

# BREAST REDUCTION

Reduce and Reshape

FOR PREVIEW ONLY

## Knowledge is Beautiful

If you are considering breast reduction, there are several things to think about to ensure that you are making an informed decision.

Breast reduction, also known as reduction mammoplasty, can improve the size and shape of your breasts while relieving the discomfort and physical symptoms often caused by large, heavy breasts. Following breast reduction, your breasts will be more comfortable and better proportioned to the rest of your body.

### BREAST REDUCTION MAY BE RIGHT FOR YOU IF:

- You are self-conscious and feel that your breasts are too large
- You have heavy, pendulous breasts with nipples and enlarged areolas that point downward
- One breast is much larger than the other
- You have back, neck, or shoulder pain caused by the weight of your breasts
- You have skin irritation in between or beneath your breasts
- Your bra straps leave indentations on your shoulders
- You are unable to participate in physical activity because of the size and weight of your breasts
- You have difficulty buying bras and clothing
- You are healthy and have realistic expectations

### A MEMBER OF THE AESTHETIC SOCIETY

There is nothing more important than choosing the right plastic surgeon. With a member of The Aesthetic Society, you can rest easy, knowing you are in good hands.



### BEYOND BOARD CERTIFIED

Unlike some plastic surgeons, members of The Aesthetic Society are board-certified by accredited boards, like the American Board of Plastic Surgery (ABPS) in the US, which require the highest level of education, training, and experience.

Do not be confused by other official-sounding boards and certifications. The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name.



\*If you live outside the United States or Canada, check your surgeon's affiliation with the International Society of Aesthetic Plastic Surgery (ISAPS). Canadian plastic surgeons are certified by the Royal College of Physicians and Surgeons of Canada.

## Preparing For Surgery

You may be asked to undergo a medical evaluation or to have lab tests prior to surgery. In some instances, your plastic surgeon may recommend a baseline mammogram before surgery. Following breast reduction, you will still be able to perform breast self-examination. Drinking lots of water before and after surgery is essential for safe recovery and optimal outcomes.

### **BEFORE YOUR PROCEDURE, YOUR SURGEON WILL DISCUSS WITH YOU:**

- The impact that smoking and tobacco products have on your surgery. Your surgeon may recommend that you stop smoking and using other tobacco products, including nicotine patches, gum, and nicotine-containing electronic cigarettes before surgery.
- The importance of avoiding aspirin, nonsteroidal anti-inflammatory medications (NSAIDs: Advil, Motrin, Aleve), and vitamins or homeopathic regimens before surgery, since these products can increase bleeding.

Breast reduction may be performed on an outpatient basis or with a brief hospital stay, usually no longer than one night. Whether you return home the day of surgery or the following day, you should arrange for someone to drive you and to stay with you for the next day or two.



Your surgeon will provide complete instructions on preoperative and postoperative care. Read the instructions carefully to ensure that you fully understand them and know what to expect before, during, and after your procedure.

# Procedural Steps

## STEP 1 | ANESTHESIA

Breast reduction is usually performed under general anesthesia but may be done under local anesthesia with intravenous sedation. Medications are administered for your comfort during the surgical procedure, which your surgeon will discuss with you.

## STEP 2 | THE INCISIONS

A consultation with your surgeon will help determine the best incision placement, based on the technique selected for your breast reduction. A commonly performed method for breast reduction uses incisions that encircle the areola and then extend vertically down the breasts to the chest and horizontally along the crease underneath the breasts.

Other breast reduction techniques may eliminate the horizontal incision, the vertical incision, or both. The use of a particular incision pattern depends on your body characteristics and your surgeon's recommendations. In some instances, liposuction alone, which leaves small scars, may provide a sufficient amount of reduction.



An "anchor" incision is around the areola and then vertically down and under the breast crease.



Using this common technique, incisions following the breast's natural contour define the area of excision and the new location for the nipple. Breast tissue, fat, and skin are then removed, and the nipple is elevated. Skin formerly located above and to the sides of the nipple is brought down and together to reshape the breast. Incision placement may vary, depending on individual patient factors and your surgeon's recommendation.



A "donut" incision is around the areola.

## STEP 3 | RESHAPING THE BREAST

During the procedure, excess breast tissue, fat, and skin are removed, and your nipples and areolas are repositioned higher on your breasts, lifting the breasts. If your areolas are large, they may be reduced at the same time. Skin that formerly was located above the nipple is then brought down and together to reshape your breasts. Liposuction may also be used to improve the contour under your arms.

During this procedure, the nipples and areolas usually remain attached to the underlying breast tissue to increase the chances of preserving breast sensation. The ability to breastfeed may also be preserved by this method, although this cannot be guaranteed.

## STEP 4 | THE RESULTS

After surgery, your breasts will be smaller and in better proportion to your body. The resulting scars are permanent but will heal and fade over time.



Before surgery.



After surgery, your breasts will be in better proportion to the rest of your body. The resulting scars are permanent but will fade over time.



## Recovery, Safety and Risks

Immediately following your operation, your breasts will be wrapped in gauze dressing or placed in a soft surgical bra. You may be instructed to wear a supportive bra for several weeks. You may experience decreased breast or nipple sensation immediately after surgery.

Typically, the greatest amount of discomfort is experienced within the first forty-eight hours following breast reduction surgery. The level of discomfort usually diminishes day-by-day and may be effectively treated by various pain medications. After surgery, you and your caregiver will be given detailed instructions about your postsurgical care, including drains (if they have been placed), normal symptoms you may experience, and signs of potential complications.

The day after surgery, you will be encouraged to be out of bed and perform light activities. After several days, you will be able to move about more comfortably. You should avoid strenuous exercise, straining, bending, and lifting until cleared to do so by your plastic surgeon. You should be able to return to work or normal activities within two weeks.

### SURGERY RISKS

All surgery has risks and potential complications. Your surgeon will go over this information with you. Be sure you understand these potential complications before proceeding with any surgical procedure because no surgeon can offer risk-free surgery or guarantee a perfect result.

## Final Results

Breast reduction surgery will make your breasts smaller, uplifted, and firmer. Without the excessive weight of large breasts, you may find greater enjoyment in shopping for clothing, playing sports, and engaging in physical activity. Breast reduction often makes a dramatic change in your appearance. The level of patient satisfaction following this procedure is among the highest for any plastic surgery procedure.

### HOW LONG WILL THE RESULTS LAST AFTER A BREAST REDUCTION?

Unless you gain or lose a significant amount of weight or become pregnant, your breast size should remain fairly constant. However, gravity and the effects of aging will eventually alter the size and shape of virtually every woman's breasts. If, after a period of years, you become dissatisfied with the appearance of your breasts, you may choose to undergo a breast "lifting" procedure to restore their more youthful contour.

### MAINTAINING A RELATIONSHIP WITH YOUR PLASTIC SURGEON

You will return to your plastic surgeon's office for follow-up care at prescribed intervals, at which time your progress will be evaluated. Many surgeons encourage their patients to come back for periodic checkups to observe and discuss the long-term results of surgery.

Please remember that the relationship with your plastic surgeon does not end when you leave the operating room. If you have questions or concerns during your recovery or need additional information at a later time, you should contact your plastic surgeon.

# Questions to Ask My Surgeon



## FEEDBACK ABOUT MY CASE, GOALS, AND PROCEDURE

1. Am I a good candidate for breast reduction?
2. Are my desired results reasonable and realistic?
3. Do you have breast reduction before-and-after photos?
4. What breast reduction technique do you recommend for me?
5. Where do you plan to make the incision(s), and will the scars be visible?
6. What kind of anesthesia will be administered?
7. What effect will the procedure have on breast sensation and on my ability to breastfeed?
8. What are the costs associated with my breast reduction?
9. What can I do to help get the best results?

## POSTOPERATIVE QUESTIONS

1. What kind of recovery period can I expect, and when can I resume normal activities?
2. How can I expect my breasts to look over time?
3. What are the risks and complications associated with my procedure?
4. How often and what types of revisions are needed for breast reduction procedures?

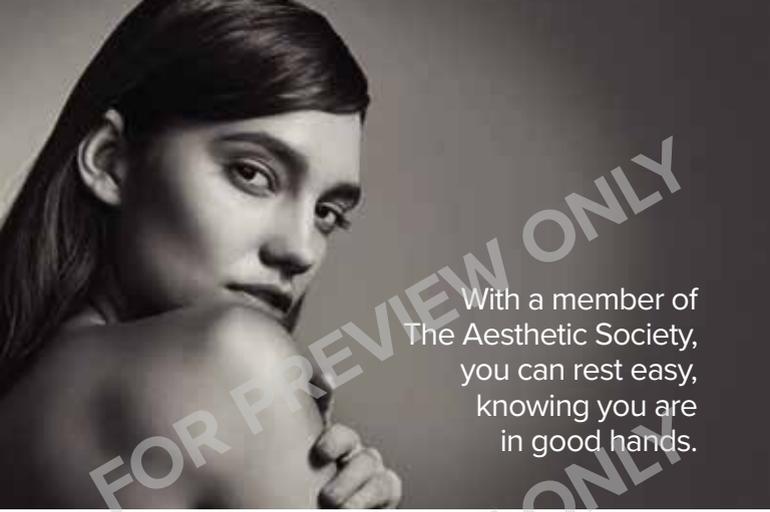
## Your Next Step

After reading about breast reduction, you understand more about what this procedure is and what it can do for you. Your plastic surgeon will tell you whether you are a good candidate for the procedures that interest you and the kind of results you can expect. Your surgeon will also provide detailed information about risks, possible complications, and potential benefits.

Advances are constantly being made in the field of cosmetic plastic surgery, and your plastic surgeon may also present his or her preferred variations to the surgical techniques described in this booklet. If there is a cosmetic procedure that you have heard about from another source, such as a magazine article, TV program, or on social media, ask your plastic surgeon whether it will benefit you. If there are any problems or safety concerns, your surgeon will alert you to those issues.

Above all, confide in your plastic surgeon by thoroughly discussing your goals, expectations, and concerns. Your plastic surgeon's most important job is to help you safely and comfortably achieve physical well-being and satisfaction with your appearance.

For more information about aesthetic medical procedures, visit [theaestheticsociety.org](http://theaestheticsociety.org), the most comprehensive collection of information online.



With a member of  
The Aesthetic Society,  
you can rest easy,  
knowing you are  
in good hands.

FOR PREVIEW ONLY

FOR PREVIEW ONLY

FOR PREVIEW ONLY

FOR PREVIEW ONLY

