



WHEN SIZE MATTERS

DR JOHN FLYNN FROM QUEENSLAND EXPLAINS HOW A BREAST REDUCTION OR LIFT CAN CREATE MORE PERT BREASTS. GEMMA GARKUT REPORTS.

The words 'breast' and 'surgery' are very much associated with breast augmentation. But according to Dr John Flynn from Queensland, breast lift and breast reduction surgeries are also frequently requested procedures by women of all ages.

'Women with extremely large breasts often suffer from back pain, shoulder pain and stress on the spine,' says Dr Flynn. 'Breast reduction surgery removes a large portion of breast tissue and, in conjunction, a breast lift can help enhance the result. More cumbersome breasts can appear saggy (as can smaller breasts) and patients are often surprised at how much volume is restored in the breast post-surgery.'

Breast reduction surgery

'Overly large breasts can sometimes prevent a woman from participating in physical activities or sport, and leave them feeling quite insecure,' says Dr Flynn. Because of this, breast reduction surgery is often a matter of both functionality and aesthetics.

Dr Flynn says there are options for breast reduction surgery, the most common of which involves an incision around the areola (the dark skin around the nipple) and a vertical line from the areola down to the breast crease.

'A block of tissue is removed (normally containing glandular tissue, fat and skin) and the remaining tissue is then manipulated not only to reduce the breast size but to also make the breast volume compact and more pert – characteristics which patients often think will be lost after surgery,' explains Dr Flynn.

Even though the nipple remains attached to the nerves and blood vessels throughout the surgery, there may be some reduced sensitivity in the nipple afterwards. 'In cases where an excessive amount of breast tissue needs to be

removed, the areola is reduced to fit the proportions of the breast,' he says.

Scarring after this procedure occurs along the incision lines, from the nipple to the breast crease, in what is known as an 'inverted T' scar which usually diminishes over 12 months in most cases.

The surgery generally takes around two to three hours and is performed under general anaesthesia. 'As with all major surgery, two to three weeks of recovery time is needed for the body to heal properly. Patients can usually start light exercise such as walking or swimming after the first week, but should continue to wear a compression bandage during this time,' explains Dr Flynn.

Breast lift

'Patients with saggy breasts often ask for breast implants to enhance the volume,' says Dr Flynn, 'but often the patient has enough natural volume in the breast to achieve this with a breast lift.'

The typical candidates for a breast lift are women between the ages of 30 and 50 who wish to regain more youthful-looking breasts. 'Loose and sagging breasts are mostly due to pregnancy and ageing, and can be surgically lifted to create a fuller looking breast without the need for an implant,' says Dr Flynn. Having said this, a breast lift is often required for women undergoing a breast reduction in order to accommodate the reduced breast size.

The procedure involves cutting the breast and manipulating the breast tissue in a way that concentrates the volume, making it more compact. The skin is then re-draped over the breast, with any excess skin removed, and is secured with stitches. Where breast implants are appropriate a breast lift can complement the enhancement, as it can result in a more svelte silhouette.

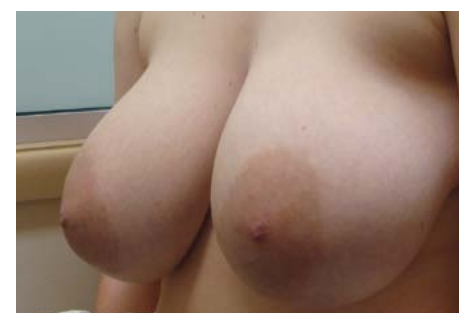
'Stitches are removed after around seven days, with bruising and swelling typically reducing over seven to 10 days,' says Dr Flynn. 'As this is invasive surgery, patients should expect to be out of action for a period of around two to three weeks to allow for proper healing.' **acsm**



BEFORE (This woman was troubled by her overlarge breasts which caused neck and shoulder pain as well as difficulty sourcing suitable bras. Her nipple complex was also very large and sat well below the breast fold)



Five days AFTER breast reduction surgery by Dr Flynn (Note some modest bruising on the left breast and the scar pattern, which is healing well at Day 5)



BEFORE



AFTER breast reduction surgery by Dr Flynn (Note the breasts sit more comfortably and pert. The nipple complex has also been reduced and repositioned to sit well above the level of the breast fold)



BEFORE



AFTER breast reduction surgery by Dr Flynn