

Breast Reduction

Overly-large breasts can be a source of discomfort, distress and even pain for many women. They can restrict what you can wear and even impact on your ability to perform daily activities. This is why many women seek a breast reduction procedure from Mr Tariq Ahmad.

A breast reduction procedure, or a mammoplasty, is a cosmetic breast procedure which removes excess skin and breast tissue from the breasts and then revises the breasts into a more pleasing shape.

A number of different techniques might be needed during a breast reduction procedure and Mr Ahmad may also perform a degree of liposuction if necessary to achieve the best results. Mr Ahmad has had many years' experience in providing aesthetic breast surgery and is highly skilled at achieving the best results possible.

What should you expect during a breast reduction procedure?

During a breast reduction procedure, Mr Ahmad prefers where appropriate to use a modification of the Hall-Findlay technique. This technique utilises a smaller incision which means limited scarring afterwards. The incision extends around the nipple and then down from the base of the nipple to the natural fold under the breast. This is called a 'lollipop' scar. For some patients, it is necessary to make a very small incision along the crease as well.

Mr Ahmad finds this technique offers patients the most natural and aesthetically attractive shape to the breast.

A breast reduction is performed under general anaesthetic and you will probably have to stay in hospital overnight before being discharged.

What is the recovery like after a breast reduction?

There will be a degree of swelling, bruising and discomfort post-procedure but any pain should be managed by oral painkillers and the swelling and bruising should disappear after a

couple of weeks. Mr Ahmad recommends his patients wear a specially designed support garment for a period after surgery to ensure the best recovery possible.

There are a number of potential risks and side effects associated with a cosmetic surgery procedure and undergoing general anaesthetic, but Mr Ahmad will run through these thoroughly at the consultation and ensure you understand fully the implications before going ahead with surgery.

Mr Ahmad finds that the impact of a breast reduction procedure is almost immediate; improving a patient's self-esteem, transforming their view of themselves physically and eliminating any physical pain.
