



YOUR GUIDE TO

# Breast Reduction Surgery

Reduce, Lift & Reshape Your Breasts



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<b>What is breast reduction?</b>	<b>6</b>
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Breast reduction procedure

<b>How do I know if breast reduction is suitable for me?</b>	<b>7</b>
--	----------

What are the risks involved in breast reduction surgery?

<b>Common Questions asked about Breast Reduction</b>	<b>8</b>
--	----------

<b>Breast Reduction with Mr Dean White</b>	<b>10</b>
--	-----------



Large breasts or “macromastia” can be quite disabling; breast reduction has a range of health benefits.

Patients tend to suffer upper back, neck and shoulder pain, bra strap indentations, skin irritation under the breast (intertrigo) and other symptoms such as headaches and migraines. Breast reduction is known to alleviate some of these symptoms.





# What is breast reduction?

Breast reduction, also known as reduction mammoplasty, is a surgical procedure that reduces the size of overly large breasts. Overly large breasts can cause health issues and emotional problems for some women with severe cases. In addition to self-image issues, it can also cause physical pain and discomfort. While some may consider this procedure to be cosmetic, the overall health and functional benefits of having this operation are significant. Most women get early and significant relief from their years of back, neck and shoulder pain. Exercise becomes possible while bras and clothes are easier to fit into.

## Breast reduction procedure

Many different techniques are used to reduce breast size in an aesthetically pleasing manner. Mr Dean White will pay particular attention to your problems, concerns and desires. The most appropriate operation needed to achieve your goals will be tailored to your breasts and chest. Mr Dean White's main concern is in reshaping your breasts so that they are lighter and more comfortable yet retain their femininity. Oftentimes, the new breasts will look more youthful as they no longer sag and droop to the same extent as before.

# How do I know if breast reduction is suitable for me?

Breast reduction surgery is a highly individualised procedure and may not be suitable for everyone. Mr Dean White will assess your condition and general health and plan the treatment that is best suited to you.

Breast reduction surgery may be a good option if:

- You are physically healthy
- You have realistic expectations
- Your breasts are fully developed
- Your breasts limit your physical activity
- You experience back, neck and shoulder pain caused by the weight of your breasts
- You have skin irritation beneath the breast crease

## What are the risks involved in breast reduction surgery?

Modern surgery is generally safe, although it is important to understand the potential risks and complications that could occur during surgery.

Some possible complications and risks may include:

- Risks of anaesthesia, including allergic reactions to anaesthesia
- Surgical risks such as bleeding or infection
- Breathing difficulties due to general anaesthetic
- Fluid accumulation around the operation site/s
- Skin discolouration
- Asymmetry (unevenness) of the breasts

**Note: All surgical procedures carry risks. Before proceeding, you should feel informed of the procedure, the recovery, benefits and limitations.**





# Common Questions asked about Breast Reduction

## WILL I HAVE ANY SCARS?

Small to moderate reductions can be performed with scars around the nipple and running vertically down below the areola. Removing larger volumes tends to leave behind more skin laxity so the scars need to be extended as a curve towards the outer part of the fold beneath the breast. This scar may even need to be extended in that fold towards the midline, giving a full anchor incision. If you need a full anchor incision, the junction of the vertical scar and the incision in the fold under the breast can take some time to heal, as it scars joining together at what is called a T-junction.

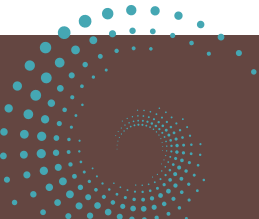
When the distance that the nipples need to be moved exceeds 12-15cm the blood supply to the nipples can get compromised by the reduction in breast tissue and it may mean that the areola needs to be taken off the breast tissue and grafted to their new position to take like a skin graft. This is quite uncommon. Mr Dean White will discuss this with you if he thinks the need may arise during your surgery.

## CAN I BREAST FEED AFTER A BREAST REDUCTION?

Not all women can breastfeed, even without surgery and of those who can a significant proportion need to supplement it with commercial formulas. After breast reduction surgery, approximately one-third of patients can breastfeed sufficiently, and one-third can breast feed but only partially and need to supplement this with formula. The remaining one-third cannot breastfeed at all. The size of reduction and residual breast volume may have some effect on your chance of being able to sufficiently breastfeed.

## WILL I LOSE ANY NIPPLE SENSATION?

With regards to nipple sensation, a significant proportion of patients with large breasts have reduced sensation due to the weight pulling on the nerves. Some even have no sensation at all. It's not unusual in these patients for the sensation to improve after reduction surgery and can even become hypersensitive after surgery (requiring desensitisation with massage). This, however, tends to settle with time. Those with normal sensation may have transient or less often permanent reduction or loss in sensation. The loss of sensation can be in general sensation, erotic sensation or both. The amount of reduction required, and residual tissue left in the area of the nerves has a bearing on potential nipple sensation after this surgery.





# Breast Reduction with Mr Dean White

Mr Dean White is committed to excellence in surgical practice, ensuring he stays up-to-date with latest techniques and research. His ongoing development and dedication to research allows him to advance his skills and consistently improve his services moving forward. Mr White strives to run a modern surgical practice – taking the time to explain complex surgical procedures, discussing “pros and cons” during the decision-making process and providing information about surgery and costs. Ultimately, he believes that being respectful of patient concerns and wishes leads to both excellent surgical results and a practice of high integrity.

Our patients deserve to look their best regardless of age. We are with you from the very beginning to listen, expertly guide and provide honest advice about what you can expect from breast reduction, and whether it is appropriate for you.

To get more information on breast reduction, or to schedule a confidential appointment, contact our team today.

