

# Breast Reduction Surgery

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**Purpose:** To remove excess breast fat, glandular tissue and skin to achieve a breast size in proportion with your body and to alleviate the discomfort associated with overly large breasts.

Cyprus Cosmetic Surgery - Cyprus General Surgery - Ophthalmic -Cyprus Dental treatments

The Procedure:

Anesthetic: general anesthetic ; Duration of the procedure: 2.5 to 3 hours

Hospital stay: 1-2 Days

Stitch removal : 2 weeks after surgery or absorbable stitches

Breast reduction is normally performed through incisions on your breast, around the areola, a vertical incision from the areola down to the crease of the breast and an incision in the crease of the breast. Excess skin and fat tissue is removed to reduce the size and weight of the breast.

After this procedure, the surgeon repositions your nipple and areola to give your breasts a more uplifted, firmer and younger appearance. The incisions are brought together to reshape the now small breast. Sutures are layered deep within the breast tissue to create and support the newly shaped breasts.

Incision lines are permanent, but in most cases will fade and improve significantly over time.

## The Results

The results of breast reduction surgery are immediately visible. Over time, post surgical swelling will resolve and incision lines will fade. Satisfaction with your new image will continue to grow as you recover.

## Risks of Breast Reduction

As with any surgery, there are risks to consider.

- Unfavourable Scarring
- Infection
- Changes in nipple or breast sensation, which may be temporary or permanent.
- Blood loss
- Blood clots
- Breast contour and shape irregularities
- Poor healing of incisions
- Skin discoloration, permanent pigmentation changes, swelling and bruising
- Breast asymmetry
- Fluid accumulation
- Excessive firmness of the breast
- Potential inability to breastfeed
- Potential loss of skin/tissue of breast where incisions meet each other
- Potential partial or total loss of nipple and areola.
- Pain, which may persist.
- Possibility of revisional surgery

You will be given specific instructions that may include:

How to care for surgical sites following surgery, medications to apply or take orally to aid healing and reduce the risk of infection, specific concerns to look out for and when to follow up with your plastic surgeon.

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