

I hated my Large Breasts!



Breast reduction, also known as reduction mammoplasty, is designed for women who suffer from medical or psychological problems due to very large breasts or who simply don't like having their very large breasts! The procedure removes breast tissue and skin from the breasts, making them smaller and firmer.

Plastic and Reconstructive Surgeon Dr Murray Beagley says that breast reduction surgery for women encumbered with disproportionately large breasts is one of the most rewarding surgical procedures in a cosmetic plastic surgeon's practice. "You only have to look at the face of a patient after surgery to see the success of the procedure," he says.

In this issue, we talk with Emma, who went from a back-breaking size 8HH down to a comfortable 8DD.

At what age did your breasts become an issue for you?

At 12 years of age I was a C cup going on D.

How old were you when you had surgery?

I had the surgery about a year ago when I was 23.

Did your large breasts create any health problems?

Yes, I suffered from sore backs all the time. They were very heavy on my chest which sometimes made it hard to breathe when doing a lot of exercise or running.

Was there any particular event that was the 'final straw' and made you decide to have surgery?

I had wanted to have the surgery for a long time, I felt very insecure about how big I looked when I saw myself

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in photos but it was just because of my breasts. But the surgery actually came about because three weeks before our wedding I put my back out picking up an empty washing basket! I went and saw a female doctor because my usual male doctor wasn't available. She asked if I had ever thought about getting a breast reduction and then referred me to Murray Beagley.

Did you have any concerns or second thoughts before going ahead with surgery?

Not really. A lot of people suggested that I waited until after having children because of breastfeeding and growth etc but I always thought I won't care as much then as I care now. I couldn't wear normal tops that others my age were wearing. I really do want to be able to breastfeed but also I thought that this is about me and my health now. However Murray told me that the surgery he would be doing would give me about the same chance of being able to breastfeed as I had before surgery.

How was your recovery from surgery?

I wasn't really sure what to expect. I was quite sick from the anaesthetic and I had a reaction to a painkiller and antibiotic - so for me the sickness was worse than the pain. I recovered very well. It was sore to wear tight sports bras for a few weeks but they were so perky I didn't need to wear a bra!

How has surgery changed your life?

I feel so much more comfortable in a much wider variety of clothing. My back has honestly been pain free. I can jump around and not worry about my breasts hitting my face!

Have people commented about your breast reduction?

Yes. When I first got it done a lot of people thought I had lost a lot of weight. Which I had (almost a kilo) just not in the way they thought. People said I looked great!

What is your advice for women who are considering this type of surgery?

Go for it!! It really does change your life. You can be more outgoing and comfortable in yourself. Wear bikinis!!! Even run in bikinis! And wear nice tops. You can do a lot more activity without getting a sore back. I quite often think of how much of a difference it will make when I am older.



Cosmetic Plastic Surgeon
Murray Beagley

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