

A photograph of a woman's upper body, from the neck down to the waist, with her hands resting on her breasts. The image is overlaid with a semi-transparent teal color. The woman's face is partially visible at the top left, and her arms are crossed over her chest.

Dr  
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# Breast Reduction Through Microlipo

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# Why breast reduction?

1

Breast reduction by liposuction is a common procedure carried out by Dr Gupta at his clinic; our experienced team is on hand to help with all kinds of consultations.

Excessively large, sagging or heavy breasts cause misery for many women who suffer physical impairments and even psychological challenges as a result. It can cause neck and shoulder pain, grooves in the shoulders from bra straps that dig in, and can even cause rashes on the skin. Clothing may not fit, and it may be tough to find the right bra size.

The emotional trauma can also be draining, and even without the pain, ignorant comments from other people can also result in misery.

For other women, while the size may not cause a problem, the sagging does, and can affect their mental state making them feel unattractive.

Excessively large breasts can be the result of a variety of factors.

These include:

- genetic, hereditary issues
- weight gain
- hormone fluctuations

Sagging breasts can be from stretching of tissue due to:

- pregnancy
- breast feeding
- weight loss
- the natural aging process.

Dr Gupta can reduce the size of your breasts through microlipo, and has successfully helped hundreds of women each year with the industry-leading, innovative technique.

# Is microlipo right for you?

# 2

During your initial visit you will be encouraged to talk about what you want, your hopes and fears for the procedure and what you expect. In return we will help you set realistic goals and tell you how the patient must fit the procedure too.

There are many misconceptions about shape and balance, and what people think are “perfect” breasts, when the reality is very different.

Dr Gupta will attempt to shape a more aesthetic breast that improves shape and balance, in proportion, and to your desires.

A mammogram will be carried out to help with pre- and post-operative procedures to ensure the surgery is right for you.

The best candidates for breast reduction by tumescent liposuction have breasts that contain a large proportion of fat. For example, women who have gone through menopause typically have breasts that contain a larger proportion of fat than those who haven't yet.

# Do you need a mammogram?

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It makes sense to consider a mammogram (X-ray of the breast) before the operation in order to rule out the possibility of existing malignancies, to establish an up-to-date baseline mammogram, and to establish the fat content in the breast.. This is useful for comparison with future mammograms.

You should also aim to have a mammogram carried out within three to six months after your breast reduction liposuction treatment. This will give you a new base-line for future mammograms.

# The surgery procedure

# 4

The tumescent liposuction technique was taught to Dr Gupta by its creator, the celebrated and distinguished U.S. dermatologic surgeon Dr Jeffrey Klein.

The modern method limits the size of the incisions and also significantly reduces swelling and bruising in comparison to older techniques.

The procedure is generally carried out with local anaesthesia and microcannulas, ensuring minimal postoperative pain and a rapid recovery and return to normal activities.

As well as reducing the size of your breasts, Dr Gupta's specialist tumescent liposuction procedure lifts them. Through the microlipo procedure you can reduce your breast by more than half. By removing fat, the liposuction allows the natural elastic tissue in the breast to retract and also produce a visible lift. Your breasts won't change shape but will be smaller and somewhat lifted.

To perform breast reduction through microlipo, Dr Gupta follows these steps:

1. We measure the volume of each breast.
2. We draw lines on the breasts using indelible ink for the infiltration process and operation
3. We use the smallest needle possible to inject local anaesthetic into the skin.
4. We make tiny 1mm adits in the skin with a biopsy punch.
5. We complete the infiltration of the tumescent local anaesthesia.
6. We carry out liposuction of the breast using microcannulas.
7. Once the liposuction is complete we put super-absorbent pads on the breasts.
8. We apply a breast compression garment to keep the pads in place.
9. Additional adjustable elastic binders are placed on top of the breast compression garment for up to 48 hours after the procedure.

Dr Gupta will talk to you about further support.

# Will you have surgical scars?

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When performing breast reduction through liposuction using microcannulas we make extremely small holes in the skin – around one millimetre in diameter, which is smaller than a toothpick hole. These small holes are known as ‘adits’, and are made with a skin biopsy punch. They perform a range of useful functions.

Adits are so tiny they heal with almost no visible scar. The skin of the breast is naturally elastic and stretchy, so the 1mm opening can be stretched quite easily to allow access for the liposuction cannulas with diameters from 1.5mm to 2.8mm.

We would typically place 8 to 12 adits on each breast, meaning we don’t need to make larger incisions, so there are no big scars. Any evidence of micro-incisions will usually disappear after a few months.

# How long is the normal healing

# 6

Following a breast microlipo operation, you'll experience a gradual decrease in swelling over the next eight to 16 weeks. You'll experience very little bruising thanks to the use of open-drainage and proper compression garments.

You may detect breast lumps after liposuction, but this is temporary. It may last for several weeks after the operation to reduce your breasts. You may be able to find these lumps with your fingers but they won't be visible, and they are part of the normal healing processes.



# How much does breast reduction through microlipo cost?

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There are a number of factors that determine the cost of a procedure, the most important being the amount of time and effort required on the surgeon's part.

When agreeing a cost for your procedure, Dr Gupta will consider the size of the area being treated and the anticipated degree of difficulty.

Dr Gupta only works with clients who he feels will benefit from a liposuction procedure.

No client is the same and it is only after the consultation that Dr Gupta can gauge suitability and then suggest a cost for the procedure.

If you have any questions on the procedure, want to talk through whether breast reduction through microlipo is right for you, or request a consultation, don't hesitate to contact us.

Call Dr Gupta's clinic on **0203 130 6773**

Or email **[info@drpuneetgupta.co.uk](mailto:info@drpuneetgupta.co.uk)**

You can find us on



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