

Breast Asymmetry

Breast asymmetry is very common and is usually due to unequal breast development but can also follow previous breast surgery. Correction of the asymmetry may require surgery to one or both breasts, by the same or different surgical techniques. An assessment of the size and shape of each breast is made at the outpatient consultation, after which a discussion is had about matching results with goals and expectations.

THE PROCESS:

Operations to correct breast asymmetry are carried out under a general anaesthetic with an overnight stay in hospital, although day case surgery may be an option depending on the procedure carried out.

The procedures utilised to correct asymmetry will be discussed prior to surgery and may include breast reduction, breast uplift (mastopexy), breast enlargement (using breast implants or your own fat grafts) or often, a combination of these techniques.

The skin wounds are closed with absorbable sutures and the resulting scars will soften and fade over the following months.

AFTERCARE:

Following discharge from hospital, simple pain killers are usually all that is required. A vest top or soft support bra can help during recovery while the swelling settles. Often two weeks off work is sufficient and it is usually best to refrain from driving during this time. Follow up appointments are arranged by the hospital prior to discharge. The first at one week to see the specialist plastic surgery nurses and another at six weeks with your plastic surgeon to ensure all is well and that you are happy with your result.