medical details should be obtained from Mr Mutimer at a pre-arranged appointment
- ❑ All details supplied by people who log onto this site are confidential and are safely secured by this website only. However, if you do not wish to add details to this website there is the option of performing this via the office on telephone: 9592 0522 or by fax on 9592 0320.
- ❑ All patient photos and literature on this website are firstly consented to and signed by the patient themself

# Breast Reduction

## (REDUCTION MAMMAPLASTY)

*Breast reduction surgery is quite often the answer for women who want relief from both the physical and emotional symptoms caused by having large breasts. Surgery is quite effective in reducing the symptoms dramatically, as well as improving the shape and size of the breast.*

*Breast reduction can only be performed once the patient's breasts are fully developed usually in a female's late teens.*

*Future breast-feeding may be affected by this kind of surgery, so it is very important to discuss this aspect with Mr. Mutimer.*

### WHAT TO EXPECT AT THE CONSULTATION

During your consultation with Mr. Mutimer he will ask you about your desired breast size and what you are hoping the surgery will achieve. He will inform you whether or not your expectations are realistic.

The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a patient to make enquiries about such a delicate matter. Our caring and supportive staff are more than happy to help you with the necessary arrangements to make an appointment to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed about the procedure as possible. Please do not hesitate to ask the staff for any assistance.

**Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre.**

**Strictest care is taken to ensure your privacy.**

Easy parking is available at the rear entrance.

If you have had any previous mammograms please bring the relevant information with you to the consultation.

**Mr. Mutimer will take a number of things into consideration, before advising you in relation to breast reduction surgery:**

- He will perform a full examination of your breasts
- Take photographs and measurements
- Check the skin quality and placement of your nipple and areola
- Discuss with you your medical history. It is important to inform Mr. Mutimer of any previous breast surgery, breast cancer history, breast biopsies or any removal of cysts or lumps.

### Does my hospital insurance cover the surgery?

There is an MBS item number attached to Breast Reduction surgery, which ensures a large portion of the theatre and bed fee are covered. There are fees from Mr. Mutimer and the anaesthetist that Medicare and your hospital insurance will partly cover, however there are out of pocket expenses also. You should discuss this with the patient care co-ordinator, who will give you a full account summary.

Breast Reduction surgery is performed in hospital and your stay will be 2-5 days, depending on your home support. It is a good idea to check with your health fund as to whether or not you have an excess on hospital admission or an overnight bed fee.

A six-week post-operative care component is included in the Surgeons fee.

### BREAST REDUCTION TECHNIQUES

There are several types of breast reduction techniques. Which method is recommended will depend on the size and shape of your breasts. There are minimal scar techniques, which are suitable for women whose breasts are not as large, where scarring is not as extensive and usually pertains to the areola itself. Mr. Mutimer will discuss with you which technique is best for you.

### WHERE ARE THE INCISIONS PLACED?

This depends greatly on the technique that is used for your breast reduction surgery.



*The excessive weight of large breasts can cause physical symptoms such as back, neck and shoulder pain, as well as skin rashes beneath the breasts.*



*Following breast reduction, the size and weight of your breasts will no longer interfere with your physical activity, and your breasts will be more proportional to the rest of your body.*

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### 1. GOES TECHNIQUE (MINIMAL SCAR METHOD)

The incisions are made around the areola and are quite minimal compared to the other techniques that are most commonly used. It is important to remember that the Goes technique is not suitable for patients who have very large breasts.

### 2. PEDICLED REDUCTION TECHNIQUE

The most common method used for Breast Reduction places the incisions:

- Around the areola
- Underneath the centre of the breast
- Beneath the breast in the natural breast crease

After breast tissue, fat and skin is removed, Mr. Mutimer will position the nipple and areola at a higher point. Usually in large breasts, the areola has increased in size and will need reshaping to suit the new breast size.

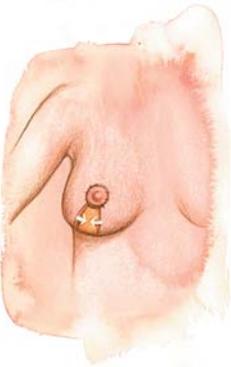
Liposuction is sometimes used underneath the arm to improve the contour.

### 3. FREE NIPPLE GRAFT.

Very rarely performed on extremely large breasts. Mr. Mutimer may recommend this method, so that a smaller breast can be fashioned.



*One common breast reduction technique removes excess breast tissue, fat and skin through the incisions shown. The nipple and areola (the pigmented skin surrounding the nipple remain attached to the underlying tissue but are shifted to a higher position.)*



*Skin that formerly was located above the nipple is brought down and together to reshape the breast.*

### WILL I STILL HAVE NIPPLE SENSATION?

As the nipple and areolas are reattached to tissue, sensation to the nipple usually continues. Breast-feeding may also be possible, however it is important to note that it is cannot be guaranteed.

### RISKS, COMPLICATIONS AND SIDE EFFECTS

The complications of Breast Reduction surgery are quite infrequent. It is a popular and effective surgical procedure which is very common among women of all ages. It is a procedure where the outcome greatly outweighs the post-operative discomfort.

Some of the risks which Mr. Mutimer will discuss with you are bleeding, infections and reactions to anaesthetic. It is rare that a patient requires a blood transfusion after surgery. Another risk is permanent loss of sensation of the nipple, however this is extremely rare. Sometimes follow up surgery is required to adjust the symmetry of the nipples as they may vary slightly, however again this is very uncommon. Sometimes, further surgery may be necessary to eliminate scar tissue.

### PRE-OPERATIVE PREPARATION

- Mr. Mutimer may ask you to have a mammo-gram prior to surgery. (If you are 50 years or over, mammograms are totally rebatable)
- Smoking should stop two weeks prior to surgery, (including the use of nicotine patches.)
- Any blood thinning tablets (i.e. aspirin/dispirin) or vitamins should be ceased two weeks prior to surgery.
- Arnica tablets should be taken 3 days prior to surgery excluding the day of surgery (5 tablets a day) and should also be taken after surgery until finished. These are used to help with swelling and bruising.
- Fasting is required 7 hours prior to surgery and this includes water, chewing gum and lollies.
- You should also inform Mr. Mutimer of any recent weight loss or gain, or any desired loss before surgery.
- A Betadine wash to the chest and armpit after showering should be used two weeks prior to surgery.

You will need to purchase a special kind of supportive bra, to wear post-operatively.

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**Advanced Skin Technology** are able to supply these kind of bras. You can contact them by telephone 9578 2888, or find them at 1st Floor, 57A North Road, Ormond.

### **WHAT TO EXPECT ON THE DAY OF SURGERY**

The Patient Care Co-ordinator will have given you an admission time, which will be approximately 1-2 hours prior to your surgery. You will have fasted for 7 hours prior to this. Remember to take with you to the hospital all your insurance details, toiletries, night wear and comfortable clothing (i.e. tracksuit, or a top that is buttoned or zipped up at the front rather than a top that you have to pull over your head).

You will be given a general anaesthetic and it is important to inform Mr. Mutimer prior to surgery if you have had any previous reactions to anaesthetics or if you suffer from anxiety or have a nervous condition.

All anaesthetists that work with Mr. Mutimer are of high expertise and extremely familiar with all categories of plastic surgery.

You will have drainage tubes inserted into your breasts to stop the fluid from accumulating. Gauze will be placed on your breasts as a dressing and you will be monitored closely by the Wound Care Manager.

### **WHAT SHOULD I EXPECT AFTER MY SURGERY?**

The nursing staff at the hospital will support you for all your needs. They will help you to walk around the day after surgery for short periods. It will take quite a few days before you feel comfortable and it is important not to expect too much, too soon. Lifting, straining or bending must be avoided as these can cause bleeding and swelling. It is important to get as much rest as possible.

To avoid pressure on your breasts you may be required to sleep on your back. The drain tubes will be removed 1-2 days after surgery and the dressings changed or removed to keep the wounds clean and free of infection. You will be instructed to wear your support bra when swelling has diminished. Stitches are usually removed over a three-week period starting one week after surgery.

### **WHEN CAN I RESUME NORMAL ACTIVITIES?**

You will need to allow yourself two weeks off work depending on the degree of physical activity in your job. You are able to resume some exercise after four weeks. If you experience any pain you should contact Mr. Mutimer or a staff member to make an appointment.

Sexual activity should be avoided for a couple of weeks. If you are unsure, you should talk to Mr. Mutimer or the Wound Care Manager as to when you can resume.

You will need to be extremely careful with your breasts, as they will be extremely sensitive for some time.

### **MAINTAINING A PATIENT/DOCTOR RELATIONSHIP**

Mr. Mutimer is a very approachable doctor who understands your needs in relation to your Breast Reduction. Please feel free to approach him with any questions or concerns you would like addressed. You will return to the consulting rooms for follow up care, where your progress will be monitored.

Post-operative photographs will be taken at a later date.

*It is important to remember that the relationship between you and Mr. Mutimer does not end when you leave the hospital.*

*If you have any questions or concerns do not hesitate to contact the office to speak with him.*

*The post-operative period is an extremely important time and there are trained staff available to help you. You can contact them on 9592 0522.*