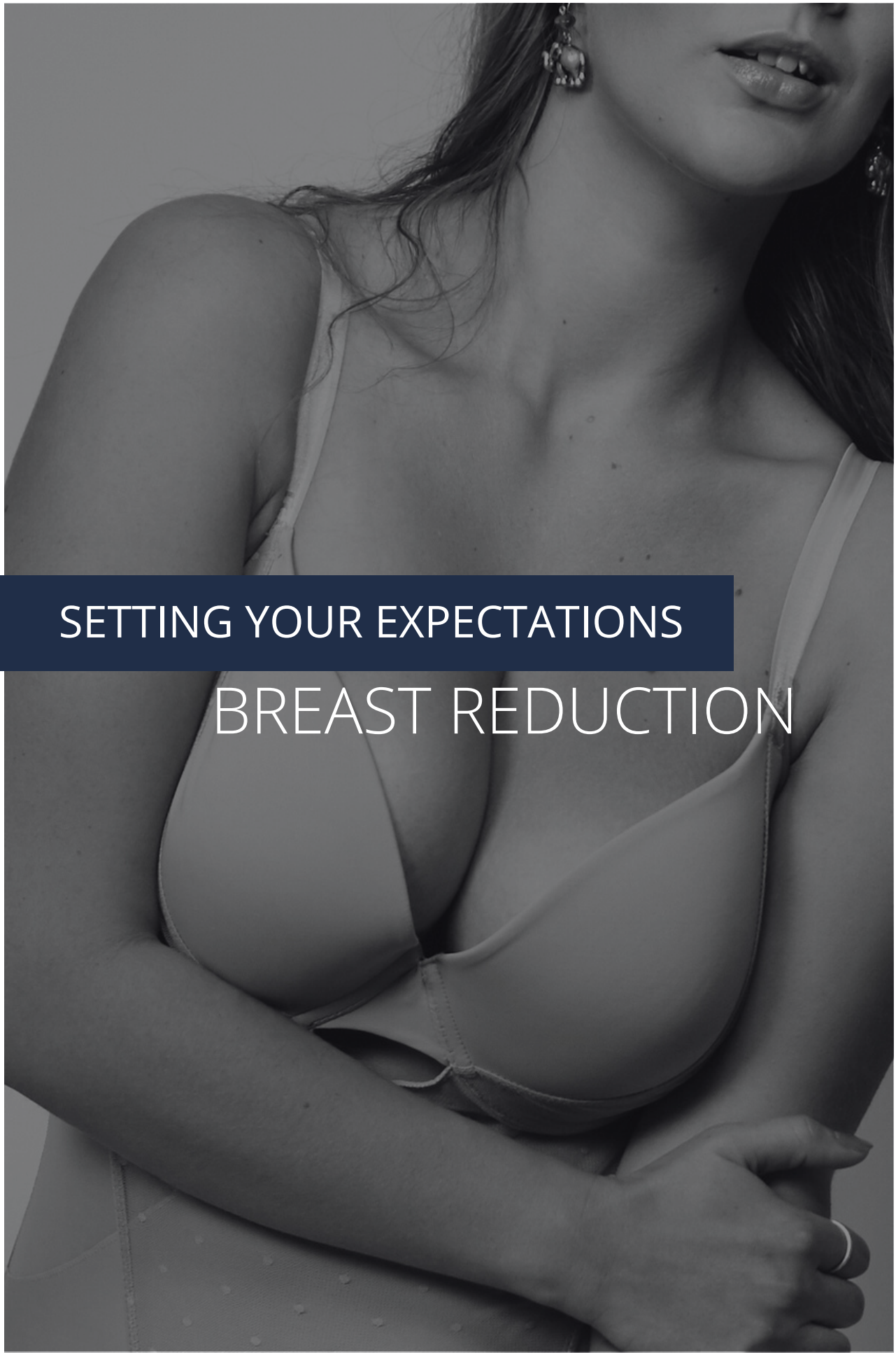


SETTING YOUR EXPECTATIONS

BREAST REDUCTION

CosMediTour

WELCOME

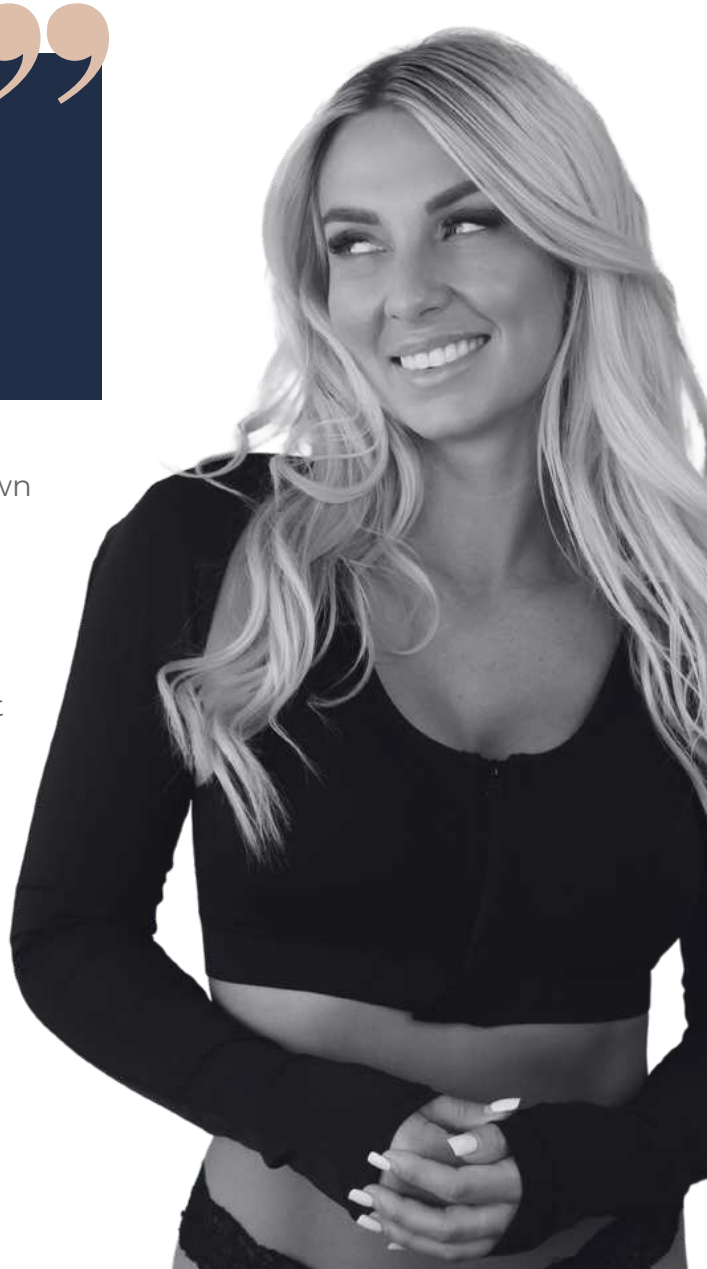
Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

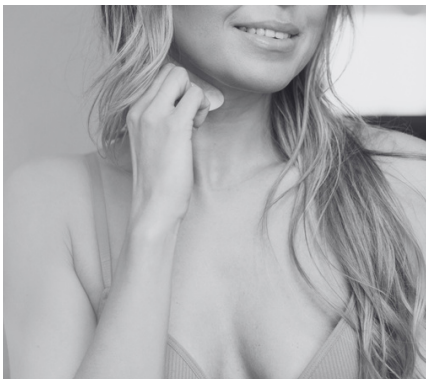
> Helping you confidently prepare for your procedure is a privilege we take very seriously

We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.



Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.



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INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

PLANNING YOUR PROCEDURE

A Breast Reduction is a uniquely personal procedure. Not only will the results vary depending on each client's body type and desired outcome, but the technique used will too.

Our experienced Surgeons will ensure that together, you choose the right path to achieving your surgical goals.

During your initial consultations, your Plastic Surgeon will work with you to:

- ☑ Understand your surgical objectives. That is, what you want to achieve with the the procedure.
- ☑ Determine the best technique to achieve your results. This includes whether an accompanying procedure is required to achieve your desired results.

> You're in expert hands. Our Surgeons dedicate time to understand your unique concerns & surgical objectives before tailoring a treatment plan that's right for you & your body.

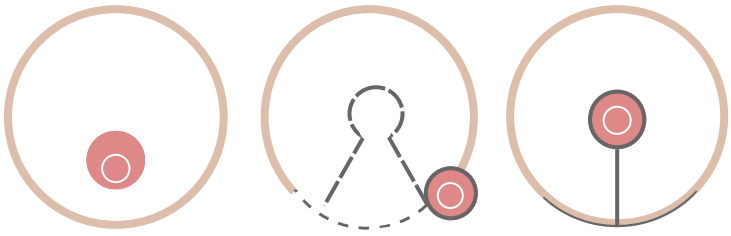
BREAST REDUCTION TECHNIQUE

ANCHOR TECHNIQUE

Also known as 'T-Lift Technique', this technique is used in Breast Reductions because it provides dramatic results & is suited to clients with:

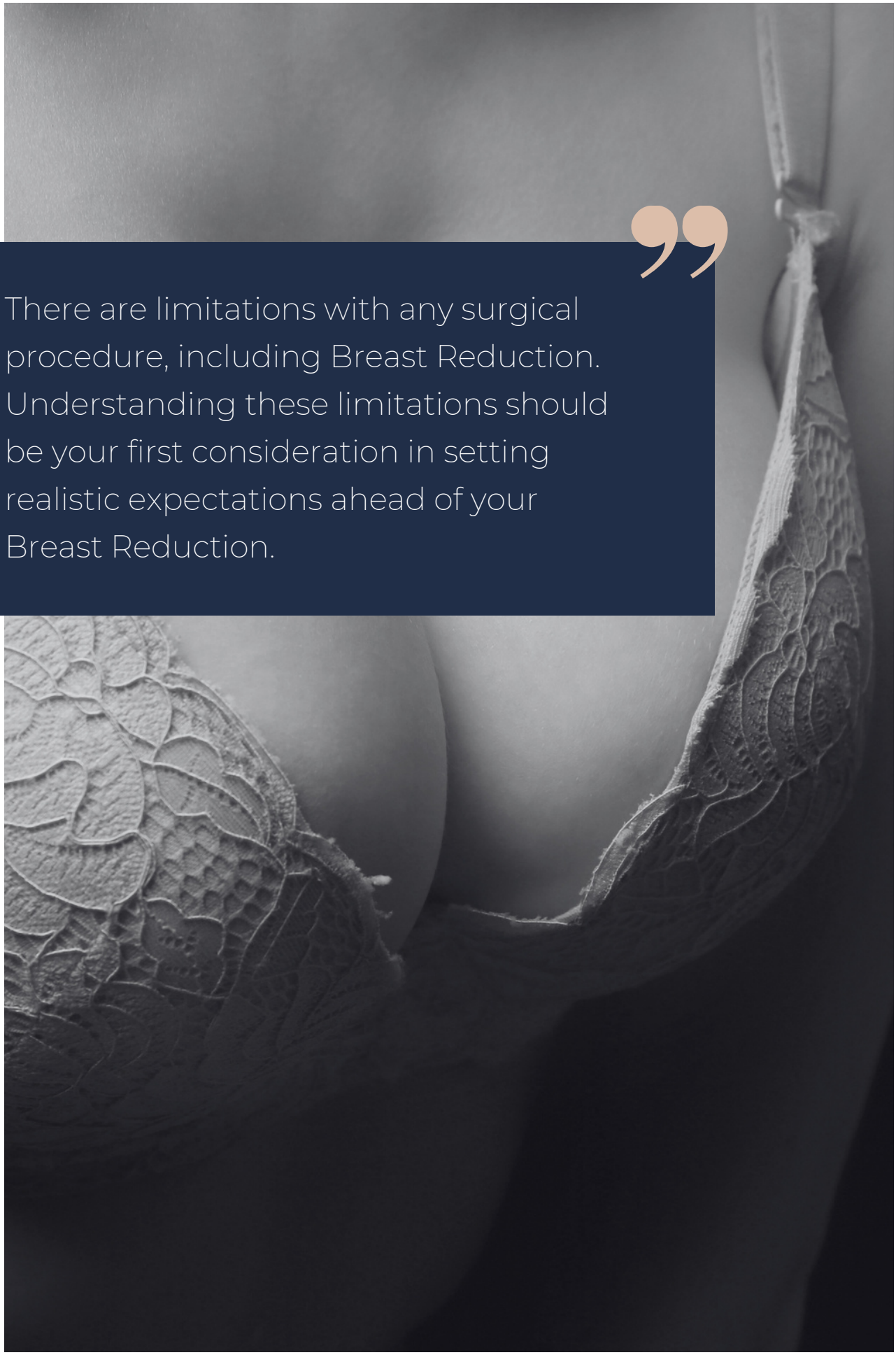
- ☑ Large breasts
- ☑ Sagging (Ptosis)
- ☑ A large amount of fat, tissue & skin to be removed
- ☑ Asymmetrical breasts

The Anchor Technique involves a peri-areolar incision around the areola, a vertical incision from
the base of the areola to the crease of the breast, and another along the breast crease (shown below).



Before Procedure Result

A Breast Reduction may not be all that is required to restore the breasts to their natural, perky state. Your Surgeon may also suggest a Breast Lift to prevent the breasts from looking deflated or saggy.



There are limitations with any surgical procedure, including Breast Reduction. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your Breast Reduction.

BE REALISTIC ABOUT YOUR RESULTS

BREAST REDUCTION IS NOT GOING TO GIVE YOU SOMEONE ELSE'S BREASTS

A Breast Reduction reduces the size, lifts and reshapes your natural tissue to create a smaller size, improved nipple position, and overall shape.

The result will be *more natural than a Breast Augmentation* as we are not using an implant to add volume or create shape, we are using your own tissue. However the benefit of not having an implant, is that your breast will not be weighed down by the heavy implant, therefore there will be less post-op sagging and generally better scarring.

Remember that a Breast Reduction is not giving you someone else's breasts. It is just enhancing your own breasts. This means it will magnify what is naturally there. Therefore, any characteristics that you notice now, will still be noticeable to some degree after surgery.

BREAST SIZE

This procedure removes excess skin and tissue to lift, reshape and reduce the breasts. The exact size cannot be guaranteed or predicted as the surgeon must work within safe parameters of your natural anatomy.

BREAST POSITION

Breast Reductions alone won't change the position of the breasts on the chest. So, if your breasts are naturally low lying or naturally high on the chest, a breast reduction is unlikely to change this.

CLEAVAGE

Your cleavage will be dictated by how far apart or close together your breasts are before your surgery.

BREAST SYMMETRY

Complete symmetry is never realistic. If there are differences between your breasts now, you will still notice differences after surgery.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

To minimise the risk of disappointment, be sure to ONLY research results for:

- ☑ Those with a similar body type as you
- ☑ Those who have had the same procedure (e.g. if you're not getting breast implants ensure photos are not of breast implants)

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources, or images of people in clothing or bikini tops. These images may not accurately represent surgical outcomes.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your procedure than you were expecting.

We understand that in some cases, this may be disappointing. However, please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior and long lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

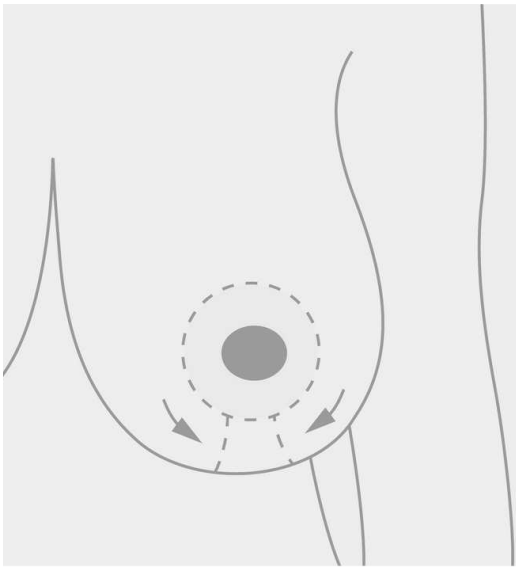
EXPECT SOME SCARRING

Your highly skilled Plastic Surgeon will do everything possible to minimise scarring. However, no matter how skilled your Surgeon is, you should expect a level of scarring after your surgery.

SURGICAL INCISIONS

Your Treatment Plan will outline the surgical technique that will be used during your Breast Reduction.

The incision line will go around your areola, with a vertical line down to the breast crease and small horizontal line in the breast crease.



PATIENCE IS KEY

Scarring is a natural part of the healing process and all clients will have visible scarring, to some extent after their procedure.

Everyone's scar management journeys are different and we encourage you to be prepared for this.

Some individuals have minimal scarring with minimal effort after surgery. While others will have more visible post-surgery scarring. Some clients also opt to invest in advanced scarring treatments (e.g. Laser Treatment) to improve their outcome.

Initially, scars may appear red, raised, or slightly discoloured. With time and proper wound care, your scars are likely to fade in the months following your procedure.

Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery recovery. During this time, it's important to trust the process and closely follow the tailored advice provided by your Surgeon. CLICK HERE for more information on Breast Reduction Recovery.

We're here to support you. If you'd like to discuss your Recovery, or if you have any concerns, please reach out to your Client Manager.

HOSPITAL STAY | Half Day - Overnight

In Australia, Breast Reductions are typically a day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Although rare, in some cases clients may need to stay overnight. Clients undergoing the procedure in Thailand are required to stay overnight.

REST TIME | 1 - 2 Weeks

Clients may experience slight discomfort, bruising, numbness & tightness across the chest. This is a normal part of the healing process & symptoms typically subside after 2 weeks. To aid recovery:

- ☑ Pain medication can be prescribed as needed.
- ☑ Avoid driving and working for at least 2 weeks.
- ☑ Restrict exercise to gentle walking for the first 6 weeks
- ☑ Avoid upper body workouts and strenuous activities for 3-6 months.
- ☑ Wait 6 weeks to resume pool, hot tub, spa, or ocean activities.
- ☑ Sleep on your back with a slight upward incline for at least 6 weeks, or follow your surgeon's guidance.

RECOVERY TIME | 6 Weeks

To ensure optimal healing, post-surgery support garments must be worn for 6 weeks. Prolonged use of a support bra enhances lasting results.

SETTLING PERIOD | 6 - 12 Months

Breasts will become softer & more natural during this time. Scars may take up to 18 months to fade.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.