

Breast Reduction (Reduction Mammoplasty)

The Effect of Breast Reduction

Breast lift, or mastopexy, is a surgical procedure to raise and reshape sagging breasts. Mastopexy can also reduce the size of the areola. If your breasts are small or have lost volume - breast implants inserted in conjunction with mastopexy can increase both their firmness and their size.

The Breast Reduction Procedure

The most common procedure involves an anchor-shaped incision that circles the areola, extends downward, and follows the natural curve of the crease beneath the breast.

Best Candidates for Breast Reduction

Women who are troubled by very large, sagging breasts that restrict activities and cause physical discomfort. In most cases, breast reduction isn't performed until the patient's breasts are fully developed. The procedure can be done earlier however if large breasts are causing serious physical discomfort.

Breast reduction is not recommended for women who intend to breast-feed.

The best candidates are those who are mature enough to fully understand the procedure and have realistic expectations about the results.

Risks

All surgery carries risk, and you should be fully aware of the medical risks associated with this procedure before you consent to surgery. Your surgeon will discuss these risks with you during your consultation, and you are encouraged to ask questions if there is anything you do not understand.

You will be required to sign a consent form before surgery stating that you have been informed of the risks involved; that you understand those risks; and that you accept those risks. This is standard hospital protocol and surgery will not be performed if you do not sign.

It is your obligation to inform your surgeon of key medical information that may influence the outcome of your surgery or may increase the level of risk. These include medications you are taking, history of disease, medical complications, etc.

Risks and risk rates vary from patient to patient depending on a range of factors. No two people are alike. **The risks listed below are possible risks associated with this type of surgery and are mentioned regardless of how remote the possibility:**

Bleeding, infection or reaction to the anesthesia. Future breast-feeding may not be possible, since the surgery removes many of the milk ducts leading to the nipples. Some patients may experience a permanent loss of feeling in their nipples or breasts. Rarely, the nipple and areola may lose their blood supply and the tissue will die.

The package Includes:

Operating Room Charges:

- ⌚ OR Room use, Recovery Room, Scrub and Circulate Nurse

Accommodation for 1 night on the surgical floor including:

- ⌚ Room, Nursing Service charges, Service charges, Regular menu food charges

Laboratory Testing:

- ⌚ Laboratory tests necessary for the procedure as ordered by the attending physician

Radiology Studies:

- ⌚ Chest X-ray, if required

Medical Equipment and Medical Supplies:

- ⌚ Equipment and medical supplies necessary for the procedure including
- ⌚ Smooth Saline implant.

Anaesthesia:

- ⌚ Pre-anaesthetic drugs
- ⌚ Anaesthetic
- ⌚ Medical Gas (Oxygen, Nitrous Oxide)

Medications :

- ⌚ Routine medication used for procedure and during admission only

Doctors' Fees:

- ⌚ Surgeon(s)
- ⌚ Anaesthetist(s)

The Package Excludes:

- ⌚ Charges for inpatient stays in excess of 1 night. Additional charges for these days including room and other charges will be added to the package price at normal hospital rates;
- ⌚ Charges for other procedure(s) or other plastic surgery procedure(s);
- ⌚ Charges for intensive care, if necessary;
- ⌚ Outpatient fees and expenses incurred before admission e.g. EKG;
- ⌚ Other charges for laboratory profiles, pathology studies and medications not related to the procedure;
- ⌚ Medications not related to the procedure;
- ⌚ Items of a personal nature such as in-room soft drinks, telephone charges and guest meals will be charged at the normal rates in effect;
- ⌚ Take home medications and supplies.

Surgery

Time required: 2 to 4 hours

Anesthesia: General anesthesia.

Your Consultation

Your physician consultation is very important, because it is the moment when you can discuss your medical issues face-to-face with your doctor. If you are traveling from overseas, this will be the first time you meet with your doctor so it critical that he/she understands:

- Your medical needs
- Your expectations
- Your medical history

Most people have a good idea of what the procedure or outcome they want ("I want smaller breasts"), and the physician's responsibility is to listen and then explain what can be done, the procedures or techniques to achieve your objectives, and the risks and costs involved.

You will have a lot of questions to ask, so preparation is key to make the most of your consultation. We suggest that you:

- Write your questions down to make sure you remember them
- Come with your medical history/survey already completed
- Bring any photos or visuals aids that will help explain what it is you want or expect from treatment

Please note that this information should be used only as a guide to your treatment. All specifics will be discussed with your Physician at your consultation.