



BREAST REDUCTION

Your surgeon:

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Your Predicament: “My breasts are too heavy. They give me shoulder, neck and back pain. It is embarrassing and I can’t wear proper clothes”

Our Solution: A breast reduction procedure will help reduce your burden, improve breast shape, returning nipples to where they belong! You will be able to wear clothes appropriate to the rest of your body.

The “MAHAJAN BREAST REDUCTION MARKER” innovation and technique.

Mr Mahajan has innovated breast reduction surgery by designing a breast reduction marker that helps him achieve excellent results in his patients. He has presented his technique and its benefit at various national and international meetings (see presentations and publications below).

Both physical and psychological health can be affected in women with large breasts. The weight of the breasts can tell on your shoulders (grooving into them), neck and back. Although back pain can be from various reasons, maintaining a straight posture in the presence of heavy breasts does put a strain on the back. You can also get rashes and infections underneath the breasts. Large breasts can also come in the way of performing certain tasks or exercises. Often, patients find that they are unable to wear clothes properly as they end up with a wardrobe that has dresses that are large enough to accommodate their chest, but too large and baggy for the rest of their body.

A breast reduction procedure helps remove excess breast tissue to reduce them down to a size that is proportionate to the chest and rest of the body. Following the procedure, patients have a nice shape to their breasts and the nipples are elevated and placed in the right position on the new breasts. In the end, the breast are no longer heavy and are much more perkier and attractive. Some patients have a very large areola which can be reduced to a smaller, regular and well defined areola that is much more desirable.

Patients often come to us for this procedure after contemplating about it for years. After the procedure they wish that they had had the procedure done ages ago and not had to live with their heavy breasts for all those years.

Pre Operation

Mr Mahajan will acquire a detailed history from you about your concerns and your medical history. He will take the time to understand your desires and discuss in details as to how he can achieve the results you want. A detailed examination involving assessment of the breast tissue and overlying skin envelope in relation to your chest and physique will be noted. Measurements will be taken to gauge the degree of the problem and any asymmetry.

Depending on your examination a treatment plan will be formulated tailored to your needs. Often patients desire a substantial reduction of volume of the breast. There can be a limit to how small breasts can be safely reduced. Mr Mahajan feels that the ideal reduction should be down to the volume that suits your chest wall. If you have a large chest diameter, reducing the breasts to a very small size may not be appropriate for you. Pattern of the incisions, procedure and subsequent scars will be discussed in detail and you will be given an opportunity to probe into any aspect of the proposed procedure.

Once you decide to go ahead following the consultation, you will be required to attend the pre-assessment clinic to ensure your suitability for the procedure under general anaesthetic. It is not considered safe to carry out a breast reduction procedure in a patient who is a smoker or has a very high BMI.

Operation

You will be admitted to the hospital on the day of the procedure. The operation will be done under general anaesthesia. It will be carried according to the technique that was planned at the consultation. This will depend on the characteristics of your breast and will involve using the vertical scar technique or the wise pattern technique.

Mr Mahajan prefers to use his innovated version of the wise pattern technique that helps him achieve very good results as desired by the patient. The procedure may need to be combined with liposuction if there is significant fullness of the lateral chest wall. This can be discussed at the consultation prior to the procedure. The procedure can take 3 to 4 hours to do depending on the complexity of the case. Mr Mahajan will dedicate as much time is necessary to mould the reduced breasts into their new aesthetically pleasing form and achieve the results you desire.

Post Operation

Following your procedure, you will be taken to your room once you have recovered. You will be cared for to the highest standards by our well-trained nurses. Once you have recovered enough after the surgery, you will be encouraged to sit out of the bed and mobilise to reduce the risks of blood clots in your legs or lungs. You will have some pain and discomfort for 3 to 7 days, but we will ensure that you are comfortable with adequate analgesia. You will have drains that will come out in one to three days depending on the drainage.

You can go home as soon as the drains have been removed and you are feeling well enough to go home. You will have dissolvable sutures and as a result you will not need to endure the discomfort of sutures being removed and also this will prevent you from getting any stitch marks around your scars. Scars are unavoidable following any surgery, but Mr Mahajan aims to make these as neat as possible. Your breasts will be swollen, tense and appear prominent immediately following the surgery. Over the next few months the swelling will gradually go down and the breast will assume a more natural ptotic position. You are advised to wear a sports bra for 2 to 3 months. Once the swelling has decreased in 3 months or so you can consider investing in new lingerie!

You will be seen 2 weeks following the procedure to ensure that your wounds have healed well. After this initial follow up, you will be seen again in 3 months time to assess the results when the swelling has settled reasonably. Mr Mahajan will be available to see you at any time following the procedure should there be any unexpected problem.

NEED-TO-KNOW INFO

- Duration of surgery: 3 to 4 hours
- Anaesthesia: General Anaesthetic
- Duration of inpatient stay: 1 to 3 days
- Wounds healed in: 2 weeks
- Scars matured in: Settle in 3 to 6 months, Fully matured in 12 to 18 months
- Back to light work: 1-2 weeks
- Back to cardiac exercise / fast walking: 2 weeks
- Back to labour intensive work / Exercise: 4 to 6 weeks
- Sexual activity: 4 to 6 weeks
- Able to drive: 2 weeks (Should be able to apply emergency stop)
- 'Long haul' flights / holidays: Avoid four weeks before and after. Short flights are okay.
- Shower / bath: Keep dressings dry for 2 weeks
- Sun bathe: Keep the scars covered or protected with a high factor sun protection cream until they mature in about a year or so.
- Garments: Sports bra for 8 to 12 weeks
- Post operative review: 2 weeks, 3 months (As often as necessary if clinically indicated)
- Post Operative pain / discomfort: 2 to 7 days
- Potential risks: (Every effort is made to reduce the risk of complications, but potential risks are) Bleeding, bruising, swelling, haematoma / seroma, infection, delayed wound healing, scars – hypertrophic, stretched, sensitive, not in the inframammary crease, No guarantee of cup size or cleavage, Altered sensation – decreased or increased, altered lactation and mammogram, asymmetry, nipple loss, fat necrosis, risks associated with general anaesthetic, blood clots in legs or lungs.