

# Elevate Plastic Surgery

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## Reduction Mammoplasty (Breast Reduction)

This document combines important information about your proposed surgery, its risks, and your comprehensive post-operative care instructions. Please read this carefully to prepare for your procedure and recovery.

### General Information & Candidacy

Enlarged breasts can cause health and emotional problems. The weight of excess breast tissue can impair your ability to lead an active life, and the emotional discomfort can be as important an issue as the physical pain.

Ideal candidates for breast reduction are:

- Bothered by the feeling that their breasts are too large.
- Struggling with physical activity due to the size of their breasts.
- Experiencing back, neck and shoulder pain caused by the weight of their breasts.
- Suffering from shoulder indentations caused by bra straps and/or have skin irritation beneath the breast crease.
- Healthy individuals who do not have a life-threatening illness or medical conditions that can impair healing.
- Nonsmokers/non-vapers.
- Individuals with a positive outlook and specific goals in mind for breast reduction.

### Consultation

The success and safety of your breast reduction procedure depend very much on your complete candidness. Be prepared to discuss:

- Your surgical goals, reasons for wanting surgery, and desired outcome.
- Your medical condition and medical treatments.
- Your current medications, drug allergies, vitamins, herbal supplements, alcohol, tobacco, vaping, or drug use.
- Breast cancer in the family, as well as the results of any mammograms or previous biopsies.

During your consultation, your surgeon will:

- Evaluate your general health status and any pre-existing health conditions or risk factors.
- Examine and evaluate the appearance of your breasts, including the position of the nipples and areolas, skin condition, and breast shape.
- Take photographs.

- Discuss your options, recommend a course of treatment, and explain the likely outcomes and risks.

### Pre-Operative Preparation

- **Medical Clearance:** You may be asked to see another specialist or complete additional investigations, including lab work and obtain breast imaging studies depending on your personal/family history and age.
- **Medications:** Do not take any aspirin and certain anti-inflammatory drugs for 14 days before surgery, as they can increase bleeding. You may be asked to adjust your current medications.
- **Smoking & Nicotine:** Smoking decreases blood flow, which can impede wound healing and increase the risk of infection. You must stop smoking and vaping.
- **Transportation & Care:** Be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.
- **What to Bring:** You will be given a compression garment on the day of surgery. For follow-ups, please bring a front-opening sports bra with no wires.

### Expected Results

The results of breast reduction surgery will be long-lasting; final results may be appreciated around 3-6 months after surgery. The immediate results include reduced breast size and volume, improved breast shape, relief from physical symptoms, and improved self-esteem. However, over time your breasts can change due to aging, weight fluctuations, hormonal factors (like pregnancy), and gravity.

### Risks & Safety Considerations

The decision to have a breast reduction is extremely personal. While complications are uncommon, breast reduction risks can include:

- Allergic reactions to tape, suture materials, glues, blood products, or topical/injectable agents.
- Anesthesia risks and complications.
- Bleeding (hematoma) or fluid accumulation (seroma).
- Blood clots, including deep vein thrombosis, or cardiac and pulmonary complications.
- Breast asymmetry or contour and shape irregularities.
- Changes in nipple or breast sensation, which may be temporary or permanent (though sensation often improves over time).
- Damage to deeper structures such as nerves, blood vessels, muscles, and lungs.
- Excess firmness of the breast or fat necrosis (fatty tissue deep in the skin could die).
- Infection (Note: breast and nipple piercing can increase risk of infection).
- Persistent pain or poor wound healing.
- Potential inability to breastfeed in the future.
- Potential loss of skin/tissue of the breast where incisions meet each other.
- Potential partial or total loss of the nipple and areola.
- Skin discoloration, permanent pigmentation changes, swelling, bruising, and unfavorable scarring.
- Possibility of revisional surgery.

## Post-Operative Care & Recovery Timeline

Following your surgery, gauze or bandages will be applied to your incisions. An elastic bandage or support bra will minimize swelling and support the breasts as they heal. Postoperative swelling and bruising may initially obscure the final results.

Recovery Period	What to Expect
Week 1	<ul style="list-style-type: none"><li>• Monitor pain, swelling and bruising (medication may be required)</li><li>• Significantly limit your activity</li><li>• Keep head elevated, do not lift/push/pull anything heavier than a pencil.</li></ul>
Weeks 2-3	<ul style="list-style-type: none"><li>• You will start to feel much better</li><li>• Return to work (depending on your job)</li><li>• Limit exercise and activities</li><li>• May begin scar massage at 3 weeks.</li></ul>
Weeks 4-5	<ul style="list-style-type: none"><li>• Continue to wear a support bra 24/7</li><li>• Increase activity gradually</li><li>• Continue to be gentle with your breasts.</li></ul>
Week 6 and Beyond	<ul style="list-style-type: none"><li>• Continue to perform breast self-examination</li><li>• Schedule routine mammograms</li><li>• Discuss scar optimization and resumption of normal activity with your surgeon.</li></ul>

## Follow-Up & Emergency Information

- **Appointments:** 1 week, 3 months, 6 months, 1 year
- **Lab Results:** You can anticipate results within 3-4 weeks.
- **Emergency:** If you experience increasing pain, redness, swelling, fever, shortness of breath, or chills, please go to your nearest Emergency Department immediately.

## Disclaimer

You may be asked to sign a consent form to ensure that you fully understand the procedure and any risks and potential complications. All risks will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon. There is no guarantee or warranty expressed or implied on the final results.