

CADOGAN
CLINIC



Breast Reduction Fact Sheet

Cadogan Clinic, London's Leading Cosmetic Surgery Specialists.

Breast Procedures at The Cadogan Clinic

The Cadogan Clinic has a unique heritage in cosmetic breast procedures.

We are distinctive in that can offer not only plastic surgeons who specialist in breast surgery and but also specialist breast surgeon, who have dedicated his career to teaching and performing reconstructive and cosmetic breast surgery.

As an internationally-renowned centre of cosmetic surgery excellence, we are fortunate to be the London base for several leading global surgeons in this field

What is a Breast Reduction?

A breast reduction, or 'mammoplasty', is a surgical procedure designed to reduce the volume of the breast, in order to make it smaller and – in some cases – more shapely.

Breast reduction surgery focusses on removing excess tissue in the breast, as well as fat and skin to lighten the weight and prominence of the breast. Your nipples will be reshaped or raised, along with the breast, which will create a perkier – and ultimately more aesthetic - breast shape.

Breast reduction surgery is one of the most common procedures in the UK, accounting for roughly 15% of all cosmetic surgical procedures in the UK.

The Breast Reduction procedure is ideal for patients with naturally very large breasts that cause discomfort or inconvenience, or those that have permanently increased in size following childbirth. Breast reduction is appropriate for both women and men (for male breast reduction please view our 'gynaecomastia' page) who feel that their breasts are oversized or are not in proportion with the rest of their body.

The Cadogan Clinic employ virtual imaging software to help you visualize potential outcomes in your individual case via Crisalix Imaging software, as well as carefully manage expectations and increase the chances of achieving your goals.

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Who is Suitable?

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- Over the age of 18
- Physically and psychologically fit and healthy
- Have realistic expectations of what can be achieved by surgery
- Concerned by the size or shape of at least one of their breasts, either for aesthetic or comfort reasons

What does it Involve?

The Breast Reduction, or mammoplasty, procedure is an invasive surgical procedure that is performed under general anaesthetic and takes between 2 -3 hours to perform.

The overall effect is to reduce the volume of the breast, and perhaps in some case, reposition the breast and nipple to generate the optimal aesthetic look. Whilst there are several techniques generally employed, each involves the reduction in the size of the breast via excision and reshaping of the breast mound and repositioning of the nipple.

The procedure is commonly combined with a breast uplift procedure to restore the optimal positioning of the breast post-surgery.

The blood supply is preserved to leave a fully functioning and proportionate breast post surgery, hanging in the most regular position.

Recovery time tends to be between 1 – 2 weeks, during which time we recommend some time off work and reduced physical movement until the swelling has subsided. Regular physical activity and exercise can be fully resumed in roughly 6 weeks.

Why do People have it?

Female breast size is determined by several factors, including genetics, body weight, and hormonal influences. Breasts can also be affected after giving birth, resulting in an undesirable change in the breast shape and size.

Unfortunately, larger breasts can often be associated with a variety of problems, ranging from self-consciousness and inconvenience (especially if you are particularly sporty, or if you struggle to find flattering, wellfitting bras and clothes), through to more serious discomfort. This can include a backache, neck pain and skin irritation such as rashes under the breasts. There are also issues that arise such as an inability to take part in certain sports or exercise due to overly large breast size.

Many women desire to have a breast reduction after giving birth when the breast begins to sag lower than before. However, many women have breast reductions prior to having children and are concerned about the ability to breastfeed after surgery. During the procedure, care is taken by your highly skilled surgeon to retain connections between the remaining breast tissue and the skin, in order to preserve breastfeeding capability.

What to Expect

01 The consultation

The first step for all of our patients is to meet with the surgeon we feel is most suited to you and best placed to perform your procedure for a consultation.

At the consultation you will be able to discuss with your surgeon what your hope to achieve from the breast lift procedure, as well as discuss in detail what may or may not be possible given your existing breast anatomy, bone structure and skin quality.

A comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

What to Expect

02 Pre-Procedure

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure. Before admission the following behavioural changes are recommended/required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and with complications
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission

03 On the day

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant tests, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself is takes place under general anaesthetic over the course of between two and three hours. The surgery involves the placement of an incision underneath the breast, the excision of breast tissue and volume via this incision, and then finally the repositioning of the nipple.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

What to Expect

04 Post Procedure & Recovery

Once home you will have access to our dedicated oncall nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and recovery, and are there to field any questions you may have in the immediate post operative phase.

Breast Reduction recovery is fairly quick and any residual discomfort should subside in a matter of days. Patients are able to return to a normal routine after a week following the procedure. The full healing process is between 2 – 3 weeks. You will have some bruising and swelling, but it will be gone after a few days and you'll be able to get back to your normal routine.

We advise patients to take a week off work whilst swelling is at its peak. We ask our patients to be sensitive to their breast area during this time, and not try to do too much too soon. We also recommend avoiding UV light for 2 -4 weeks to aid the scarring process.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing process.

You should start to see your results clearly after 6 week mark. We ask that you come in to see your surgeon after 6 weeks for a post procedure for a final check up.

What are the Risks?

As with any surgery there are risks, these include:

- Bleeding or haematoma
- Infection
- Sensation change
- Swelling
- Scarring

Your surgeon will discuss each of these risks comprehensively at your consultation.

Why Come to the Cadogan Clinic for your Breast Reduction?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery.
- Cadogan Clinic specialises in breast surgery and the latest surgical breast techniques. We have a roster of top breast specialists on our team
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

At a Glance



Surgery Time

2-3 hours



Time off work

1-2 weeks



Hospital stay

Day case



Shower

After 1 week



Reasonable Mobility

1 day



Exercise

After 6 weeks



Sexual Activity

After 4 weeks



Sleeping on back

1-2 weeks



Full Recovery

6-8 weeks



Driving

2 weeks

Before & Afters



Before

After

Breast Reduction by Mr Will Sarakbi,
Consultant Oncoplastic Breast Surgeon.

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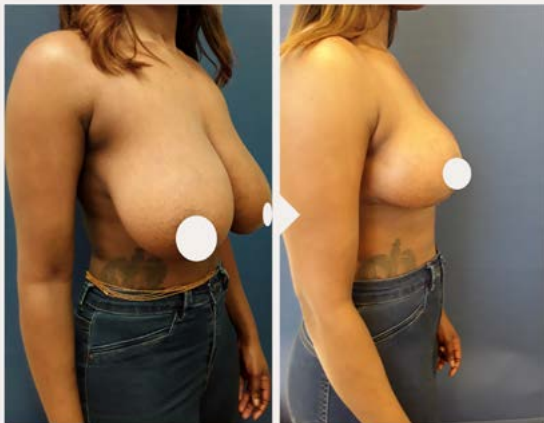
Before



After

Breast Reduction by Mr Will Sarakbi,
Consultant Oncoplastic Breast Surgeon.

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Before

After

Breast Reduction by Mr. Mark Solomos

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Before



After

Breast Reduction
by Mr. Edmund Fitzgerald O'Connor

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Cadogan Clinic

Centre of Excellence

- The Care Quality Commission (CQC) rated the Clinic **Outstanding** for its collective leadership in their 2023 report.
- The CQC praised Cadogan Clinic's ethical practice for cosmetic surgery, compassion and kindness, respect for privacy and dignity, took account of their individual needs and emotional support to patients, families and carers. The CQC also highlighted Cadogan Clinic encouraged innovative, and evidence based safe practice.
- Cadogan Clinic was mentioned in the UK's most prestigious 2023 Tatler Cosmetic Surgery Guide. Eleven of Cadogan Clinic's consultants were featured in the guide, some of which have had honourable mentions for five consecutive years.

TATLER

“” Cadogan Clinic, already an impressive centre which sees even innovative procedures performed as day cases -it has always been at the forefront when it comes to the prevention of bruising and swelling.” 2023 Tatler Cosmetic Surgery Guide

- Cadogan Clinic is award winning, named Best Plastic Surgery Provider at the 2020 My Face My Body awards.
- Cadogan Clinic was the UK's first day-case only provider for cosmetic surgery.
- Cadogan Clinic treats over 28,000 patients per year.
- Over 98% of Cadogan Clinic's patients said that they were satisfied following their surgery, and over 95% of patients were satisfied with the post operative nursing care.
- Cadogan Clinic are leaders in innovation and research, constantly looking to provide procedures featuring the latest medical advances, such as stem cells and regenerative treatments, providing the best results and treatment options for patients.