



This patient desired breast reduction not only for appearance but also to help alleviate back, shoulder and neck discomfort. The scars will continue to fade over the next 12-18 months.

Reduction Mammoplasty

Reduction Mammoplasty or breast reduction is the surgical reduction of abnormally large breasts by removing breast tissue, excessive breast skin and repositioning of the nipple into a more normal and attractive location. Large pendulous breasts can produce neck and shoulder discomfort and therefore, reduction mammoplasty is usually covered under a health insurance policy.

Your preoperative consultation will include an inventory of the problems related to large heavy breasts including neck pain, back pain, raw areas under the breasts, and breast pain. Dense, heavy breast tissue also makes breast examination difficult. If you are suffering from these problems related to breast size, in addition to the cosmetic and figure deformities caused by large breasts, then you are a candidate for breast reduction.

Surgery for breast reduction requires rather extensive incisions in order to reduce the volume of the breast tissue in addition to reduction of the skin envelope of the breast. The nipple and areola must be lifted to a more normal position and centered over the remaining breast tissue. These incisions are carefully designed to be hidden in the natural creases and shadows of the breast. Normally scars mature and become less apparent after several months. To reduce the tension on your incisions and to help alleviate the discomfort that your breast weight causes on your sutures, a support bra is recommended. Skin tapes may be used to support the

skin and to help flatten scars. You will find the bra will increase your comfort for several months postoperatively.

Complications specifically related to breast reduction include nipple and breast size asymmetries, serum and blood collections beneath your incisions and occasionally prolonged scabbing of the incisions. In very large breasts with a large nipple movement there is a possibility of nipple or skin loss. The likelihood of this increases with obesity and smoking. You must carefully consider, prior to your consultation, what your goals are and you must have a good idea as to your desired breast size. This will allow you and your surgeon to be on the same wave-length and your results to be exactly what you expected. An extremely high level of patient satisfaction is typical for the woman undergoing breast reduction.

General anesthesia is necessary for breast reduction. Depending upon your preoperative size, a blood transfusion may be indicated. If we anticipate the need to give blood you will be asked to donate a unit of your own blood at least 2 weeks prior to surgery. This will allow your body to replenish the donated blood which may be given back to you at the time of operation. This is an extremely rare occurrence.

Overnight hospitalization is usually required and will be discussed on an individualized basis. Many times the procedure is covered by insurance.