



# Tubular Breasts: Understanding Your Options

## What Are Tubular Breasts?

Tubular breasts (also known as tuberous breasts) are a type of breast shape that some people are born with.

They usually become noticeable during puberty. The breasts may appear narrow, cone-shaped, or underdeveloped, and often the areola (the darker area around the nipple) looks large or puffy.

## Degrees of Tubular Breasts:

- Grade I (Mild): Only part of the lower breast is underdeveloped.
- Grade II (Moderate): Both lower areas of the breast are affected, with more visible puffiness or droop.
- Grade III (Severe): The whole breast is affected, and the shape and size are significantly different.

## Can Tubular Breasts Be Treated Without Surgery?

No. Creams, exercises, or non-surgical methods cannot correct the shape. Padded bras can help under clothes, but they won't change the breast structure.

## Surgical Options:

1. Breast Implants Add volume, especially in mild cases.
2. Areola Reduction & Tissue Release Improves puffiness and allows natural shaping.
3. Breast Uplift (Mastopexy) Lifts droopy breasts and reshapes tissue.
4. Fat Grafting Transfers fat from areas like the stomach to the breast for subtle shape improvement.
5. Combination Techniques Most patients benefit from a personalised approach using two or more methods.

## Staged Surgery:

Sometimes surgery is done in two steps, especially when breast differences are large. This improves results and safety.

## Risks of Surgery:

- General: Bruising, swelling, scarring, infection, changes in sensation.
- Anaesthetic: Sore throat, nausea, rare risks like blood clots.
- Implant-related: Hardening (capsular contracture), implant shift, or rupture.
- Fat Grafting: Some fat may be absorbed, might need repeat treatments.
- Uplift (Mastopexy): Scarring, nipple sensation changes, or healing problems or nipple loss.

## Recovery:

- **Week 1-2:** you will have dressing changes by end of week 1 and 2 post op, you can have showers but try to keep dressings dry and clean, and you shouldn't have a bath. You should have time off work for 2-3 weeks. You shouldn't do any house chores, and you should abstain from heavy exercise, driving or sexual activity. You will be given oral antibiotics for the first week. In most cases, paracetamol and/ or ibuprofen should be enough for pain relief for few days after surgery.
- **Week 3-5:** You can go back to work with amended duties, and you can start driving if you can make an emergency stop with no pain. You should continue wearing your supportive bra, and provided your wounds have healed well, you can have baths. You are allowed to do gentle exercise and return to light housework.
- **Week 6-8:** You can return slowly to normal daily activity, and gently introduce weightlifting, exercise, or heavy housework, and you can travel or fly abroad provided you have healed uneventfully. You are advised to continue wearing your supportive bra during this last stage, and you can take it off after 8 weeks.
- Final shape takes 36 months.

View real examples at your consultation or visit:

This Patient Information Leaflet is only a guide and does not replace a consultation with a trained profession

Were here to help you feel confident and supported every step of the way.

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