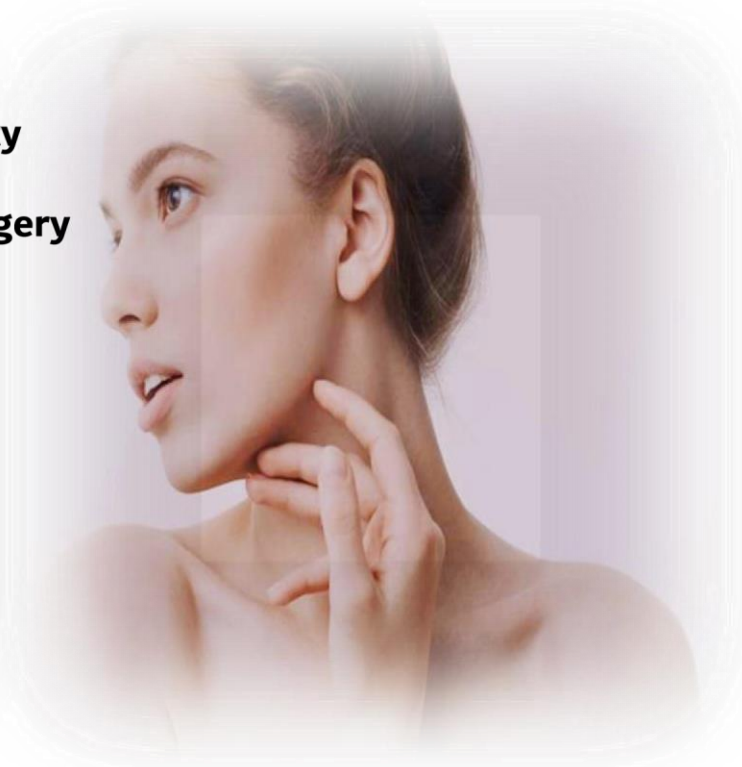


## **Dr. Ashraf Abolfotooh Khalil**

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# **Breast Reduction**

**Breast and Body Plastic and Reconstructive Surgery Clinic**

**Address: Elite Medical Tower, Zahraa Al Maadi St., Maadi - Cairo, 3<sup>rd</sup> Floor, 11742**

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## What is Breast Reduction?

Breast reduction (reduction mammoplasty) is a surgical procedure that aims to removing excess fat, tissue and skin from the breasts. In cases of large breasts, breast reduction surgery helps easing discomfort and achieving a breast size proportionate to the body. It might also help improve your self-image and ability to participate in physical activities.

Check the illustrative video [here](#)<sup>1</sup>.

## Before the Surgery... Preparation and Expectations

It is important to consider the following before deciding to undergo a breast reduction surgery:

- Breast reduction surgery is meant for women with large breasts who want to resolve issues such as: chronic back, neck and shoulder pain that requires pain medications; chronic rash or skin irritation under the breasts; nerve pain; restricted activity; poor self-image related to large breasts; and difficulty fitting into bras and clothing.
- You can have breast reduction surgery at any age (even as a teenager). But if your breasts aren't yet fully developed, you might need a second surgery later in life.
- You might postpone breast reduction surgery if you have certain future plans, such as: childbirth/breast feeding (although certain surgical techniques can help preserve your ability to breastfeed) and weight loss (as this may result in changes to your breast size).

Before the surgery, a detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests. You might also be asked to get a baseline mammogram and/or breast ultrasound.
- Examine and measure your breasts.
- Photographs of your breasts from different angles and close-up photos of some features.
- Discuss your expectations for breast size and appearance after the surgery.
- A 3D simulation can be done for you to get an idea of the expected results.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your procedure will be performed and the date of operation.

□ Cited in : – American Society of Plastic Surgeons: <https://www.plasticsurgery.org> – Mayo Clinic: <https://www.mayoclinic.org/>

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<sup>1</sup> <https://bit.ly/2TLAbES>

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## Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by your surgeon.
- Stop smoking 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

## During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Local or general anesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** The technique used to reduce the size of your breasts can vary, however, the procedure might include: surgery through incisions and liposuction to remove the excess fat in your breasts. Usually, we make an incision around the areola and down each breast, remove excess breast tissue, fat and skin to reduce the size of each breast then we reshape the breast and reposition the nipple and areola.
- In most cases, the nipple and areola remain attached to the breast, yet in certain cases they might need to be removed then reattached at a higher position as a skin graft if your breasts are so large.
- We will try to achieve symmetry between your breasts, but some variation in breast size and shape might occur. The size of the areola also might be reduced.
- The surgery lasts for 2-4 hours depending on the surgical details and patient's situation.

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## After the Surgery

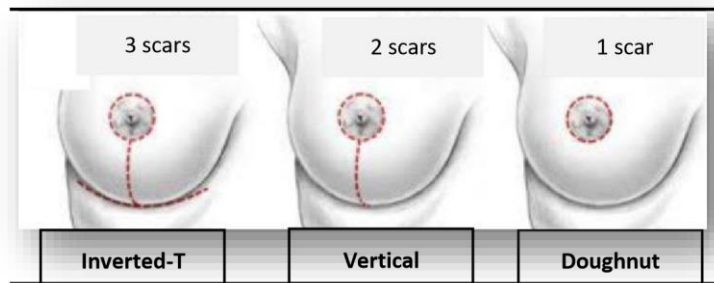
- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.

- Right after the surgery, your breasts will be covered with a gauze dressing or bandages.

- Expect some pain, swelling and bruising after the procedure.

Medication will be prescribed to help control the pain and antibiotics to reduce the risk of infection.

- Soreness and swelling are likely to happen for a few weeks after surgery. Bruising is possible. All will improve gradually with time.
- If you notice warmth and redness in your breast or you have fever, you might have an infection. Contact our medical team as soon as possible.
- It is recommended to apply silicone gel one month after the operation, for a period of 3-6 months.
- A tube might be placed under each arm to drain any excess blood or fluid.



## Post-Procedure Precautions

1. We recommend wearing an elastic compression bra after the operation and for 1-2 months, to protect the breasts. It has to be comfortable, of good cotton material and not compressive. This is one of the most important factors for the success of the surgery and maintaining the aesthetic shape.
2. Avoid normal underwire or push-up bras for a few months after surgery.
3. Sleep at a 45-degree angle for a week after the operation.
4. Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
5. Massage 1-3 weeks after the surgery. You can do it yourself at home or ask our clinic for support. Check massage video [here](#)<sup>2</sup>.
6. Avoid aspirin and herbal supplements that may increase bleeding. Stick only to the medication prescribed by our medical team.
7. Stop smoking. It slows the healing process and may make you more likely to get an infection.

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<sup>2</sup> [https://youtu.be/\\_1GGRa\\_q0xU](https://youtu.be/_1GGRa_q0xU)

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8. Rest and eat high-fiber foods, such as fruits and vegetables, to avoid constipation.
9. Limit your dietary salt intake to help faster swelling recovery.

### **Recovery and Results**

- While the results of breast reduction surgery are noticeable immediately, final results may take months for the swelling to completely go down and the surgical scars to fade.
- Ultimate impact will be noticed directly in the pain relief in your upper back, neck and shoulders.
- In few months, your ability to participate in physical activities will increase and you will promote a more positive self-image.
- Your incision scars will fade over time but it will never completely disappear.
- The final result is generally permanent, although breast shape and size can change due to factors such as aging and weight gain or loss.

### **Follow-up**

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visits (once a month) during the next 6-12 months.

### **Risk**

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of breast reduction surgery are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

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Breast reduction risks might include:

- Bruising, which is usually temporary
- Seroma (fluid accumulation)
- Bleeding
- Delayed wound healing
- Scarring
- Removal of or loss of sensation in the nipples and skin surrounding the nipples (areolae)
- Skin Necrosis , including areola and nipple
- Difficulty or inability to breast-feed
- Differences in the size, shape and symmetry of the surgically altered left and right breasts, which might lead to further surgery later on to improve your appearance. Naturally, both breasts are never the exact same size before surgery, however we try as much as possible to make them symmetrical.

## Medication

<b>R/Tavanic 500mg</b>	One tablet daily for 5 days
<b>R/Ketolac SR</b>	One tablet every 12 hours - after meals – till pain is gone
<b>R/Panadol 500mg</b>	Two tablets every 8 hours
<b>R/Neurontin 300mg</b>	One tablet before sleeping for 5 days
<b>R/Alphintern</b>	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
<b>R/Controloc 40mg</b>	One tablet before breakfast for 10 days

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