

A WEIGHT OFF YOUR CHEST

The popular media would have us believe that most girls want large breasts.

In fact, for many girls the option of smaller breasts is something they would prefer.

Large breasts can be uncomfortable, inconvenient and socially embarrassing.

To manage this, a large number of women undergo breast-reduction surgery.

Warners Bay Plastic Surgeon, Dr John Newton, sees a large number of women who wish to discuss the awkwardness of their breast size and consider breast reduction.

"Very many women are inconvenienced by large breasts. The overall bulk is uncomfortable for them and they can suffer neck, shoulder and back pain. In the summer months it is often inconvenient and uncomfortable with sweating.

I see a number of young women who feel awkward because of their breast size. They do not only feel awkward because of the physical discomfort and the difficulty fitting into clothing but they feel awkward in the company of other people who may well appear to focus their attention on the girls' breasts."

Mother Nature and childbirth are not always kind to girls' breasts. For some, the breasts become smaller and flatter, while for many, breasts become larger and dropped. They can cause shoulder, neck and back pain. They can get inflamed in the skin between the breast and the chest during hot weather.

There is no doubt that minimiser bras and sports bras can help but for some girls resorting to surgery is a definite consideration.

"A large number of patients I see have had large breasts for a long time and have finally decided to at least find out about, if not venture into, breast reduction.

"There is an increasing number of younger women whom I also see with respect to consideration of breast reduction.

"For all of these women, some form of breast reduction or lifting can be of significant value. It is not at all uncommon to have a woman come back after the procedure and say 'I wish I had done this twenty-five years ago.'"

So what are the surgical options?

Dr Newton states that they range from liposuction through lifting and tightening to a combination of lifting and tightening with reduction.

"In general, if the patient is a young woman and is single and perhaps has not had any children, I like to ask myself if liposuction is a viable option. It can reduce breast

volume and if the tissues of the breast are still elastic enough, it can allow the breast to drift upwards on the chest wall. The scarring is minimal and breastfeeding and nipple sensation should remain as normal.

There is no doubt that liposuction is, however, a compromise and the same degree of lift and reduction cannot be obtained as from a more-formal breast reduction.

More traditional breast reduction does involve cutting of the breast tissue with surgical removal of breast tissue, resuspension of breast tissue within the breast and then suturing of the wounds. The nipple is usually left intact on the breast and moved. It is rare that the nipple is removed and replaced as a graft."

Very substantial changes can be achieved using surgical breast reduction but of course it has its negatives in the form of scarring, possible interference with the ability to breastfeed and possible variation in nipple sensation.

Liposuction is a less-traumatic procedure to go through and the recovery period is reasonably short but support garments do need to be worn for a prolonged period post operatively. Dr Newton states breast reduction is a more invasive procedure, generally with a short inpatient stay. The recovery period back to full activity is between six to eight weeks.

The vast majority of patients who undergo breast reduction are happy with the results and state that they are much more comfortable physically and confident socially.

It should be emphasised that anyone considering any kind of cosmetic plastic surgery should consult an accredited plastic surgeon and discuss their expectations and surgery in detail.

Qualified cosmetic plastic surgeons in Australasia are members of the Australian Society of Plastic Surgeons and the Australasian Society of Aesthetic Plastic Surgeons.



Put in Dr John Newton's usual address contacts etc. little bigger font.