



## PATIENT LEAFLET - BREAST REDUCTION

### WHAT IS A BREAST REDUCTION?

Breast reduction is an operation aimed to reduce the breast volume, while at the same time keeping or restoring a youthful appearance to the breast. Most patients are self-conscious about the size of their breasts, -this may affect their choice of clothing, work, activities and self-confidence in relationships. They may also get symptoms such as sweating and intertrigo (redness and soreness of skin) under the breast, back and neck ache, bad posture and grooving from bra straps. Some women also have one breast bigger than the other (asymmetry) which the operation can also address by taking more from one breast than the other.

### HOW IS IT DONE?

Breast reduction surgery can be done a number of ways. Miss Bright-Thomas has extensive experience of all the latest techniques and will be able to advise which technique is best for you, depending on the amount of breast volume and skin laxity you have, the nipple position, and your desired breast size and shape. Many surgeons are only familiar with one or two techniques, so it's important to know, whoever you see, that they are suggesting the operation that is best for you rather than just the operation they are able to do.

### BREAST REDUCTION OUTCOMES

Miss Bright-Thomas's patients are highly satisfied with their surgery. Her patients are more comfortable with their appearance after surgery, their confidence and self-esteem is better. They feel they can wear more revealing clothing and often personal and sexual relationships improve. It's an operation Miss Bright-Thomas enjoys doing knowing that she gets predictably good results.