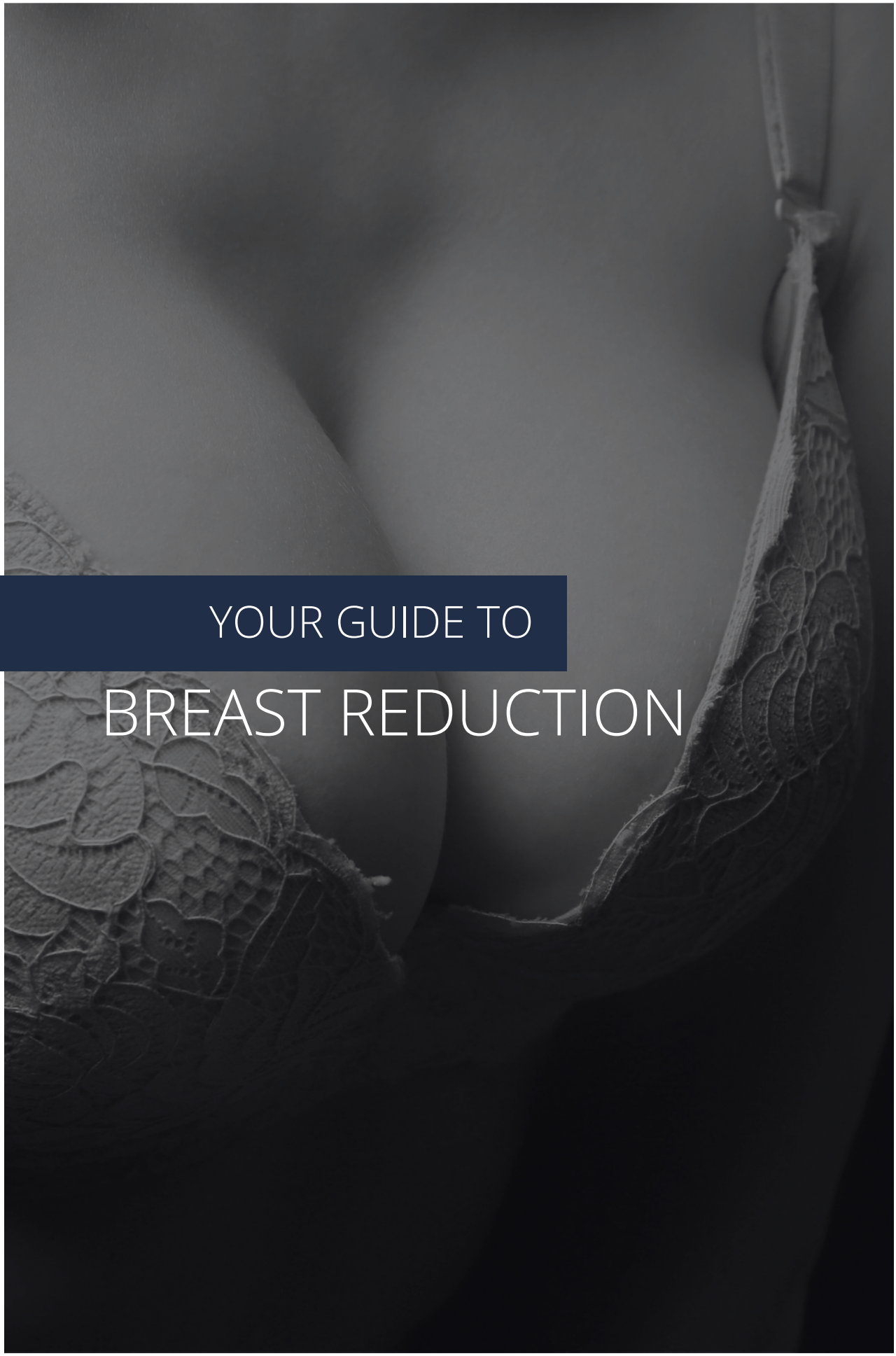

YOUR GUIDE TO

BREAST REDUCTION

CosMediTour

WELCOME

Welcome to CosMediTour, the premier Plastic Surgery group in Australasia. Since our establishment in 2009, we've been dedicated to helping numerous clients discover the beauty of self-confidence. We proudly collaborate with top-tier plastic surgeons recognised for their commitment to providing outstanding care and exceptional results. With us, you can have full confidence that you're in the hands of experts.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

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

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

Breast Reduction, often referred to as Reduction Mammoplasty, is a surgical procedure designed to eliminate excess breast fat, glandular tissue, and skin from disproportionately large breasts.

The primary objective is to bring the breast size into better proportion with the client's body.

This procedure is considered reconstructive in nature, with aesthetic enhancements (such as changes in breast size, shape, and positioning) being secondary to the main goal of alleviating symptoms experienced by the client.

> While significant, the benefits of Breast Reduction Surgery extend far beyond just alleviating physical discomfort of back, neck & shoulder pain

BENEFITS OF BREAST REDUCTION

Breast Reduction surgery is best suited to clients that have large, heavy, or asymmetrical breasts, and those who experience discomfort due to their size.

The procedure can:

- ☑ Ease physical pain
- ☑ Relieve skin irritation
- ☑ Improve social discomforts
- ☑ Aid in the ability to exercise

During your procedure, your skilled CosMediTour Plastic Surgeon reshapes & tightens the breast contour, resulting in:

- ☑ A firmer, more raised appearance
- ☑ A lift to the nipple position
- ☑ Reduced size of the areola (if enlarged over time)

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

VIEW GALLERY

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 2 - 5 hours

Breast Reduction surgery takes 2 - 5 hours - depending on the amount of tissue to be removed. During this time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery recovery.

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. If opting for a combined procedure, all clients, regardless of where their procedure is conducted, may need to stay in hospital for 1 - 2 days.

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:

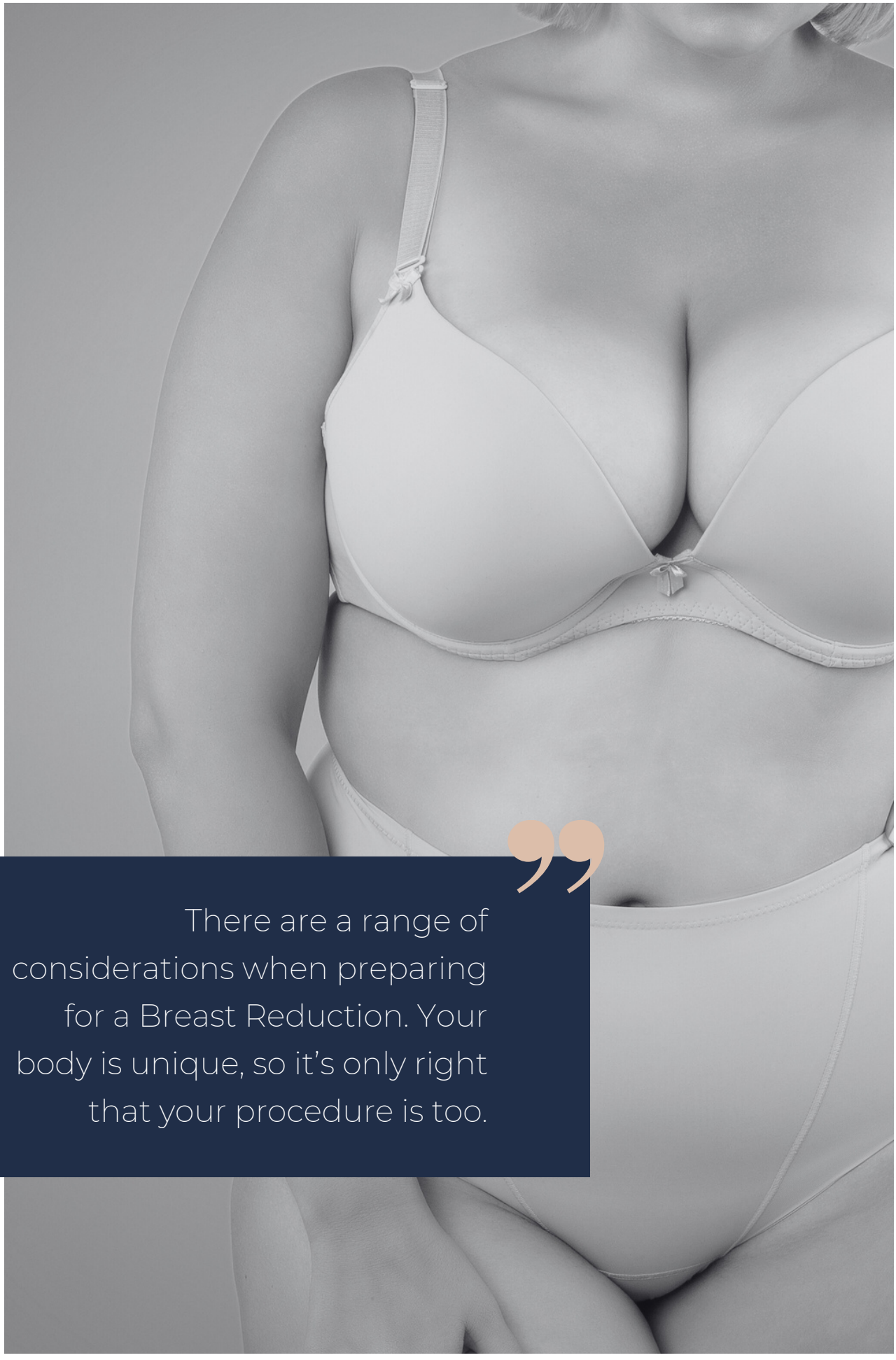
- Pain medication can be prescribed as needed.
- Clients can resume gentle walking & driving after 1 week.
- In most cases, normal activities including work, can resume 2 weeks after surgery.
- Avoid heavy lifting, strenuous exercise & swimming until your Surgeon advises.

RECOVERY TIME | 6 Weeks

To ensure optimal healing, post-surgery support garments must be worn for 6 weeks.

SETTLING PERIOD | 6 - 12 Months

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



There are a range of considerations when preparing for a Breast Reduction. Your body is unique, so it's only right that your procedure is too.

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.

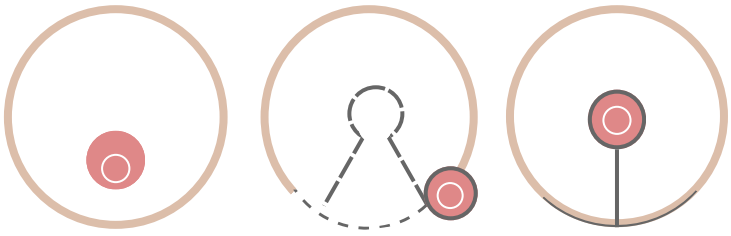
BREAST REDUCTION TECHNIQUE

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.

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Breast Reduction, there are potential risks to consider with all forms of surgery.

Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, clots, allergic reactions to medical materials)
- Seroma (fluid accumulation) around the incision site/inside the breast
- Haematoma (collection of blood) inside the breast
- Keloid or hypertrophic scarring (can be lumpy, inflamed, and itchy)
- Skin discolouration/permanent pigmentation changes
- Damage to nerves, blood vessels, muscles, and lungs (temporary or permanent)
- Fat necrosis resulting in hard lumps in skin
- Changes in breast & nipple sensation
- Breast asymmetry
- Stiff shoulder
- Need for further surgery to treat complications

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

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.