



Frequently Asked Questions

Breast Reduction (Mammoplasty)

1 What is it?

Breast reduction surgery reduces the size and weight of ladies' breasts using a carefully planned pattern of scars.

The nipple is often sitting in a low position in ladies who have larger breasts and can be lifted at the same time (by having a Breast Uplift).

2 How long does the surgery take?

The procedure is done under GA (General Anaesthetic) so you will be asleep and it takes approximately 2 hrs.

3 Can I pick a cup size if I am having a reduction?

It is not possible to promise a cup size but Mr Lambe will do his very best to produce the size and shape of breasts you desire.

4 Will I need stitches?

All wounds are closed with dissolving stitches to ensure your recovery is as comfortable as possible.

5 Do I have to stay overnight in hospital?

Depending on the size of the reduction, you may need to stay overnight in hospital and you should arrange for someone to pick you up the next day.

6 How long will I need help after surgery?

Generally you will need to have some help with shopping and childcare for the first week at an absolute minimum, as it is advisable not to lift anything heavy while your wounds are healing.

7 What bra should I bring to wear post op?

You should wear a soft and supportive sports bra with no under-wiring after your surgery (The wiring can rub in wounds and cause irritation and slow down the healing process).

Front fastening bras are often easier to use after surgery so you are not stretching behind you.

8 What about nipple sensation?

When the nipple is moved it takes a healthy blood supply with it so you will be carefully monitored post op to ensure recovery is as expected as any problem with this can lead to loss of the nipple or part of it. Sensation in the nipples can be permanently altered after surgery.

9 When will I have a check up post op?

Mr Lambe will review you in the clinic 2 weeks after surgery and remove your dressings and check the wounds are healing nicely.

10 What should I do if I am worried post op?

If you have any cause for concern such as dressings being soiled or increasing pain and redness, contact the hospital on the number provided.

11 How long will it be before I see my final result?

It is natural and normal for there to be some swelling after the surgery and this takes approximately 8 weeks to subside. Scars will initially look a little red and can take up to a year to look their very best. Avoid using any creams on the wounds until advised by Mr Lambe.

12 What are the possible complications?

All surgery has potential complications but in Breast Reductions there are common complications such as wound infections and a poor scar. There is always some asymmetry pre op and post op but rest assured, Mr Lambe keeps this to a minimum.

13 Can I breastfeed afterwards?

You should assume that you will not be able to breastfeed after this operation and it is best if you have completed your family before proceeding although we understand that this is not always possible.

14 How do I book?

You will need a private consultation to discuss your personal requirements as everyone is different.

For a confidential, informal chat
please call Jayne on:
0161 393 3993



CONTACT:
0161 393 3993
contactus@reflectclinic.co.uk
www.reflectclinic.co.uk

REGISTERED OFFICE:
Riverside House
Kings Reach Park
Yew Street, Stockport
SK4 2HD
Company Registration No: 9171212