

### **Breast Reduction <<Internal Bra>>**

Breast reduction is one of our commonest procedures. Breast reduction surgery involves removal of excess skin and breast glandular tissue, and the nipple and areola (coloured area around the nipple) is repositioned in the centre of the breast.

The breast is not only reduced in size, but also reshaped to achieve a more youthful look. Frequently, the scars are placed around the nipple areolar complex, vertically over the lower part of the breast and sometimes also into the lower breast crease (inverted T scar).

Following the operation, you will receive a support bra from us which you would ideally wear for 6 weeks.

#### **QUESTIONS YOU MAY CONSIDER ASKING AT THE CONSULTATION:**

Are the scars always visible?

Can the breast grow again?

Will I have the same sensation in the breast  
and nipple after the surgery?

#### **INFORMATION ABOUT THE PROCEDURE:**

Duration of case: 2 hours

General Anaesthesia required

Post-operative recovery 10 days

No physical activity/sport for approximately  
3-4 weeks