

# C3-BREAST REDUCTION



## C.3. BREAST REDUCTION

Breast reduction, also known as reduction mammoplasty, is a surgical procedure aimed at reducing the size and weight of overly large breasts. This procedure can alleviate physical discomfort and improve overall breast shape, enhancing both aesthetics and quality of life. Here's a comprehensive overview of breast reduction, including its indications, procedure, benefits, recovery, and considerations.

### Indications for Breast Reduction

- **Physical Discomfort:** Women experiencing chronic pain in the neck, back, and shoulders due to the weight of large breasts.
- **Skin Irritation:** Persistent rashes or irritation beneath the breasts.
- **Limitations in Physical Activity:** Difficulty participating in physical activities or exercise due to breast size.
- **Self-Image Issues:** Women feeling self-conscious about their breast size, which can affect their overall

**confidence and body image.**

**· Asymmetry: To correct significant differences in breast size or shape.**

### **Benefits of Breast Reduction**

- Pain Relief**
- Improved Posture**
- Enhanced Physical Activity**
- Better Clothing Fit**
- Increased Confidence**

### **The Breast Reduction Procedure**

#### **1. Consultation:**

**o A careful consultation with a board-certified plastic surgeon to discuss goals, medical history, and any concerns. The surgeon will evaluate breast size and shape to recommend the best approach.**

#### **2. Anesthesia:**

**o The procedure is typically performed under general anesthesia.**

#### **3. Incision Patterns:**

**o The surgeon will make incisions in one of several patterns, depending on the amount of reduction needed and the patient's anatomy:**

**§ Anchor Incision: Around the areola, down to the breast fold, and along the fold, commonly used for larger reductions (lollipop incision).**

**§ Periareolar Incision: Around the areola, typically for smaller reductions or when**

**minimizing scarring is a priority.**

#### **4. Breast Tissue Removal:**

◦ **The surgeon will remove excess breast tissue, fat, and skin to achieve the desired size and shape. The nipple and areola may also be repositioned higher on the breast.**

#### **5. Closure:**

◦ **The incisions are closed with sutures, and the procedure usually takes about 2 to 4 hours.**

#### **Recovery After Breast Reduction**

- **Initial Recovery: Swelling, bruising, and discomfort are common in the first few days. Pain can usually be managed with prescribed medications.**
- **Downtime: Most patients can return to normal activities within 1 to 2 weeks, though heavy lifting and strenuous exercise should be avoided for 8 to 12 weeks, the patient should refrain from sleeping on the abdomen or the side for 3 months after the procedure.**
- **Follow-Up Care: Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.**

#### **Risks and Considerations**

- **Scarring: While the surgeon aims to minimize visible scarring, scars will remain, especially with larger incisions.**
- **Changes in Sensation: Temporary or permanent changes in nipple or breast sensation may occur after surgery.**

- **Breastfeeding:** Some women may experience difficulties with breastfeeding after breast reduction, although many can successfully breastfeed.
- **Asymmetry:** There is a risk of uneven results, but experienced surgeons strive for symmetry.

