

ASYMMETRIC BREAST AUGMENTATION



COSMETIC
SURGERY
PARTNERS

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Background

Breast asymmetry refers to a noticeable difference in the size, shape or position of a woman's breasts. While a small degree of difference is very common, more significant asymmetry can cause distress, affecting confidence and quality of life. In some cases, one breast may be fully developed while the other has grown very little, or there may be differences in nipple height and areola size.

Asymmetrical Breast Augmentation is a specialist form of breast surgery designed to correct unevenness as closely as possible. Our surgeons use advanced techniques including different implant volumes, breast reduction (on the larger breast) or uplift (mastopexy) where required. The aim is to achieve a natural, balanced appearance that restores both confidence and comfort.

At Cosmetic Surgery Partners, our consultant surgeons are leaders in breast surgery and have pioneered techniques that are now industry standards.

Pre-Operative Consultation

Every case of breast asymmetry is unique, and consultation is particularly important. Detailed discussions are carried out to plan implant sizes or additional procedures. More than one consultation is often necessary to ensure your expectations are clearly understood and your bespoke surgical plan is optimised.

Operative Procedure

Surgery is performed under general anaesthetic (GA). The operation may involve placing implants of different sizes, reducing the larger breast, or performing uplift surgery to balance nipple height and breast position. Incisions are most commonly placed in the breast crease and absorbable stitches are used. Depending on complexity, the procedure may be carried out as a day-case or involve an overnight stay.

Post-Operative Advice

Gentle mobilisation is encouraged soon after surgery to reduce the risk of clots. Pain is usually minimal and controlled with Paracetamol. A supportive bra should be worn continuously for the first week and showering is allowed from day five. Wound review is undertaken at one week, and strenuous activity should be avoided for six weeks until clearance from your surgeon. Final scar maturation takes 12–18 months and massage may help. Sun exposure should be minimised in the first year.

Risks and Complications

As with any surgery, complications are possible though rare with modern methods. Risks include infection, changes in nipple sensation, or differences in scarring. It is important to understand that perfect symmetry may not always be possible, but significant improvements can usually be achieved. Asymmetrical BA may also require revision surgery in the future.

