

Breast Reduction / Breast Lifting

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The main principle of a serious aesthetic surgery is the preservation or reconstruction of the natural proportions without changing the individual radiance of a person.

We are happy to advise you.

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Breast Reduction/ Breast Lifting

Overview

Oversized, sagging breasts can not only severely affect a woman's body awareness, but can also lead to painful changes, especially in the areas of the chest, neck and back. If you suffer and feel inhibited in your physical and sexual activities by your breasts, you may consider breast reduction.

Normal sized breasts that have lost fullness, elasticity and firmness after pregnancy or weight loss can also be corrected. With a breast lift, which can also be combined with a breast implant, you get firmer and more youthful breasts that will change your body proportions for the better. In principle, both operations can be performed at any age. An important prerequisite, however, is that your body growth is complete and your breasts are fully developed.



What actually happens during the surgery?

In general, a smaller, lighter and firmer breast is achieved by removing superfluous skin and breast tissue in the lower breast area. The surgeon forms a new breast with the remaining upper parts. For optimal results, it may also be necessary to remove excess fatty tissue or insert a breast implant. Mammilla and nipples are usually moved along with nerves and blood vessels. This ensures that you feel largely normal even after the procedure and, normally, you retain your ability to breastfeed.

Before you decide to have a breast reduction or breast lift, you should consult your surgeon in detail about the results that can be achieved, taking into account your personal ideas and physical conditions.

What results can be achieved?

A breast reduction or breast lift permanently changes the size and shape of your breasts. However, over the years, the natural ageing process, weight changes and gravity will affect the shape of your breasts. In this case, the appearance of your breasts can be rejuvenated by a new procedure.

Type of anaesthesia and hospital stay

The procedure is usually performed on an inpatient basis, under a gentle general anaesthetic. Depending on the procedure, a hospital stay of 2 - 3 days can be expected.

How do I prepare for the surgery?

In some cases it may be useful to perform a mammography and ultrasound examination before the surgery in order to detect any tissue changes before the operation. Your surgeon will discuss this with you.

As a smoker, you should limit your nicotine consumption as much as possible before your appointment in order to reduce the risk of wound necrosis. For a period of 14 days prior to surgery, you should also refrain from taking painkillers such as Aspirin, as these delay blood clotting. Alcohol and sleeping pills should also be avoided as much as possible.

How's the surgery done?

The surgical methods can vary considerably from case to case, in particular the incision and thus the length of the later scars depends essentially on your individual physical conditions and your goal for the procedure.

During the operation, after the removal of excess tissue, the remaining glandular body is reshaped and shifted upwards again. When the breast is reshaped, the nipple, including nerves and blood vessels, is also moved into the new position. The wound is closed intracutaneously with the finest sutures and a tight bandage is applied. Drainages ensure unhindered flow of blood and tissue fluid. A medical sports bra is fitted on the operating table. Depending on the extent of the operation, it takes 2 - 3 hours.

In the case of a small breast that is only tightened, a breast implant can be used at the same time to enlarge and improve the shape of the breast.



What happens after the surgery?

Immediately after the surgery and during the next few days you will feel slight pain. In addition, as with any surgical intervention, swelling and bruising will be more or less severe, but will disappear over several days and weeks.

The sensitivity of your nipples to touch can also be impaired after the operation and it can take months before you feel normal sensation again.

In most cases, a final result can be assessed after approximately 6 months. The scars and possible hardening in the tissue even improve during the following 1 to 2 years, so that they finally become inconspicuous, even invisible.

What complications can arise?

As with any operation, wound healing disorders can lead to unpleasant scars, pain, bruising and infections. As soon as you notice anything unexpected, you should discuss it with your surgeon. He will be happy to advise you in detail and, if necessary, inform you about a suitable follow-up treatment.

The postoperative healing process can lead to slight differences in the shape of the breast due to changes in the affected skin and tissue regions. If necessary, such changes can be corrected by another small procedure.

What aftercare is required?

Your normal condition is largely restored after several days and after 2 to 3 weeks you are fully able to work again.

After only a few days you can shower as usual and start with your skin care. Resorbable stitches dissolve by themselves, other stitches remain for up to 2 weeks.

You should wear the sports bra that was given to you during the time after the operation. This will support your breast without constricting it. The bra should be worn around the clock for the first 3 weeks and at least during the day for the following 3 weeks.

What needs to be considered after the surgery?

You, and of course your sexual partner, should be extremely careful with your breasts for the first 6 - 8 weeks and avoid any overstraining. This applies to all physical activities, from sports to housework.