

# BREAST REDUCTION SURGERY CHECKLIST

## WHAT IS BREAST REDUCTION SURGERY?

- **Breast Reduction Surgery**, also known as Reduction Mammoplasty, is a procedure involving the reduction of the size of overly large breasts.
- This procedure removes excess breast fat, glandular tissue and skin to achieve a breast size that is more proportionate to a patient's body.
- A Breast Reduction is designed to alleviate the discomfort usually experienced in women with overly large breasts.
- It can often be a life changing surgery for women who have experienced restriction to their movement, social discomfort and physical pain throughout their lives.

Before you decide on your Surgeon or proceed with Breast Reduction Surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Plastic Surgeon?
- Is my Breast Reduction surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Breast Reduction surgery can actually achieve?

## AM I A GOOD CANDIDATE?

- Are you unhappy with the size, position or weight of your breasts? (Are they large, heavy in weight, saggy – or all three).
- Do your breasts cause physical discomfort, neck or back pain, chronic skin irritations or bra strap indentations?
- Are clothing, swimsuits, gym gear and well-fitted bras nearly impossible to find due to the size of your upper body/breast area?
- Do your breasts cause you self-consciousness or make you look heavier than you really are?
- Do you want more freedom in your life to wear what you want and to improve your overall posture and stance?



## PRE-SURGERY CHECKLIST

- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able to undergo an initial recovery period of approximately 2 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?
- Have properly researched my surgery and I am ready for my first surgery consultation?



## PREPARING FOR YOUR FIRST CONSULTATION

### What can I expect at my initial surgical consultation?

You will typically:

- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected surgery options
- Have your photos taken
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have your questions answered

### How should I prepare?

- Ask a friend or family member to come along with you for extra support
- Do your research - if there is anything that you can't find out about your surgeon online, be sure to make a note so that you can ask during your consultation
- Prepare a list of questions you would like to ask your surgeon so that you don't forget



General Disclaimer - Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Note that results can vary from patient to patient and that all invasive surgery carries risks. Be sure you do your research before proceeding.

## WHAT TO EXPECT

The procedure itself generally lasts for 2-4 hours and is performed while you are under general anaesthesia. There are a number of surgery options and incision approaches to Breast Reduction Surgery:

- The 'Lollipop' Incision** Breast Reduction method, also commonly referred to as the Le Jour or Vertical Incision method, is a newer technique in breast reduction. In this method, two incisions are made.
- The Anchor Incision** Breast Reduction method, also referred to as the 'Inverted-T' method, is the other Breast Reduction incision technique. One incision is made around the areola, down the middle of the breast and across the entire breast fold.

**Your Surgeon will advise you on the preferred incision method to use for your particular surgery, depending on the condition of your breast tissue and what approach will work best to attain a successful surgical result.**

## FIND OUT MORE - FREE SURGERY GUIDE!

Are you considering Breast Reduction Surgery but would like to find out more? Our **FREE** downloadable Surgery Guides have you covered.

### Our Breast Reduction Surgery Guide covers:

- Breast Reduction Surgery explained
- How to plan for your Breast Reduction Surgery
- The surgical process and recovery tips
- Answers to some of our FAQs

[DOWNLOAD THE FULL GUIDE HERE](#)



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