

Breast reduction surgery

The size of your breasts is determined by a number of factors including genes, hormones and body frame. For some people, if their breasts are very large in proportion to their bodies it may prevent them from wearing certain items of clothing but, can also cause back pain, poor posture, skin infections under the breast and the inability to take part in some sporting activities.

Our cosmetic surgical team will help you achieve smaller, reshaped breasts

A breast reduction will remove excess skin, fat and breast tissue to reduce the size and weight of your breasts. It will also lift the position of the nipples, and can be used to make asymmetrical breasts more similar. It is always important to consider why you want to have surgery and what difference it will make to you if you go ahead. During your initial consultation, you will be able to discuss every aspect of a breast reduction with your Consultant, such as the technique, recovery and expected results, which should help you to make an informed decision.

When you book a consultation, you can choose to have this at KIMS Hospital or Sevenoaks Medical Centre and you will be seen by the Consultant who will actually perform your surgery, which will take place at KIMS Hospital. They will also follow you all the way through your recovery. This relationship is important to help you get the best possible results.

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Prices & payment

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Breast reduction - standard
from £9,645

Breast reduction - large
from £11,015

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Mr Ibrahim Ahmed

Available at
KIMS Hospital

[View profile](#)



Mr Mohsin Dani

Available at
KIMS Hospital

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Mr Hareesh Devalia

KIMS Hospital+1 location

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Mr Oliver Harley

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Miss Delilah Hassanally

Available at
KIMS Hospital

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Mr Asit Khandwala

Available at

KIMS Hospital

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Mr Siva Kumar

KIMS Hospital+2 locations

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Mr Simon Mackey

KIMS Hospital+1 location

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Ms Alexandra Molina

Available at

Sevenoaks Medical Centre

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FAQs

What does breast reduction surgery involve?

A breast reduction typically takes around two to three hours for both breasts to be reduced and the operation is performed under general anaesthetic.

A breast reduction will typically leave you with a scar around your areola (the dark area around your nipple), which will continue down vertically to the breast fold, and then along the fold. This is known as an 'anchor-shaped' scar. Other scar patterns can be considered based on your lifestyle, and your breast size or shape. In rare situations, the nipple will be completely removed before re-positioning. Your Consultant will be able to advise you of the likelihood of this during your initial appointment.

Where will my surgery take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including scans and tests, and

follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

How long will I stay in hospital?

Most breast reduction patients will need to stay overnight, and if drains have been used, these will be removed before you leave hospital. Your Consultant will be able to discuss all of this with you before booking your surgery.

Will it hurt?

You should expect some pain and discomfort following surgery and you will be prescribed pain medication for this.

How long will I need to recover from breast surgery?

Recovery time will vary from patient to patient. Be prepared to take it easy for several days afterwards, but you should be able to return to work after two to four weeks, as long as it's not a very physical job. It is important you do not do any hard, physical exercise for at least six weeks.

Your wounds will be closed with dissolving stitches and then covered with dressings. You should wear a soft, non-underwired bra for six weeks following surgery to support the breasts and maintain comfort.

Your breasts can be bruised and will be sensitive and swollen for several weeks but this will settle as the healing continues and your Consultant will be able to discuss this aspect of your treatment at your consultation.

When will I see the results?

You will see an immediate difference on waking up, but it can take some months for all of the post-operation swelling to settle.

Will there be any scarring?

There will be some scarring caused by the incisions your Consultant will need to make to remove excess breast tissue. This is usually an anchor shape - around the nipple, a vertical line from nipple to the breast fold, and, a horizontal line in the fold of the breast. Your Consultant will discuss this and show you where your scars will be ahead of your surgery. Every patient is different, and, whilst the scars will gradually fade over 18 months and become much less noticeable, they will always be there.

Can I breastfeed following the procedure?

Some ladies are not able to breast-feed anyway; and there is a higher probability that breast



feeding may not be possible following breast reduction surgery. It is important to discuss this in detail with your Consultant during your initial consultation if you have any concerns.