

# REFINING AND REDEFINING PLASTIC SURGERY

## BREAST REDUCTION SURGERY



**VIVARI**  
AESTHETICS

Institute of Surgical Excellence

# VIVARI AESTHETICS

The Vivari Aesthetics Institute of Surgical Excellence is a specialised cosmetic surgery facility that combines expert surgical procedures with five-star boutique hospitality.

Vivari Aesthetics is a specialised cosmetic hospital and clinic in Featherbrooke, Johannesburg, South Africa. It is the brainchild of Dr Anushka Reddy, a medical doctor and owner of Medi-Sculpt, a specialised non-invasive cosmetic and anti-ageing clinic that is also on the same property. Dr Reddy's vision is to provide a luxurious and tranquil environment for patients to have their aesthetic procedures done with an option to stay over and be cared for by qualified health professionals post-surgery. The facilities of the hotel are available to them to enjoy.

These facilities have redefined beauty and wellness by combining luxury accommodation with a luxury day spa, a non-invasive aesthetic clinic, as well as a hospital and clinic all on the same property. This offers patients, a private and secure location for a getaway, treatments and ultimately cosmetic procedures in a luxurious and serene setting for recovery.

The facility offers state-of-the-art equipment and fully qualified medical staff, ensuring that our Patients are well looked after pre- and post-surgery, particularly if they choose to stay over post-surgery. The medical staff will be able to provide the patients with the necessary post-surgery care they require while they recover in the hotel.

The cosmetic surgery has a state-of-the-art operating theatre with 5 post-surgical day beds. Accommodation for patients who choose to recuperate at the hotel is directly above the wards with a lift for convenient and easy access to and from the hotel rooms.

## CONSULTATION

At Vivari Aesthetics we want to ensure that our patients are well informed and receive professional and trusted advice about their chosen procedures before the day of the procedure. For this reason we have set aside specific days for surgeons to consult with them and respond to any of their queries which will ensure that their chosen procedures are indeed what they require.

We will also provide consultations via Skype for patients who are not able to come in for face-to-face consults.



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## BREAST REDUCTION SURGERY

### OVERVIEW

Breast reduction surgery also known as reduction mammoplasty is a procedure used to remove excess fat tissue and skin from the breasts. If you have large breasts you might choose to have breast reduction surgery to ease discomfort or to achieve a breast size proportionate to your body.

Breast reduction surgery might also help improve your self-image and your ability to participate in physical activities.

**BREAST REDUCTION SURGERY GENERALLY IS NOT RECOMMENDED IF YOU**

- Smoke.
- Have certain conditions such as diabetes or heart problems.
- Are very obese.

You can have breast reduction surgery at any age sometimes even as a teenager. However if your breasts are not yet fully developed you might need more surgery later in life.

It is recommended that you might postpone breast reduction surgery if you have certain future plans such as:

#### CHILDBIRTH.

If you have not started a family or plan to have more children, breastfeeding might be challenging after breast reduction surgery although certain surgical techniques can help preserve your ability to breastfeed.

#### WEIGHT LOSS.

If you are interested in losing weight by changing your diet and starting an exercise programme, you might wait to decide if reduction mammoplasty is for you. Losing weight can often result in changes to your breasts

### CONSULTATION

#### YOUR PLASTIC SURGEON WILL LIKELY

- Evaluate your medical history and overall health.
- Discuss your expectations for breast size and appearance after the surgery.
- Provide a detailed description of the procedure and its risks, benefits and possible outcomes.
- Examine and measure your breasts.
- Take photographs of your breasts for your medical record.
- Explain the type of anaesthesia to be used for the surgery (usually done under general anaesthetic).
- You and your surgeon will discuss if the surgery will be done with you as an outpatient.

#### BEFORE BREAST REDUCTION SURGERY YOU MAY ALSO BE ASKED TO

- Complete various laboratory tests.
- Get a baseline mammogram.
- Stop smoking for a certain period of time before and after surgery.
- Avoid taking aspirin anti-inflammatory drugs and herbal supplements to control bleeding during surgery.

Ask your surgeon whether you will be able to go home the day of the surgery or whether you will need to spend a night in the hospital. Arrange for someone to drive you home after surgery or when you leave the hospital.

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## DURING THE PROCEDURE

THERE ARE 2 OPTIONAL TECHNIQUES USED TO REDUCE THE SIZE OF YOUR BREASTS

- Liposuction to remove the excess fat in your breasts.
- Surgery through incision.

THE SURGEON USUALLY

- Makes an incision around the areola and down each breast.
- Removes excess breast tissue fat and skin to reduce the size of each breast.
- Reshapes the breast and repositions the nipple and areola.

THE NIPPLE AND AREOLA

- Usually remain attached to the breast.
- Might need to be removed and then reattached at a higher position as a skin graft if your breasts are very large.

Your surgeon will try to achieve symmetry between your breasts, but some variation in breast size and shape may occur. The size of the areola also might be reduced. Your incision scars may fade over time but will never completely disappear.

## AFTER THE PROCEDURE

**Immediately after surgery:**

- Your breasts will be covered with a gauze dressing or bandages.

- A tube might be placed under each arm to drain any excess blood or fluid.
- You will likely take medication for pain and antibiotics to decrease your risk of infection.

**The first few days or week after surgery:**

- Your breasts will probably feel tender and sensitive.
- Your breasts might be swollen and bruised.
- Your surgeon might recommend an elastic compression bra to protect the breasts.

**After that:**

- You will need to limit physical activity for two to four weeks while the breasts heal.
- Your surgeon might suggest avoiding underwire bras for a few months after surgery.
- Scarring usually fades over time. You will need a follow-up visit with your surgeon to remove stitches and check your recovery.

## RESULTS

Successful breast reduction surgery can relieve pain in your upper back, neck and shoulders. It might also increase your ability to participate in physical activities and promote a more positive self-image. The final result is generally permanent, although breast shape and size can change due to factors such as ageing and weight gain.

# VIVARI OVERNIGHT PACKAGES

OPTIONAL PACKAGES FOR HOTEL, RESTAURANT AND SPA
<b>REFRESH</b> One night full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
<b>REVIVE</b> Two nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
<b>RENEW</b> Three nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
<i>* Please note that packages exclude incidentals like drinks and any additional spa treatments.</i>





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