



## Frequently Asked Questions

# Breast Surgery

(Breast Reduction (Mammoplasty) and Breast Uplift (Mastopexy))

### 1 What is the difference between a breast reduction and a breast uplift?

A breast reduction reduces the size and weight of ladies breasts using a carefully planned pattern of scarring. The nipple is often sitting in a low position in ladies who have larger breasts and this is also lifted at the same time to create a pleasing natural appearance.

### 2 How long does the surgery take?

The procedure is done under GA (General Anaesthesia) so you will be asleep and takes approximately 2hrs.

### 3 Can I pick a cup size if I am having a reduction?

It is not possible to promise a cup size but Mr Lambe will do his very best to produce the size and shape of breasts you desire. There are limitations to what can be achieved and this will be discussed fully at your consultation.

### 4 Will I need stitches or drains removed?

All wounds are closed with dissolving stitches and Mr Lambe does not use drains.

### 5 Do I have to stay overnight in hospital?

For an uplift you can usually be a day case.

For a reduction, depending on the size of the reduction, you may need to stay overnight in the hospital and you should arrange for someone to pick you up the next day.

### 6 How long will I need help after surgery?

Generally you will need to have some help with shopping and childcare for the first week at a minimum as it is advisable not to lift anything heavy while your wounds are healing.

### 7 What bra should I bring to wear post op?

You should wear a supportive sports bra with no under wiring after your surgery as the wiring can rub in wounds and cause them to break down. Front fastening bras are often easier to use after surgery so you are not stretching behind you.

### 8 What about nipple sensation?

When the nipple is moved it has to take a healthy blood supply with it. Any problem with this can lead to loss of the nipple or part of it. Sensation in the nipples can be permanently altered after surgery.

### 9 How long will it be before I see my final result?

It is natural and normal for there to be some swelling after the surgery and this takes approximately 8 weeks to resolve. Scars will initially look a little red and can take up to a year to look their very best. Avoid using any creams on the wounds until advised by Mr Lambe.

### 10 When will I get a check up post op?

Mr Lambe will review you in the clinic 2 weeks after surgery and remove your dressings and check the wounds are healing nicely.

### 11 What should I do if I am worried post op?

If you have any cause for concern after your surgery such as dressings being soiled or increasing pain and redness, then you should contact the hospital on the number provided on your discharge notes.

### 12 What are the possible complications?

All surgery has potential complications but in breast reductions there are common complications such as wound infections and poor scarring. There is always some asymmetry pre op and post op but rest assured, Mr Lambe will keep this to a minimum.

### 13 What about breast feeding?

Unfortunately, breast feeding is highly unlikely to be possible after this surgery.

### 14 How do I book?

You will need a private consultation to discuss your personal requirements as everyone is different.

For a confidential, informal chat  
please call Jayne on:  
**0161 393 3993**



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