



Spire Healthcare

Treatment summary

Breast reduction surgery

What is breast reduction?

A breast reduction (or reduction mammoplasty) is an operation to reduce the size of your breasts by removing some of the excess fat and skin. This surgery can relieve the discomfort caused by large breasts, including back and neck pain, grooves in the shoulders from bra straps and rashes under the breasts.

Many women feel happier and less self-conscious about the way they look after the operation. Your breasts will not grow back, but they may increase in size if you put on weight or become pregnant.

A breast reduction operation is performed under general anaesthesia, which means you will be asleep during the procedure. You will need to stay in hospital for at least one night after your operation.

Your surgeon will explain the benefits and risks of having your breasts reduced, and will also discuss the alternatives to the procedure.

About the operation

There are various ways to perform breast reduction surgery. Your surgeon will discuss which is the most appropriate for you and explain how your breasts will look afterwards.

Typically, the excess breast tissue is removed through incisions on the lower part of the breasts and the nipples are moved to suit the new shape. The skin is re-shaped and the cuts are closed with stitches and covered with a dressing.

The operation takes two hours or more.

Breast reduction is a commonly performed and generally safe operation. However, all operations carry risks as well as benefits.

Infection is a complication which may need to be treated with antibiotics and sometimes further surgery. Occasionally, bleeding occurs inside the breast causing it to swell and become painful.

The wound can be slow to heal. The skin may form a scab that can separate, leaving a broad scar. Rarely, alterations in the blood supply may result in the loss of part, or even all, of a nipple.

It's possible that your breasts may not be exactly the same shape and size as each other after surgery.

As with any cosmetic procedure it is important that you review your expectations thoroughly with your surgeon before you decide to proceed.

The chance of complications depends on the exact type of operation you are having and other factors such as your general health. Ask your surgeon to explain in more detail how any risks apply to you.

To find out more about having a breast reduction in a Spire Healthcare hospital, please contact your local Spire hospital.



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