



JOHN
CROCK

MB,BS(Melb), Dip Anat, MD, FRACS

Breast Reductions



Breast reduction is life-changing operation that typifies the heart of plastic surgery - it embraces both form and function. Women with large breasts typically suffer neck and back pain. In addition their ability to exercise and play sports is greatly impeded, which may then lead to weight gain that exacerbates the shoulder girdle pain issues. They often find it socially embarrassing, difficult to wear clothes that fit comfortably, and if they are nursing mothers, difficult to breast-feed.

Breast reduction surgery alleviates all of these problems and is one of the most gratifying procedures that we can perform as plastic surgeons. The usual procedure for women undergoing reduction mammoplasty is as follows: An initial consultation is arranged, and during this time a long interview is undertaken and a clinical picture is formed. As one in ten women develop breast cancer, it is important to find out about each lady's family history to see if this condition runs in the family.

Breast reduction surgery slightly reduces the risk of an individual developing breast cancer, and the surgery also has a bearing on long-term follow-up. Post surgical breast scarring influences mammography and patients are counselled about the impact of this surgery subsequent follow-up. The risks and potential complications of surgery are explained, and balanced with the potential benefits from surgery. If the patient decides to proceed with surgery, the fine details of the procedural arrangements are explained, including the ins and outs of the hospital stay and the visit to theatre.

It is usual for this kind of surgery to be performed on an Inpatient basis, and it is usual for ladies to be admitted for four days of post-operative care. Some surgeons perform this operation in day surgery facilities, but this is a financially driven trend which I tend to avoid if possible. After surgery it is recommended that women continually wear a fitted sports bra with no underwire for six weeks. Patients are also fitted with special silicone inserts and other dressings to help their wounds heal with the best possible scars. Appropriate follow up by the clinic staff, doctors and nurses is maintained for several months after surgery, and many ladies continue to keep in touch with the office girls for years afterwards. This is an occurrence which the staff greatly appreciate, as we endeavor to do more than just treat patients in this clinic – we aim to positively influence peoples lives.



JOHN
CROCK

MB,BS(Melb), Dip Anat, MD, FRACS

Plastic and Reconstructive Surgery

Contact (03) 9899 6144
Fax (03) 9899 6188
Email info@johncrock.com

www.johncrock.com