

**Dr. Tuan V. Pham M.B.B.S., F.R.A.C.S.**  
Facial Plastic & Reconstructive Surgeon  
Aesthetic Plastic Surgeon  
Nasal, Sinus & Rhinoplasty Surgeon  
Head & Neck Surgeon

**Perth** Facial Plastic  
Cosmetic Surgery 

Level 1, 136 Churchill Ave, SUBIACO  
Western Australia, Australia 6008  
Tel: +61 (8) 9380 448 Fax: +61 (8) 9380 9677  
Email: [info@perthcosmeticsurgery.com.au](mailto:info@perthcosmeticsurgery.com.au)  
Web: [www.perthcosmeticsurgery.com.au](http://www.perthcosmeticsurgery.com.au)



## ***Breast Lift (Mastopexy) and Breast Reduction (Reduction Mammoplasty)***

Breast reduction and breast lifts are surgical procedures that reshape and remove excess breast tissue. These procedures are performed in healthy adult women of any age but Dr Pham recommends patients should wait until after completion of breast development, child birth or breast feeding. These procedures are now very popular for both medical and cosmetic reasons. Breast reduction can be performed at different stages in life. For example young women who have extremely large breasts that cause symptoms such as back pain and rashes can have breast reduction surgery as long as their breasts have stopped growing. The earliest age Dr Pham recommends is usually 18 years old.

### **Breast Lift (Mastopexy)**

A breast lift is a procedure that reshapes sagging breasts or improves the firmness in breasts to give them a more youthful appearance.

#### **The main indications for breast lifts are:**

1. To improve sagging of the breasts, particularly after pregnancy or after significant weight loss. Breasts become very droopy and the nipples may drop below the desired position and the areolas may be too large.
2. To improve the loss of firmness due to loss of too much skin giving the breasts a "rock in a sock" appearance.
3. To increase the volume of the breasts by combining the procedure with breast implants (**augmentation mastopexy**).
4. To return volume to the breasts.
5. To give the breasts a more conical shape.

### **Breast Reduction (Reduction Mammoplasty)**

Breast reduction or reduction mammoplasty is a procedure that reduces the size, shape and volume of the breasts to relieve symptoms caused by excessively large breasts.

#### **The main indications for breast reduction are:**

1. To reduce breasts which are too large, heavy or pendulous.
2. To improve symptoms of back pain, neck pain, shoulder pain; rashes beneath the breasts, breast pain, restriction of activities, headaches etc., associated with large heavy breasts.
3. To return the position of the nipples and areolas and make the areolas smaller.
4. To improve the self esteem of patients who are embarrassed by their breast size.

### **Understanding the Procedure**

Breast reductions / lifts are usually performed under general anaesthetic and very occasionally under sedation with local anaesthetic. Modern anaesthesia is safe but does have side effects and you should discuss this with your anaesthetist. Specific techniques selected for your breast lift or reduction will depend on your individual factors and Dr Pham's preferences. In all cases there will be scars, which become less noticeable with time.

In most cases the nipples and areolas remain attached to their blood and nerve supplies to preserve their sensations and reduce the chances of necrosis. However in some breasts that are very large or pendulous the

areolas and nipples are completely removed and then grafted back into a higher position. Sensation in these areas will be lost and you will no longer be able to breast feed. It is very important to cease smoking 3-4 weeks prior to surgery to at least 4 weeks after surgery. Dr Pham may not perform breast reduction / lift surgery on active smokers as wound healing is compromised with higher risks of skin and nipple necrosis.

**Mammography** should be performed in patients older than 30 years old prior to the procedure.

**Techniques and Incisions:** Dr Pham will outline the incisions just prior to surgery. There are 3 methods Dr Pham uses.

- 1. Pedicle (eg. Robbins) Method.** This is the most common method with incisions around the areola and vertical from the areola to join with a horizontal incision following the crease of the breast (inframammary fold). The scar is an inverted T shape.
- 2. Vertical Pedicle (Lejour) method.** This produces a shorter scar with only vertical and areola incisions. It is mainly used in smaller breast reductions or lift procedures.
- 3. Peri-areolar (Benelli) Method.** This involves 2 circular incisions. One around the areola and the other wider on the breast. The skin and breast tissue in between are removed leaving only a scar around the areola. This method results in a slightly flatter breast.

**Augmentation Mastopexy** – if an implant is also used during breast lift the implant is usually inserted either under the muscle or the breast.

**How long is the procedure?** Usually the procedure lasts for 2-2 ½ hours. Most patients stay overnight and on occasionally a drain is inserted.

### Initial Consultation

The majority of Dr Pham's patients are from referrals by General Practitioners or other Specialists. However, many patients are now seeing Dr Pham because of *word of mouth* referrals from previous patients. These referrals are often the best referrals. Friends, relatives or coworkers who have had facial and cosmetic plastic surgery are often willing to share their experiences. It is often helpful to talk to these people before contemplating surgery.

Facial and cosmetic surgical procedures can help increase self-confidence because, generally when people look better, they feel better. However certain aspects of facial plastic and cosmetic surgery, which cannot be ignored, are the patient's mental and emotional attitudes. An initial consultation gives you and Dr Pham the opportunity to discuss your intended procedure/s in full.

### **Some of the questions you may wish to ask are:**

- Am I a good candidate for this procedure?
- What is a realistic outcome for me after surgery?
- How long will the operation take?
- What is the recovery time?
- What are the risks involved?
- Is post-operative medication necessary?
- What is the charge for the procedure?

It is a good idea to write down the answers Dr Pham provides so that you can review these carefully later. The consultation also provides you with an opportunity to meet Dr Pham to determine whether your personality and his are compatible and that you feel comfortable with him as your surgeon.

### **Medical History**

It is important that you are candid with Dr Pham and his staff regarding your medical history so that he can plan the best possible treatment. This information is strictly confidential. Please inform him of any:

- Previous facial and/or cosmetic surgery (nose, eyelids, breasts etc.)
- Past and current medical conditions such as heart, lung and kidney disease, prolonged bleeding or excessive bruising, blood clots in the legs or lungs, or gastric reflux.
- Current medications especially Aspirin, Anti-inflammatories, Warfarin, blood thinners, Insulin, and oral contraceptive pills. Over the counter products such as vitamins and herbal medications may also be important.
- Allergies or adverse reactions to antibiotics, anaesthetic drugs or other medications.

- Psychological and psychiatric illnesses
- Past keloid scarring or poor healing
- Connective tissue disorders such rheumatoid arthritis, lupus erythematosus, scleroderma or similar
- Previous radiotherapy to the head, neck or breast areas.

Dr Pham will then examine your features and after discussing options and specific risks and benefits will recommend the most appropriate procedure/s for you.

We respect your privacy. During your consultation you will be able to view some *before and after* photographs. We emphasise that the only photos shown are those of patients who have given their written permission to do so.

### **MAKING A DECISION TO PROCEED WITH SURGERY**

Whether your surgery is desired for functional or cosmetic reasons, your choice of a qualified facial plastic surgeon is of paramount importance. As a Facial Plastic and Cosmetic Plastic Surgeon, Dr Pham is trained in both Otolaryngology Head & Neck Surgery and Facial and Body Cosmetic surgery, which provides you, the patient, with the highest level of training and expertise.

You should be informed as much as possible before making a decision to proceed with cosmetic surgery. Cosmetic surgery is an elective procedure, which means that it is a personal choice and not necessary for maintenance of good health. You can expect a thorough explanation from Dr Pham regarding the various types of surgical and non-surgical procedures. Dr Pham will inform you of the best methods of anaesthesia, the surgical facility where your procedure will take place and the benefits and risks involved in surgery. Following a joint decision by you and Dr Pham to go ahead with a procedure, photographs of you will be taken and Dr Pham will further discuss the options available.

A good rapport between you and Dr Pham and realistic expectations are prerequisites for successful outcome. You are most likely to be pleased with the results if you have a realistic idea of what surgery can and cannot do.

### **The goal is for a natural, aesthetically pleasing and balanced look.**

Please do not hesitate to seek another doctor's opinion if you are uncertain about Dr Pham's advice. You are the most qualified person to select a surgeon that is right for you.

### **PREOPERATIVE (Before surgery) INSTRUCTIONS**

- Please cease Aspirin, Aspirin-containing products, Plavix and non-steroidal anti-inflammatories (such as Ibuprofen) for 10 days prior to and two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin) please notify Dr Pham.
- Smoking tobacco and alcohol increase anaesthetic and surgical risks. Please cease them for one to two weeks prior to and three weeks following surgery. They cause delayed wound healing, skin redness and other complications.
- Please notify us of all your routine medications and significant health history. You can remain on your daily medications, except for blood thinners unless instructed otherwise.
- Arnica, a natural herb that significantly decreases bruising, can be taken before and after surgery along with Vitamin C (ascorbic acid), which helps promote healing.
- If you are having a morning procedure you must not eat or drink after midnight the evening before. If you are having an afternoon procedure you must not eat or drink after 6.00am on the morning of surgery. You may, however, take your normal medications and brush your teeth.
- Please shower and remove any make-up and nail polish before arriving for your procedure.
- Unless you are remaining in hospital someone will need to drive you home after surgery and stay with you that evening.
- If you have any concerns please call the office. Remember, we are all here to give you the best possible care.

### **POSTOPERATIVE (After Surgery) INSTRUCTIONS**

During surgery, dressings and a bra will be placed on the wounds and the breasts. Immediately after surgery, you will be transferred to the recovery room for monitoring. Once awake and when it is safe to do so, you will be transferred to your room. It is usual to stay overnight but occasionally patients can go home with a responsible adult. Breast swelling, bruising, tightness and pain are can be expected after surgery, especially in the first 24 hours. Keep dressing tapes dry and intact until they are removed after a few days. Most sutures are dissolvable and the remaining ones are removed at the first postoperative review approximately one week

after the operation. Some patients may have mood swings, feel depressed, anxious or elated after the procedure. These feelings usually resolve but if they persist then please inform Dr Pham.

**Medications-** Dr Pham will prescribe pain relief to be used as directed. Usually Paracetamol +/- Codeine, Tramadol or Oxycodone is sufficient. Most patients complain of discomfort rather than pain. Do not take additional pain relievers other than what Dr Pham suggests or prescribes and start any antibiotics when you get home.

**Diet-** You should take plenty of fluids and eat nourishing food as tolerated. You may feel nauseous for the first 24 hours.

**Activity-** You should rest for the entire day after surgery. Sleep on your back with the head of your bed elevated or use two to three pillows for one week after surgery. Always protect your chest from sun exposure. You can resume most light daily activities after a few days. You should avoid heavy lifting, exercise and activities such as running for 4 weeks after surgery. You can shower after a few days. Sexual intercourse can usually resume after 3 weeks. You can drive after 2 to 3 weeks. Most people can resume work after 1- 2 weeks or earlier, but occasionally longer if patients prefer more privacy. Most of the swelling and bruising will subside after 4 -6 weeks. The breasts will be higher initially and then settle as the swelling resolves.

**Bra-** You should wear a protective and comfortable bra for 4 to 6 weeks.

**Scars management-** Scars usually remain red and raised for 6-12 weeks. They will gradually fade and flatten. You can massage the scars with two fingers and should use moisturiser and sunscreen. Avoid direct sunlight for at least one year. You can use Silicon sheet to minimize scarring.

**Final results** following breast lift and reduction procedures are not apparent for up to 6-12 months after surgery. We request that you please follow-up with us for at least one year for assessment and postoperative photographs.

**Please Inform Dr Pham's office or the hospital where the procedure was performed** if you have the following:

- High fever, chills or a temperature of more than 38 degrees
- Heavy bleeding from the wounds
- Severe pain or tenderness
- Significant redness, or discharge around the incisions
- Significant swelling in either one or both breasts

**If you have any concerns please contact Dr Pham's office. Remember, we are all here to give you the best possible care.**

## **Risks of Surgery**

Modern surgery is safe but does have risks. Complications can occur despite the highest standards and world's best practice principles used by Dr Pham. It is not possible to list all the risks but you should be informed of the common side effects and benefits so that you can make an informed consent. The potential risks are

### **General risk of surgery**

- Wound infection or breakdown – may require antibiotics
- Bruising and swelling
- Bleeding, blood clots or seroma
- Chest infection
- Sore throat from the breathing tube
- Heart problems, blood clots (lower legs or lungs) or breathing difficulties due to anaesthesia and surgery
- Scars that become raised (hypertrophic or keloid)

### **Specific Risks**

- Swelling and numbness or tingling and needle like sensations around the nipples and sidewalls of the chest for up to twelve months. Loss of sensation is permanent if the areolas and nipples are grafted.
- Fluid accumulation

- Clotted veins in the breasts
- Asymmetry of the breasts
- Loss of nipples and areolas – partial, or complete in rare cases especially in smokers.
- Breast feeding – not affected in breast lifts but will be in breast reductions.
- Lump or cysts
- Painful or unattractive scarring
- Subjective dissatisfaction with the final outcome
- Chest wall deformity
- Allergic reaction to sutures, tape adhesive and others.

**FEES:** The cost of is:

|                  | Breast Reduction / Breast Lift | Mastopexy and Augmentation mammoplasty (Breast lift and implant) |
|------------------|--------------------------------|--|
| Surgeon fee      | 8000-9000                      | Add \$1850.00- \$2000 for implants                               |
| Anaesthetist fee | 1800-2500                      | 1800-2500  |
| Hospital         | 3000-3500                      | 3000-3500  |

If you have private insurance – you may be qualify for Medicare and Private Insurance rebate. You should contact your health insurance fund to find out the amount you can expect to be rebated.

**Please [contact us](#) for your consultation on Breast Reduction (Reduction mammoplasty) and Breast Lift (Mastopexy)**

You can view our website [www.perthcosmeticsurgery.com.au](http://www.perthcosmeticsurgery.com.au)

- Information on a range **cosmetic surgery and non surgical cosmetic procedures** available
- [Gallery / Before & After Photos](#)
- Find answers to your most [Frequently Asked Questions](#) (FAQs).
- Fees and Private Health Insurance rebate

If you wish to learn more about cosmetic surgery and facial plastic surgery please [contact us](#) to schedule a [consultation](#) with our Facial Plastic and Cosmetic Plastic Surgeon, [Dr Tuan Pham](#) or Nurse Coordinator.

## **GALLERY**

### **Case 1: Breast Reduction / Lift**



### **Case 2: Breast augmentation mastopexy (Breast lift and implant)**

