

Breast Reduction

Excessively large breasts can be a burden in a number of ways. They weigh heavily on a woman's shoulders, neck, and back, as well as on her mind and self-image. However, if you suffer from such pain, you can find relief in a breast reduction.

Most women who have undergone this procedure irrespective of their age at the time of surgery feel that this is the best decision they have made in their life. This is easily understandable as they are able to enjoy and lead a healthier, more comfortable life, In addition they enjoy a beautiful, more proportionate appearance and socialize without inhibition.

If you are considering a breast reduction, you will most likely have many questions and concerns. Dr. Gahankari is a highly-trained plastic surgeon who is committed to helping his patients achieve their goals through breast reduction surgery.

Reasons for Considering a Breast Reduction:

Back, neck or shoulder pain caused by heavy breasts.

Sagging breasts produced by their large size.

Disproportionate body frame attributed to oversized breasts.

Restriction of physical activity due to the size and weight of the breasts.

Painful bra strap marks and/or rashes as a result of large breasts.

General Procedure

Through the removal of fat, tissue, and skin, the breasts can be reduced and reshaped to create a more attractive and feminine contour. Dr Gahankari employs newer surgical techniques for Mammoplasty, which cause minimal scars and produce well contoured, firm and youthful looking breasts. He will assess your individual situation and determine the most appropriate technique for you. He also uses liposculpturing technique during breast reduction procedure to achieve well contoured breasts proportionate to your body. Occasionally, liposuction alone can be used to reduce breast size. The risks of breast reduction procedure are uncommon with Dr Gahankari's techniques and include scarring, asymmetry, infection, haematoma and some degree of nipple insensitivity. The best procedure can be determined during the initial consultation visit

Of all Plastic Surgery procedures, breast reduction results in the quickest body-image changes. Patients are pleased with the elimination of physical pain caused by large breasts as well as a better proportioned body, an enhanced appearance, and better fitting clothes.

Recovery Process

Generally, post-operative instructions call for plenty of rest and limited movement in order to speed up the healing process and reduce the recovery time. Bandages are applied immediately following surgery to aid the healing process and to minimize movement of the breasts. Once the bandages are removed, a specialized surgical bra will need to be worn for several weeks. Patients sometimes report minor pain associated with surgery. Any pain can be treated with oral medication. While complications are rare, patients can minimize potential problems by carefully following the instructions given after surgery.

Medicare Rebate is applicable in most cases for breast reduction and your GP's referral is beneficial.

[Download FAQs](#)

[Download Printer Friendly Version](#)