

Breast Reduction FAQ's

Q: Can breast reduction surgery reduce my breasts size to an A cup size?

A: The aim of breast reduction surgery is to reduce the size of the breast to eliminate the associated problems; and to improve the shape and position of the breast. It is imperative that your new breast size is keeping with the rest of you. Our aim is to have you in proportion. In most cases breast reduction is performed on larger women, as in most cases, these are the women with larger breasts.

Most women are reduced to a C or D cup breast size following surgery. Of course this will vary according to the individual.

Q: Will I lose nipple sensation after breast reduction surgery?

A: Nipple sensation can take months to return to normal. In the mean time you may have increased or decreased nipple sensation. There is a small percentage of cases where sensation never returns. Dr McGovern will explain this in detail at your consultation.

Q: How long will I need off work following breast reduction surgery?

A: you will need at least 1 week off work, 2 weeks would be optimal. You will need to limit your arm movements for 2 weeks and should avoid heavy lifting.

Q: I am currently overweight, am I still an ok candidate for Breast Reduction surgery?

A: Prior to surgery it is recommended to be as close to your ideal weight as possible to reduce your risk of problems after surgery. We recommend a BMI (body mass index) of less than 30 prior to any surgery to decrease your risk of peri-operative problems (eg anaesthetic problems, wound healing etc)

Q: Will my breasts grow large again after Breast Reduction surgery?

A: Change in breast size can be triggered by a number of reasons including hormone changes and weight gain. The younger you are at the time of your surgery, the more chance there is that you may want further surgery many years down the track. Maintaining a healthy lifestyle will prolong the results of your surgery.

Q: will the stretch marks on my breasts be gone after breast reduction surgery?

A: Some stretch marks may be removed with the procedure if they are in the surgical area, but this will be minimal. The breast tissue will be firmer so you may find that the stretch marks look less obvious.

Q: Will breast reduction surgery solve my neck and shoulder problems?

A: If your breasts are very large and because your back and neck strain you may find breast reduction surgery can help to eliminate this problem. As the surgery removes breast tissue, the weight is also reduced, therefore causing less strain on neck and shoulders.

We offer a free consultation service with our registered nurses to answer all of your questions at no cost to you. To take advantage of this offer, contact us today.