

About Dan Prinsloo

Mr Dan Prinsloo is a Cosmetic and Reconstructive Plastic Surgeon serving North Staffordshire and Shropshire.

He first qualified in 1987 as a Medical Doctor at the University of Pretoria, South Africa, where he graduated as a Bachelor of Medicine/Bachelor of Surgery (MBChB). He was always interested in plastic and reconstructive surgery and had extensive exposure to surgical procedures even as a junior doctor. In 1989, he joined the extensive training programme in plastic and reconstructive surgery at the University of Pretoria.

He qualified as a Plastic Surgeon in 1995 after completing his Master's degree in Plastic and Reconstructive Surgery (MMed Plast Surg). In the same year, he also achieved the distinction of becoming a fellow of the Royal College of Surgeons of South Africa (FCS Plast (SA)).

Further training and experience

Mr Prinsloo was appointed as Consultant Plastic Surgeon within the NHS in South Africa (Pretoria) in 1996. He decided to gain further specialised training and experience by undertaking fellowships in some of the best plastic surgery units in the world. He received further extensive training in Taipei (Taiwan), Tokyo (Japan) and Glasgow (Scotland). He then returned to South Africa to continue his work as a consultant within the NHS as well as working as a private Cosmetic Surgeon. He moved to the UK in 1998 and in 1999 was appointed as Consultant Plastic Surgeon within the NHS in North Staffordshire (Newcastle-under-Lyme) and Shropshire (Shrewsbury).

Expertise and special interests

Mr Prinsloo is an experienced breast surgeon and performs mainly reconstructive breast surgery within the NHS. He also provides a service in specialised head and neck skin cancer surgery, limb reconstruction and general plastic surgery.



Mr. Dan Prinsloo

Other Cosmetic Procedures include:

- Breast Reduction/Uplift
- Face/Neck Lift
- Eyelid Reduction
- Nose Reshaping
- Ear Reshaping
- Tummy Tuck
- Liposuction
- Mole Removal


**Cosmetic
Surgery**

to book your consultation call us on
0844 800 4480

or visit our website

www.prinsloo-surgery.co.uk

Consulting Rooms

Newcastle-under-Lyme
Shrewsbury

GMC Specialist Register
Member of British Association of Plastic
Reconstructive and Aesthetic Surgeons

DISCLAIMER:

This leaflet is provided for general information only and is not a substitute for a professional consultation with Mr. Prinsloo.

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Breast Reduction


**Cosmetic
Surgery**

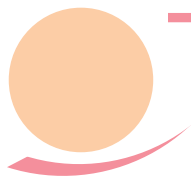
CONSULTANT PLASTIC &
RECONSTRUCTIVE SURGEON

Mr. Dan Prinsloo

MBChB, MMed(Plast)FCS(Plast)



**Breast
Reduction**
(Reduction mammoplasty)



Breast Reduction

(Reduction mammoplasty)

Description

Removal of glandular breast tissue, fat and skin to make breasts smaller, lighter and firmer.

Who are candidates?

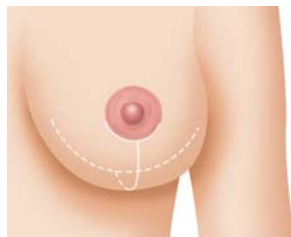
Women who suffer physical discomfort, bad posture, embarrassment and low self-esteem due to large, heavy and oversized breasts.

How is it done?

Most common breast reduction technique is the 'anchor' method.

Incisions are made:

- Around areola
- Vertically down from areola to breast crease
- Horizontally in the breast crease
- Excess breast tissue and skin are removed and breasts are reshaped higher on chest.
- The nipples are moved to a higher and more youthful position
- The areola may be made smaller to keep in proportion with breast



Length of surgery

2 hours

Hospital stay

Two night stay is recommended

Anaesthesia

General anaesthetic

Time to heal

- Drains are removed within 48 hours
- Driving possible after first week
- Breasts will be tender and bruised, with swelling lasting several weeks
- Return to work in 2-3 weeks
- Support bra to be worn for 4 weeks
- Normal activity in 4-6 weeks

Risks

Risks are rare but may include:

- Bleeding, haematoma, infection, fat necrosis, scarring, wound healing problems, minor asymmetry between breasts, loss of nipple sensation, inability to breastfeed and risks associated with general anaesthetic (DVT, PE and chest infection).

Duration of results

Long lasting, although weight gain or loss and ageing can affect results over time.

Pro's

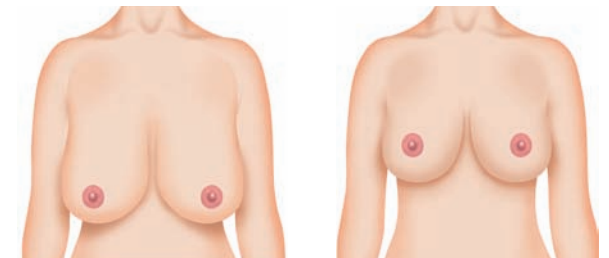
- Relief from back, neck and shoulder pain
- Remove physical discomfort of large breasts
- Body better proportioned
- Improves symmetry of the breasts
- Improves daily activities and exercise
- Easier to find clothes that fit

Con's

- Scars will be permanent and noticeable and may remain lumpy for several months
- Complications are more common in smokers and obese patients
- Ability to breastfeed may decrease

Answers to myths

- Breast reduction surgery will not cause development of breast cancer
- Breast screening is still possible following breast reduction



BEFORE
Reduction mammoplasty

AFTER
Reduction mammoplasty