



*Aura*

ADVANCED SKIN CARE  
& PLASTIC SURGERY

# BREAST REDUCTION SURGERY

REDUCTION MAMMOPLASTY

## What is Breast Reduction Surgery?

Also known as a reduction mammoplasty, breast reduction surgery is a procedure that surgically removes excess breast tissue from the chest to achieve a more desirable size and proportion with the rest of the body.

Good candidates for breast reduction surgery are individuals who experience the following complaints from large breasts:

- Back or neck pain
- Poor posture
- Unwanted attention
- Difficulty finding tops that fit
- Difficulty with sleep, exercise, sex, or other activities
- One breast larger than the other
- Excess breast tissue in males

## Who is a Good Candidate for Breast Reduction Surgery?

Large breasts that are out of proportion to the rest of the body can cause both physical and emotional distress for both men and women.

Although breast reduction surgery can be done at any age, it is best done once the breasts are fully developed. However, if the presence of excessive breast tissue is causing significant physical or emotional discomfort, the surgery can be performed at any time.



# HOW IS BREAST REDUCTION SURGERY DONE?

## Before the Procedure

### Meet with a Surgeon

First, you will need to meet with a board certified plastic surgeon. This is important because board certified plastic surgeons must meet rigorous qualifications and standards to receive their certification after completing four years of medical school and several more years of residency. Be wary of physicians who are certified by medical boards other than plastic surgery as they do not have the same extensive training.

### During your surgeon visit

During your visit with the surgeon, you will discuss your issues and concerns. A good surgeon will carefully listen to your wishes and help you know if breast reduction surgery is the right procedure for you.

## During your Pre-Op Visits

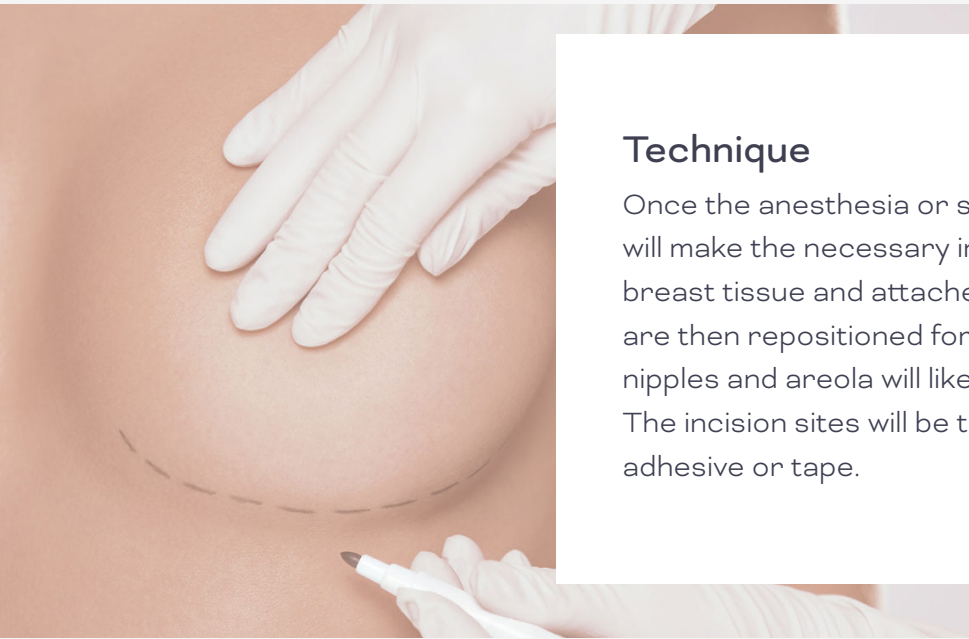
During your pre-op visits you'll also discuss your expectations, any medical conditions and medications you take. Pictures will likely be taken to document before and after results as well as outline the expected results of the procedure. Labs and a mammogram may also be required to detect any pre-existing conditions in case special considerations need to be taken. Pre-op instructions will likely include when to stop eating and drinking before the procedure, and when to arrive for your procedure.

## The Procedure

### Anesthesia & Sedation

Breast reduction surgery is performed at an outpatient surgical center or hospital under general anesthesia or IV sedation. The average timeframe for breast reduction surgery is two to four hours. Once the procedure has been completed, you'll be held in the recovery room until you wake up from the anesthesia or sedation.

Unless you are staying in a special post-op suite or the hospital, you will need to arrange for someone to drive you to and from surgery and stay with you the first few nights to help you recover.



## Technique

Once the anesthesia or sedation has taken effect, your surgeon will make the necessary incisions and gently remove the unwanted breast tissue and attached skin. The remaining skin and tissues are then repositioned for the most appealing appearance. The nipples and areola will likely also be adjusted to complete the look. The incision sites will then be closed with sutures and skin adhesive or tape.

# WHAT IS RECOVERY FROM BREAST REDUCTION LIKE?

## After the Surgery is Complete

After the surgery is complete, the chest is wrapped in gauze dressings, an elastic bandage, or support bra for comfort, support and to minimize swelling. Occasionally, drains will be present to help reduce swelling and prevent blood and other fluids from building up under the tissues.

Your surgeon will give you specific post-operative care instruction so be sure to follow them closely. Follow up appointments are usually scheduled within a few days to monitor your healing.

## As you Recover over time

You'll be sore and some daily activities like putting on a shirt, bathing or reaching for something from the cabinet will be difficult for a few days or weeks. Plan to have someone else around to help with some daily activities, especially if you have young kids or animals to take care of. Exercise and other types of physical activities will not be allowed for a few weeks.

**Your surgeon will give you specific instructions on when you can return to certain activities.**

# WHAT ARE THE RESULTS & BENEFITS OF A BREAST REDUCTION?

## Results & Benefits

### After the bandages come off

The final results from breast reduction may not be fully visible for a few weeks due to the swelling that naturally accompanies these types of surgeries. However, a difference is noticeable right away.

Usually within a week after the surgery, you'll have your first follow up visit to assess your progress and remove drains and other bandages if it is time.

### Benefits of a Breast Reduction:

- Less back & neck pain
- Improved posture
- Better fitting clothing
- Less interference with sleep, exercise and other activities
- Improved self-confidence & overall body image
- Better proportioned figure



BEFORE



AFTER

# WHAT RISKS COME WITH BREAST REDUCTION SURGERY?

Risks are present with any type of procedure or medical treatment. Knowing what risks you may face will help you weigh the pros and cons so you can make the right decision for you.

Your surgeon will go over risks that may be more specific to you but in general there are some risks associated with breast reduction surgery.



## **Breast Reduction Risks**

- Infection
- Altered skin sensation, temporary or permanent
- Bleeding
- Blood Clots
- Skin discoloration from scarring or bruising
- Challenges breastfeeding
- Chronic Pain
- Adverse reactions to anesthesia or sedation medication

# LIST OF QUESTIONS TO ASK DURING CONSULTATION

- ❓ Is the surgeon a Board Certified Plastic Surgeon?
- ❓ Are there any steps I can take to help me prepare for my surgery?
- ❓ What surgical technique would be best for me?
- ❓ Are there breast reduction before-and-after photos of individuals with a similar body type as mine so I can see what a similar outcome might be for me?
- ❓ Are there any risks and complications specifically associated with my breast augmentation procedure?
- ❓ Will I be going home afterward or staying overnight?
- ❓ Will I be given any medication after the surgery?
- ❓ How should I expect to feel immediately following and for the first few days after the procedure?
- ❓ What will the bandages and dressings be like and for how long will I have to wear them?
- ❓ What is the typical time-frame for recovery?
- ❓ What daily activities should I avoid during recovery and for how long?
- ❓ Will I need help during my recovery? What kind and for how long?
- ❓ Is there a number I can call in case complications arise?
- ❓ Will this surgery affect my ability to breastfeed?
- ❓ How often will follow up visits be?
- ❓ Will stitches need to be removed? If so, when?
- ❓ What's the expected time-frame for healing? When can I expect to see the final results?
- ❓ Where will the surgery be performed?
- ❓ If it is a hospital, is it accredited by the Joint Commission? You can check at [www.qualitycheck.org](http://www.qualitycheck.org)
- ❓ If it is an office-based surgical facility and not a hospital, is it accredited by a nationally or state-recognized accrediting agency? Specifically, the Accreditation Association for Ambulatory Health Care (AAAHC) and The Joint Commission? You can check at <http://www.aaahc.org/>