

GOLD COAST

Plastic Surgery



ULTIMATE GUIDE TO A BREAST REDUCTION

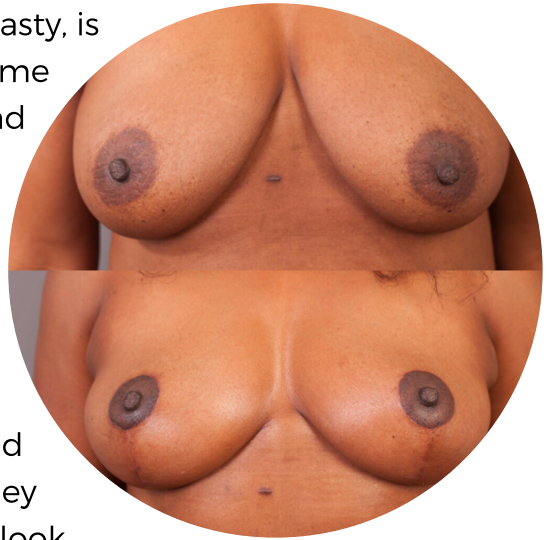
(07) 5598 0988

www.goldcoastplasticsurgery.com.au

WHAT IS INVOLVED IN A BREAST REDUCTION?

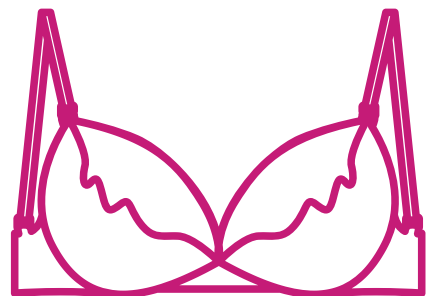
A breast reduction, also known as a reduction mammoplasty, is a medical procedure that aims to reduce the overall volume of the breast. It also allows for reshaping of the breasts and nipples to improve the overall appearance and balance of the bust.

During your pre-teen years you may have longed for larger breasts, only perceiving the positives of having a bigger bust. But, the reality for many women is that the weight and size of their chest is not as favourable as they'd once thought. Clients at Gold Coast Plastic Surgery say they feel as though their large and heavy breasts make them look over-weight and prevent their clothes from fitting properly. Not only this, but these women often suffer from chronic back, shoulder and neck pain as well as poor posture. The reality of heavy breasts is not quite as desirable as the picture you may have had in mind. As well as this, when large breasts prevent you from participating in sports or other physical activities, the effect on your physical fitness and overall quality of life can be significant. This is when breast reduction surgery may be the ideal solution for you.



Breast reduction aims to

- Reduce the overall size and volume of the breasts
- Achieve a more balanced breast and nipple size.
- Attain a more uplifted and symmetrical breast and nipple position
- Decrease the weight of the breasts which is associated with back, neck and shoulder pain
- Improve the appearance of sagging and droopy breasts
- Improve the position of the nipples
- Improve overall postural health



AM I A GOOD CANDIDATE?

Breast reduction surgery may be a good solution for you if you wish to achieve the following:

- Reduce the weight and volume of your breasts
- Reshape and reposition the nipple
- Reduce chronic back, neck and shoulder pain
- Improve postural problems
- Decrease the issues of fashion limitations and social discomfort

DOES A BREAST REDUCTION ALSO INCLUDE A BREAST LIFT?

Breast reduction surgery not only reduces the size of the breasts, it lifts and reshapes sagging breasts.

WILL BREAST REDUCTION SURGERY HELP REDUCE NECK, BACK, AND SHOULDER PAIN?

Breast reduction surgery has been shown to reduce back, neck and shoulder pain caused by heavy breast tissue. Most patients feel they look lighter and more in proportion with less tissue volume on the breast. Patients have also explained that their overall posture has increased as they felt it easier to move around and exercise in a well-fitted bra without the additional weight.

DIFFERENCE BETWEEN A BREAST LIFT AND A BREAST REDUCTION

A breast lift, also known as a mastopexy, is most beneficial for women wanting to lift their breasts but not reduce size or amount of breast tissue. In a breast lift procedure, only skin is removed.

A breast reduction procedure lifts sagging skin as well as reduces the volume and size of the breast. The nipple can also be repositioned or reduced to appear more symmetrical, perky and natural. .

DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

BEFORE SURGERY RECOMMENDATIONS



Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.

Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Previous surgery for breast cancer or radiotherapy to the breast area
- Any bad scarring or poorly healed scars after previous surgeries

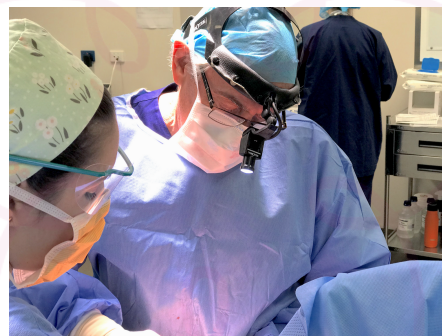
WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you can expect to:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery

WHAT HAPPENS DURING THE SURGERY?

1. Breast tissue is removed and repositioned
2. Nipples are reshaped and repositioned



In breast reduction surgery, excess fat, glandular tissue, and skin from the breast are removed to make them smaller, lighter, and firmer. The areola (nipple) is usually made smaller to match the smaller overall size of the breasts. There are no horizontal scars used in this procedure as Dr. Doyle uses a “lollipop” technique known quicker healing and recovery time with minimal scarring.

The “lollipop” includes two incisions. One is a circular incision made around the border of the areola to reposition the nipple to a higher anatomical placement. The second incision is a straight vertical cut from the bottom of the areola to the breast fold.

After the incisions have been made any excess breast tissue, skin and fat will be removed, then your breasts will be lifted and reshaped. After the surgery is complete stitches may be layered in the breast tissue to support the healing of the newly reshaped breasts.

Following breast reduction surgery you can expect:

1. Slight bruising and swelling
2. Possibly some numbness
3. Discomfort and pain
4. Immediate visible results

You should be okay to leave the hospital on the day of surgery. For the first 2 to 3 weeks you should take it easy, with no strenuous exercise or activity. After this time you may return to work—however, we recommend you wait another 3 weeks before you exercise.

All future nursing appointments will be booked in advance.



RECOVERY FROM BREAST REDUCTION SURGERY

Many women prefer a day stay in the hospital but can opt for overnight. When you wake from surgery you will have prineo tape (clear, waterproof skin closure system) over the suture line. The tape will remain for 3 weeks whilst the outer dressing may be removed before your first shower the day after surgery. Expect your breast to have some pain and discomfort. Some may find numbness in their breasts. This is normal and will subside. Expect your breast to be swollen and bruised for 6 – 8 weeks after the initial surgery.

It is required that the postoperative garment is worn for the first 6 weeks after surgery for 23 hours a day. Most women can return to work within 2 to 3 weeks but should avoid strenuous activities and exercise for 6 weeks.

IMPORTANT REMINDER

It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.



WHAT RISKS MAY BE INVOLVED?

Like any major surgery, a Breast Reduction poses a risk of bleeding, infection and an adverse reaction to anaesthesia. Potential complications will be discussed at your consultation with Dr. Doyle.

It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure. You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your surgery.

If you have any concerns about the risks involved with breast reduction surgery, please consult Dr Mark Doyle and his team at Gold Coast Plastic Surgery.

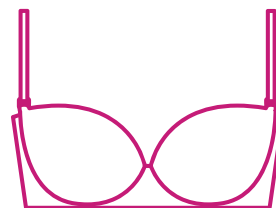
COMMON QUESTIONS



IS A BREAST REDUCTION COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?

Medical reasons for breast reduction include:

- Shoulder/neck pain
- Migraine headaches
- Skin irritations
- Back pain/backaches



On average, breast reduction surgery can cost \$7000*.+ Medicare or private health may only cover a small percentage of the costs incurred from this surgery.

You will also need to provide details to your health fund to see if they will cover you and to what extent.

IS BREAST REDUCTION PAINFUL?

Most surgery involves discomfort and pain during the healing stages. It can be difficult to predict the pain levels as each individual's pain and discomfort may vary.

WHEN CAN I RETURN TO WORK?

The time taken to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work 2-3 weeks after the initial surgery. It is recommended that no heavy lifting is done 12 weeks after surgery to ensure the body has had time to heal.

HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive after surgery. You may recommence driving once you can move and react without pain and are no longer on any pain medication.

WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability. Smoking decreases the oxygen that is carried throughout your blood, therefore slowing the time taken for your skin to heal from a surgical incision.

WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgical procedure that involves an incision will result in a scar. However, after 6 weeks post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the risk of blood clots.

WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended that strenuous exercise is restricted for 6 weeks as it may increase swelling and bleeding. These activities include weight lifting, push-ups and running.

HOW DO I SLEEP AFTER SURGERY?

It is recommended to reduce the swelling after surgery to sleep with your upper body slightly raised on 1 to 2 pillows for as long as swelling persists.

HOW LONG UNTIL I CAN WEAR A BRA WITH UNDERWIRE?

It is recommended that you do not wear a bra for the first 3 months due to the incision and irritation possibly occurring.

WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 4 weeks of surgery due to infection as your wounds are not completely healed.

HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

OUR SURGEON DR MARK DOYLE

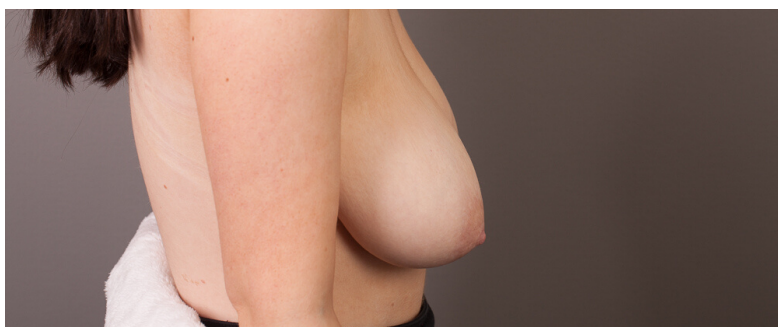
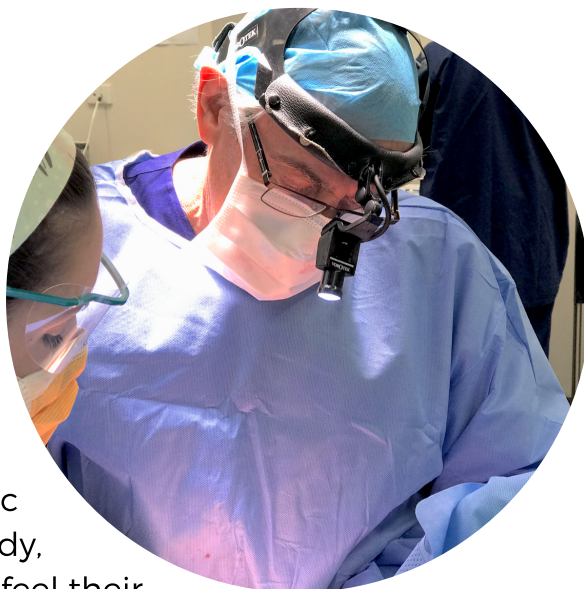
Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

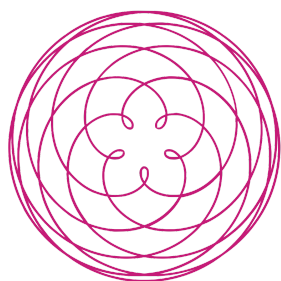
Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 26 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.





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YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



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