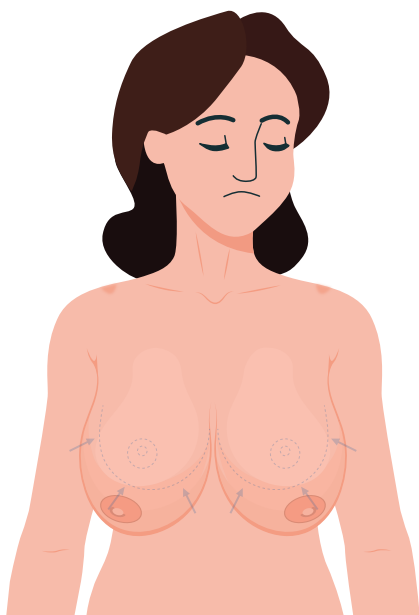
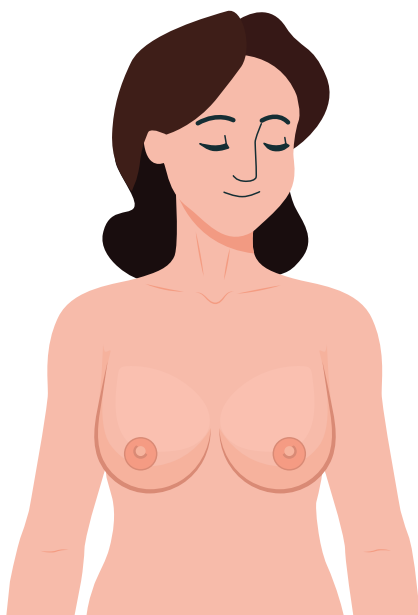


Your Breast Reduction Surgery



Before



After

This booklet will guide you through
Reduction Mammoplasty.

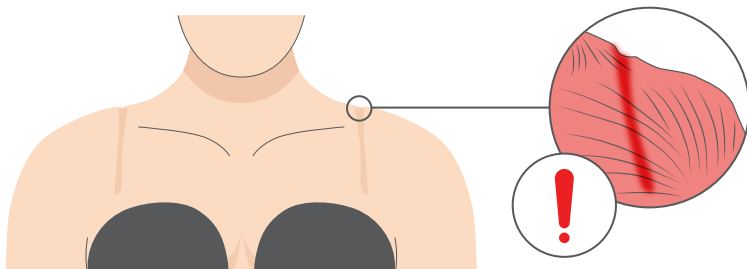
We are committed to providing the highest standard of care. That means keeping you informed and supported at every step of your breast reduction journey. If you have any concerns or questions, please speak to your doctor or care team.

Understanding Reduction Mammoplasty

Reduction Mammoplasty (commonly known as breast reduction) is a surgical procedure that removes excess breast tissue, fat, and skin to achieve a breast size more in proportion with your body and to alleviate physical discomfort.

It is commonly performed to help with:

- Chronic back, neck, or shoulder pain
- Skin irritation beneath the breasts
- Shoulder grooving from bra straps
- Restricted activity due to breast size
- Self-consciousness or emotional distress.

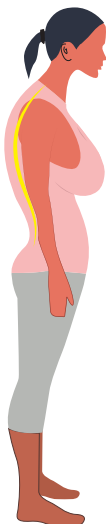


Reasons for Mammoplasty

Breast reduction may be recommended for both physical and psychological reasons. It can improve quality of life by reducing discomfort and enhancing self-esteem and body image.

You may be a candidate if:

- ✓ You experience persistent physical symptoms due to large breasts
- ✓ Non-surgical treatments haven't provided relief
- ✓ Your breast size affects your posture, mobility, or lifestyle
- ✓ You have realistic expectations and are in good general health.



Before Breast reduction



After Breast reduction

Preparing for Your Surgery

What to Tell Your Doctor

Inform your medical team if you:

- Are pregnant or breastfeeding
- Have any allergies (especially to anaesthesia or medications)
- Have a bleeding disorder or take blood-thinning medication
- Smoke or vape
- Have had previous breast surgery or biopsies.

Pre-Surgery Instructions

Your healthcare team will give you detailed instructions, which may include:

Instruction	Details
Fasting	Do not eat or drink anything (except water) for at least six hours before your procedure.
Medications	You may need to stop certain medications. Always follow your surgeon's advice.
Smoking	You should stop smoking at least four weeks before and after surgery to aid healing.
Consent	You will sign a consent form after the procedure has been explained to you.
Transportation	Arrange for someone to take you home and stay with you overnight.

Packing for the Hospital

On the day of your surgery, please bring:

- A list of all medications and allergies
- Comfortable, loose-fitting clothes
- A soft, supportive bra without underwire
- Government issued identification or health insurance details.

Leave jewellery and valuables at home.

The Day of Your Surgery

This is what you can expect on the day of your surgery.

On Arrival

- Check in at the surgical admissions area.
- You will be asked to change into a hospital gown.
- A nurse will place an IV line for fluids and medication.

Before the Procedure

- You will meet your surgeon and anaesthetist.
- Your breasts may be marked to guide the surgery.
- You'll receive a general anaesthetic and be asleep for the procedure.

The Surgery

Step-by-Step Overview

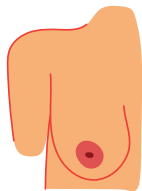
STEP 1 Incisions and Removal

- Your surgeon will make incisions based on your breast size and desired outcome.
- Excess tissue, fat, and skin will be removed.
- The nipples may be repositioned for a more natural appearance.

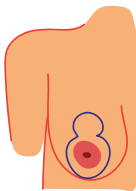
STEP 2 Shaping and Closure

- The remaining breast tissue will be reshaped and the incisions closed with stitches.
- Dressings or surgical tape will be applied.

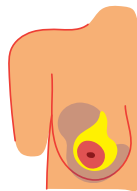
Vertical Breast Reduction



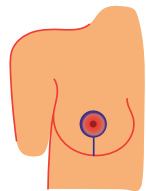
Prior to Surgery



Skin Incision
(Blue)

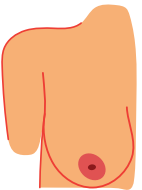


Area of breast tissue
removal (Blue)
Yellow color shows direction
of nipple blood flow)

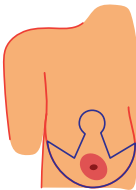


Vertical Scar
After Surgery
(Blue)

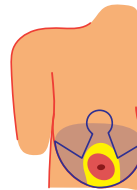
Wise- or Anchor-pattern breast reduction



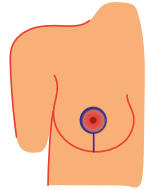
Prior to Surgery



Skin Incision
(Blue)



Area of breast tissue
removal (Blue)
Yellow color shows direction
of nipple blood flow)



Anchor Scar
After Surgery
(Blue)

Recovery in Hospital

After the Operation

- You will be taken to a recovery area and monitored closely.
- You may have small tubes (drains) to remove excess fluid—these are temporary.
- Pain relief and antibiotics may be provided.
- Most patients stay in hospital overnight.

Caring for Yourself at Home

What to Expect

Here's what you can expect as you recover at home.

Timeframe	What to Do / Watch For
First 48 Hours	Rest, take prescribed pain relief medication, and keep dressings dry. Avoid lifting your arms above shoulder height.
First Week	Bruising, swelling, and discomfort are normal. Wear your post-op bra as instructed.
2–3 Weeks	Stitches may be removed or dissolve on their own. You may return to light daily activities.
4–6 Weeks	Avoid strenuous activity, heavy lifting, and upper-body exercise. Full healing can take several weeks.

When to Seek Medical Attention

Contact your surgeon or seek urgent care if you notice:

- Significant or increasing swelling or bleeding
- High fever or chills
- Redness, warmth, or discharge at the incision sites
- Severe pain not controlled by medication
- Shortness of breath or chest pain.

Follow-Up Appointments

After surgery:

- You'll have a review with your surgeon within 1–2 weeks. Any drains or dressings may be removed at this visit.
- Additional follow-ups may be scheduled to check healing and discuss results.



FAQs

These are some common questions about
Breast Reduction Surgery.

Q: Will the surgery hurt?

A: The procedure is done under general anaesthetic, so you will not feel pain during the operation. Discomfort afterwards is normal and manageable with medication.

Q: How long does the surgery take?

A: The surgery typically takes two to three hours, depending on complexity.

Q: Will I have scars?

A: You will have scars but they usually fade over time. The location and extent depend on the surgical technique used. Your surgeon will discuss this with you beforehand.

Q: When can I go back to work or exercise?

A: Most people can return to desk jobs in 2–3 weeks. Avoid strenuous activity and heavy lifting for 4–6 weeks.

Q: Will I be able to breastfeed after surgery?

A: Breastfeeding depends on the technique used. Some women retain the ability, while others may not. Discuss this with your surgeon before the procedure.

Q: Is the result permanent?

A: While results are long-lasting, factors like ageing, weight changes, or pregnancy can affect breast shape and size over time.

HEALTH CITY
Cayman Islands 

Health City Patient Support
info@healthcity.ky
Health City Connect App
 healthcity.ky



HEALTH CITY
+1 345 640 4040
1283 Sea View Road,
Grand Cayman, Cayman Islands