



*Better
Together*

Patient information

Breast Liposuction

Breast Services Directorate

Breast liposuction is a surgical technique to remove unwanted deposits of fat from your breast(s). Breast liposuction will assist in breast reduction (in those breasts where there is more fat than the glandular tissue). Liposuction of the breast can also be useful in correction of breast unevenness and post reconstruction unevenness, such as following TRAM(Transverse Rectus Abdominis Myocutaneous) flap breast reconstruction. For information about TRAM flap surgery please refer to PIF 102.

Breast liposuction is performed using a hollow metal surgical instrument known as a cannula which is inserted through small cut(s) to your skin and is passed back and forth through the area of fatty deposit. The cannula is attached to a vacuum source, which provides the suction needed to remove your fatty tissue.

What are the benefits of having breast liposuction?

The aim of breast liposuction is to remove the excess amount of fat tissue from your breasts and by combining this procedure with breast reduction the ensuing scars could be reduced. Breast liposuction can also be used to treat breast of different size to make them as near to equal in size and shape as possible..

What are the risks of having breast liposuction?

Every surgical procedure carries a certain amount of risk and it is important that you understand the risks involved with breast liposuction.

The potential complications of breast liposuction are:

- Bleeding.
- Infection.
- Scarring either at the site of your incision or in deeper tissue.
-

- Skin discolouration (bruising) and swelling.
- Some degree of numbness of your breast skin is to be expected and tends to be temporary, though on a rare occasion can be permanent
- A very rare complication is perforation injury to hollow organs such as lungs.
- Remaining unequal size of your breasts.

Are there any alternative treatments available?

The alternative to breast liposuction would be a formal surgical removal of fat tissue which will be discussed with you.

What will happen if I decide not to have treatment?

The aim of breast liposuction is to reduce the size of your breast, or correction of differing size breasts. This procedure is not life saving but does contribute to improving the quality of your life. You won't come to any harm if you choose not to have this procedure.

What sort of anaesthetic will be given to me?

Liposuction of the breast(s) is usually performed under a general anaesthesia.

General anaesthesia is drug-induced unconsciousness: it is always provided by an anaesthetist, who is a doctor with specialist training.

Unfortunately, general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion and pain. Complications are very rare, but can cause lasting injury: they include awareness, paralysis and death.

There is a risk of damage to teeth, particularly caps or crowns and veneers. Your anaesthetist will take every care, but occasionally damage can occur.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well.

For more information, please ask for a copy of the leaflet **“You and Your Anaesthetic”** (PIF 344).

You will be given an opportunity to discuss anaesthetic options and risks with your anaesthetist before your surgery.

Do's and don'ts after liposuction of breasts

- Immediately after your operation you will wear the tight fitting bra which you were asked to bring into hospital with you. It is advisable to wear the bra at all times for at least two weeks
- You should start mobilising as soon as possible.
- Do not drive a car or machinery for at least two weeks
- Do not take aspirin or non-steroidal anti-inflammatory drugs such as voltamol or ibuprofen
- At first your breasts maybe swollen, stiff and sore. Swelling and bruising at the site of the procedure is to be expected and should settle within three to six weeks
- You should be able to return to work within two to three weeks
- Strenuous activity should be avoided for three to four weeks until your surgical procedure has completely healed.
- If you have any concerns or questions please contact Ward 9Y staff or speak to your specialist.

Further information

If you have any concerns please contact Ward 9y
(24hr phone line)

Tel: 0151 706 2000

Ext: 2496

Author: Mr M.V.Chandrashekar

Review Date: December 2013

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف والطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بگو نمخوشانهی له لایمن تراستهوه پاماند کراون، نهمگر داوا بکریت له فورماتکائی تردا بریتی له زمانهکائی تر، نیزی رید (هاسان خوینندنهوه)، چایی گموره، شریتی دهنگ، هیلی موون و نملیکترونیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字
体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.