

## Five Important Questions about Breast Reductions for Women

During the course of our consultations we have noticed that many women ask the same questions regarding breast reductions. For your convenience we have listed the five most often asked and important below, and we hope you find the information useful.

### 1. Will I be able to breastfeed after this procedure?

As a rule it should still be possible, as the technique we use maintains the milk channels between the milk producing gland and the nipple.

### 2. How large and how noticeable are the scars?

The incisions made during the procedure go around the nipple and vertically down from the bottom of the nipple to the fold under the breast. No horizontal incisions are made, except in cases involving exceptionally large breasts and a lot of excess skin, where it may be necessary to incise horizontally at the fold under the breast. Fine scars are visible in the first few months after the procedure, more so or less so, depending on the type of skin you have. With good care and time however, the scars fade and become practically unnoticeable.

### 3. Is breast and nipple sensitivity affected?

There can be a temporary reduction in sensitivity where the procedure has been performed, but this usually passes within a month.

### 4. What is the earliest age at which a breast reduction can be done?

In the case of very large breasts, the procedure can be performed after the end of puberty and in early adulthood. The earlier the breast reduction is done the better in terms of preventing reversible and irreversible problems. These include spinal problems, disc problems, posture problems, feeling problems in the hands, chronic skin problems developing under the breasts, headaches, weight gain due to inhibited movement and a reduced ability to exercise, as well as psychological distress.

### 5. When can sporting activities be resumed?

After the wound healing and when the breast tissue has stabilised (approx. 6-8 weeks after the procedure), sport can be resumed.

## Breast Reduction - at a glance

### Length of procedure:

- Approx. 2-3 hours

### Postoperative care:

- No physical activities for 4 weeks
- Stitch removal within 2 weeks
- Support bra for 6 weeks

### Anesthesia:

- General

### In-patient stay

- 2-3 days