



Precautions for Breast Reduction Surgery

縮乳手術注意事項(英文)

Extremely large breast not only causes breast ptosis and affects the appearance but leads to shoulder and back ache, or poor posture due to slouch, which further results in physiological and psychological burden. Breast reduction is one such solution for consideration of treatment.

Breast reduction is recommended after the breast is fully developed because the surgery will require massive removal of breast tissue, which could affect breastfeeding.

Indications

- Back, neck and shoulder ache caused by breast tissue.
- Symptoms caused by the size of breast affect daily life.
- Skin eczema caused by breast folds and chronic dermatitis.
- Large areola caused by sagging.

Breast Reduction Methods

- Circular Breast Reduction Surgery (DONUT): The surgery is implemented around the areola to trim off excess tissue and skin. The reduced cut number will be less but will not leave scar on the breast. At the initial stage, there will be wrinkle folds around the areola and will be smoother in 1~3 months.
- Inverted-T Scar Surgery (ANCHOR): Trim off excess mammary glands, fat and skin from the breast, and shift the areola and nipple upward to reconstruct a nipple of normal size. The number of reducible cups is more while the inverted-T scar will blemish eventually.

Surgical complications

- The most common 1-shaped or inverted T scars left from the surgery will blemish eventually.
- Ecchymoma, infection, or skin necrosis and cut-wound that is difficult for healing, particularly the nipple or areola (considerably related to the peripheral circulation of the

patient such as smoking).

- Asymmetry on the two sides.
- Sensory change in nipple and breast (usually temporary).

Post-Operative Precautions

- A small thin tube may be temporarily placed under the skin to drain and excess blood or fluid, which was removed in 3-7 days.
- Ice compress : Use cold towel on the surgical area in 2-3 days after the surgery to reduce swelling.
- Normal routine : Maintain normal routine after the surgery with full rest. Do not lift heavy articles or engage in intense exercise to reduce likelihood of bleeding.
- Wound healing requires 1~2 weeks and the scar care after stitch removal is very important. Continue to massage the breast tissue after stitch removal to reduce scar and firming pain for about 3~6 months.
- Smoking, drinking, ginseng and ganoderma are prohibited after the surgery. Aspirin could affect blood coagulation and result in bleeding or affect wound healing.

若有任何疑問，請不吝與我們聯絡
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