

Breast Reduction with Dr Georgina Konrat

Procedure, scars and general recovery

CONSULTATION AND PROCEDURE

GP referral

REQUIRED FIRST STEP

The published pathway begins with a GP referral before cosmetic surgery.

2 consultations

BEFORE COSMETIC SURGERY

One consultation is in person, so the procedure can be discussed in context.

7 days

COOLING-OFF PERIOD

A mandatory cooling-off period is listed before cosmetic surgery.

2–3 hours

PUBLISHED PROCEDURE TIME

Breast reduction is performed under general anaesthesia.

PROCEDURE AND RECOVERY

Reduction

MAMMAPLASTY

The procedure may remove breast tissue, fat and skin.

Nipple-areola

MAY BE REPOSITIONED

Whether this is appropriate depends on the individual procedure plan.

Anchor

INCISION PATTERN

One published incision pattern for breast reduction.

Vertical

INCISION PATTERN

Another published incision pattern for breast reduction.

Permanent

SCARS

All breast reduction techniques leave permanent scars.

1–2 weeks

INITIAL REST

Recovery and return to activity vary; clinical clearance is required.

IMPORTANT

All surgical procedures carry risks; results vary. A consultation is required to assess individual suitability.

SOURCES AND REVIEW

Source reviewed 03-08-2026: Dr Georgina Konrat — Breast Reduction

<https://drgeorginakonrat.com.au/breast-reduction/>