

BREAST REDUCTION PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

This booklet provides information to help you decide whether to have breast reduction surgery (reduction mammoplasty). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is Breast Reduction?

Breast reduction is a surgical procedure designed to remove excess breast tissue, fat and skin to create smaller, lighter and more proportionate breasts.

The procedure may also reposition the nipple and reshape the breast for improved contour.

Why Consider This Procedure?

Breast reduction may be considered if you experience:

- Chronic neck, shoulder or back pain
- Skin irritation beneath the breasts
- Grooving from bra straps
- Difficulty exercising
- Emotional distress due to breast size

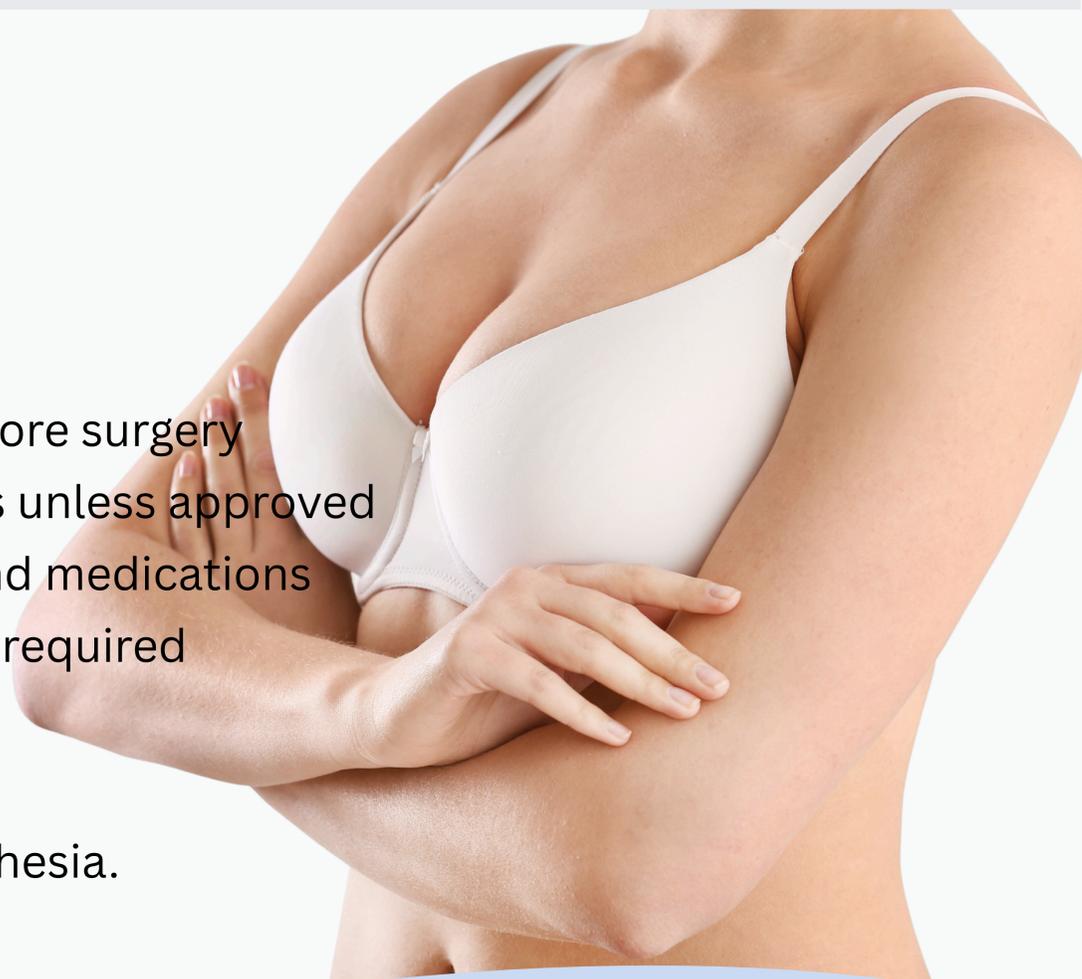
In some cases, breast reduction can improve physical comfort and quality of life.

Preparing for Surgery

You may be advised to:

- Stop smoking at least 4 weeks before surgery
- Avoid blood-thinning medications unless approved
- Disclose all medical conditions and medications
- Undergo blood tests or imaging if required
- Maintain stable weight

Fasting is required for general anaesthesia.



Your Treatment Journey (International Patients)

Initial Assessment

Medical history and breast measurements are reviewed.

Travel Arrangements

Airport pickup and accommodation are coordinated through the treating hospital.

Pre-Operative Appointment

Examination, markings and final consent confirmation are completed.

Surgery Day

The procedure is performed under general anaesthesia and may take 2–4 hours.

Post-Operative Stay

Hospital stay is typically 1–2 nights.

Return Travel

Patients are usually advised to remain abroad for 7–10 days before flying home.

The Procedure

The operation may involve:

- Removal of excess breast tissue and fat
- Removal of excess skin
- Reshaping of remaining tissue
- Repositioning of the nipple

Incision patterns may vary depending on breast size and desired outcome.

After the Operation

After surgery you may experience:

- Swelling and bruising
- Temporary changes in nipple sensation
- Discomfort
- Limited arm movement initially

A supportive surgical bra will be required.

Recovery and Expected Results

First 2 Weeks

- Swelling and discomfort are common
- Light walking is encouraged

Weeks 3–6

- Gradual reduction in swelling
- Return to normal activities

Months 3–6

- Breast shape settles
- Scars begin to mature

Final scar appearance may take up to a year.



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Aftercare Instructions

You may be advised to:

- Wear a surgical support bra continuously
- Avoid heavy lifting for 4–6 weeks
- Avoid strenuous exercise initially
- Keep incisions clean and dry
- Attend follow-up appointments

Potential Benefits

Breast reduction may:

- Relieve physical discomfort
- Improve posture
- Improve ability to exercise
- Improve clothing fit
- Enhance quality of life

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

During Surgery

- Bleeding
- Anaesthetic complications

After Surgery

- Infection
- Delayed wound healing
- Changes in nipple sensation
- Asymmetry
- Visible scarring
- Inability to breastfeed
- Need for revision surgery



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Procedure-Specific Considerations

Scarring

Breast reduction leaves permanent scars which typically fade over time but do not disappear completely.

Breastfeeding

Future ability to breastfeed may be affected depending on surgical technique.

Sensation Changes

Temporary or permanent changes in nipple sensation may occur.

BMI and Eligibility

Higher BMI may increase risk of complications.

DVT Awareness

Major surgery and long flights increase clot risk. Early mobilisation is important.

Future Weight Changes

Significant weight change may affect long-term results.

When to Seek Medical Advice

Seek urgent medical advice if you experience:

- High fever
- Severe swelling
- Sudden pain
- Excessive discharge
- Shortness of breath



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Questions to Ask Your Surgeon

- What incision pattern will be used?
- How much tissue will be removed?
- What scars should I expect?
- Will breastfeeding be affected?
- What is the full recovery timeline?

Further Information and Consent

Before proceeding with surgery, you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following in-person assessment.



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Contact Information

If you require further clarification before your consultation or treatment, please contact:

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