

B

BE SCULPTURED

Female Breast Liposculpture Consent Form

The procedure is an extension of liposculpture performed on other areas of the body and should be read in conjunction with the consent form for that procedure. Breast liposuction has been used together with conventional breast reduction surgery, but has been used on its own since the early 1990's to reduce breast volume and reduce the symptoms of enlarged breasts. Breast reduction solely by liposculpture is best performed on women with large breasts who are overall happy with the shape of their breasts, but just wish to make them smaller. In general a reduction of 35-45 percent of the measured breast volume is achievable with liposculpture of the breast. This would generally mean a reduction of one to two bra cup sizes, though the degree of reduction may vary considerably.

Liposuction / liposculpture breast reduction study findings are reported in international peer reviewed medical journals. These are made available to you and may be accessed below:

Jakubietz, R. G., Jakubietz, D. F., Gruenert, J. G., Schmidt, K., Meffert, R. H., & Jakubietz, M. G. (2011). Breast Reduction by Liposuction in Females. *Aesthetic Plastic Surgery*, 35(3), 402–407. <https://pubmed.ncbi.nlm.nih.gov/20976597/>

This study demonstrated that liposuction breast reduction is appealing due to selective removal of fat, ease of the procedure, and minimal scarring. The main disadvantage is that a correction of shape and ptosis is not possible with liposuction. For women who are happy with the shape of their breasts and just want them smaller, between 30 and 50% of the volume of the breast can be removed by liposculpture, under local anaesthetic. The procedure takes approximately 2-3 hours. There may be adequate retraction of the skin once the breast fat has been removed, with elevation of the nipple by 2-6cm, in my experience. Different patients react differently to liposculpture procedures so exact figures cannot be guaranteed.

Moskovitz, M. J., & Baxt, S. A. (2004). Breast Reduction Using Liposuction Alone. *Seminars in Plastic Surgery*, 18(3), 225–229. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2884718/>

This study comprising of over 350 cases demonstrated that liposuction breast reduction can be an effective method of breast reduction surgery. Liposculpture may provide an alternative in carefully selected individuals. In this study, it was concluded that complications are infrequent and can provide a useful alternative to traditional breast reduction surgery in many patients.

The advantages of breast reduction by liposculpture over conventional breast reduction include absence of large scars, decreased chance of loss of sensation to the nipple and usually a shorter recovery. However, It may be possible to remove a greater percentage of breast tissue with conventional breast reduction surgery than liposuction. It is also possible to change the location and size of the nipple in this type of surgery but not with breast reduction by liposculpture alone. With breast liposuction, the breasts are smaller but the shape is essentially the same. The main disadvantage is that a correction of shape and ptosis is not possible with liposuction

Careful patient assessment is required to determine eligibility for this procedure.

Possible complications of breast surgery by liposculpture would include all of those listed in the general consent form on liposculpture surgery. The same risks are applicable to breast liposculpture. There are some specific complications which can occur with this procedure. These include

1. The breasts may feel either firmer, less firm or different following breast liposuction.
2. Nipple and breast sensation may be altered for a variable time after the procedure, but this could be for some months. Permanent sensory change or loss of sensation is theoretically possible.
3. Persistent pain (for greater than one year) has been reported with the procedure. Likewise inversion of the nipple has been reported.
4. Some temporary lumpiness of the breast always occurs with this procedure. It usually lasts for about 8 weeks. Permanent lumpiness is theoretically possible but uncommon. If lumpiness persists then this may require a biopsy to be taken, as would be the case for any breast lump, in order to exclude breast cancer. There is no evidence to suggest that breast liposuction causes breast cancer.
5. Bruising will occur and may occasionally be extensive. It usually takes about 2-3 weeks to resolve completely.
6. Although many women have successfully breastfed after breast liposuction, as with conventional breast reduction surgery, it is possible that there may be some interference with breast feeding. It may not be possible to successfully breast feed. If you have not finished having children, then you need to be aware of this possibility and decide on surgery accordingly.
7. Occasionally, the planned volume of fat may not be able to be removed during surgery and the patient may feel the degree of reduction has not been adequate.
8. Breast liposuction and conventional surgery can cause calcification on mammogram examination. It is important to have a pre-operative mammogram and breast ultrasound to check on the health of your breasts. Also, a post-operative mammogram is an important investigation after breast liposuction and this is usually arranged six months after breast liposuction. If calcification is seen at this or any other mammograms taken in subsequent years a biopsy may be needed to exclude breast cancer.
9. Regular breast examination is important for all women to help pick up any breast problems early. Also, mammograms should be performed on a regular basis determined by the woman's age and circumstances. Breast liposculpture does not affect the need for appropriate surveillance and prevention of possible breast problems in the future.

Breast reduction by liposculpture is not recommended for women with a strong family history of breast cancer or a significant personal history of breast disease.

Following breast reduction by liposculpture, adequate compression of the breast is necessary. This will include at least two days of a special compression dressing followed by the use of a supportive bra for a period of at least a month, both day and night.

I agree to follow the instructions given to me by my doctor, to the best of my ability, before, during and after my procedure, and to notify her of any problems that occur.

I hereby acknowledge that I have read the information on liposculpture and breast liposculpture, and have discussed with and asked questions of my doctor, who has answered them to my understanding and satisfaction and I agree to undergo the procedure of breast liposculpture.

Patient's name PRINTED in full

Patient's Signature Date

Doctor's name PRINTED in full

Doctor's Signature Date