



BREAST REDUCTION SURGERY

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BREAST REDUCTION SURGERY



What Is Breast Reduction Surgery?

Breast reduction surgery entails the removal of skin and tissue from the breast, followed by reshaping and elevating to create a smaller, more proportionate bust size.

Many women struggle with the decision to have a breast reduction, but afterwards consider it one of the best decisions they ever made for themselves.

Women pursue this surgery for various reasons, but all with the goal of enhancing their overall quality of life:

Improved confidence and self-expression

Many women say that after a breast reduction they are more confident in themselves and more comfortable in their own bodies.

Easier to shop

Women often report that finding clothes that fit them becomes much easier and they can shop at almost any store they want.

Back feels better

Women almost always report that having smaller breasts significantly reduces back pain and gives them newfound energy throughout the day.

Bras don't hurt

By removing weight from their breasts nearly all women experience a significant reduction in bra strap pain.

Exercise with ease

Women frustrated with the pain and discomfort of having overly large breasts can finally exercise in the way they want.

Skin feels better

For women with very large breasts, skin irritation under the breasts is common; this is significantly reduced after a breast reduction.

Easier to breathe

Women find it easier to breathe with smaller, more proportionate breasts.

Who Is A Good Candidate For Breast Reduction Surgery?

Breast reduction is a highly individualized procedure. You should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image.

Overly large breasts can cause health and emotional problems. In addition to self-image issues, you may also experience physical pain and discomfort. The weight of excess breast tissue can impair your ability to lead an active life. The emotional discomfort and self-consciousness often associated with having large pendulous breasts can be as important an issue as the physical discomfort and pain.

Ideal Candidates For Breast Reduction Are:

- Bothered by the feeling that their breasts are too large
- Struggling with physical activity due to the size of their breasts
- Experiencing back, neck and shoulder pain caused by the weight of their breasts
- Suffering from shoulder indentations caused by bra straps and/or have skin irritation beneath the breast crease
- Individuals with a positive outlook and specific goals in mind for breast reduction

What Should I Expect During A Consultation For Breast Reduction Surgery?

The success and safety of your breast reduction procedure depends very much on your complete candiddness during your consultation. You'll be asked a number of questions about your health, desires and lifestyle.

During your consultation be prepared to discuss:

- Your surgical goals
- Your reasons for wanting to have surgery, your expectations and your desired outcome
- Your medical condition and medical treatments (bring documentation if you have it)
- Your current medications and drug allergies, any vitamins or herbal supplements you take and any alcohol, tobacco, vaping or drug use
- Breast cancer in the family, as well as the results of any mammograms or previous biopsies
- Any questions or concerns you have about breast reduction from your own research

Your plastic surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine and evaluate the appearance of your breasts, including the position of the nipples and areolas, the condition of the skin and the shape of the breasts
- Take photographs
- Discuss your options and recommend a course of treatment
- Discuss the likely outcomes of breast reduction and any risks or potential complications

What Questions Should I Ask My Plastic Surgeon About Breast Reduction Surgery?

Use this checklist as a guide during your breast reduction consultation:

- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

What Are The Risks Of Breast Reduction Surgery?

The decision to have breast reduction is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable. Your surgeon should review with you the relevant risks for your specific procedure.

Important considerations for breast reduction:

- While breast reduction surgery may interfere with sensation, most of the time nipple sensation improves over time
- Breast and nipple piercing can cause infection

- Breast reduction surgery may limit a woman's ability to breast feed, although most women can still breast feed after having a breast reduction
- While a breast reduction can be performed at any age, ideally, breasts should be fully developed
- Changes in the breasts during pregnancy can alter the outcomes of previous breast reduction surgery, as can weight fluctuations

All risks will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

What Are The Steps Of A Breast Reduction Procedure?

Breast reduction involves making incisions on the breast skin to remove the excess breast tissue and skin. This surgery can also reduce the dark skin around the nipple called the areola.

The technique used to reduce the size of your breasts will be determined by your individual anatomy, breast composition, amount of reduction desired, your personal preferences and the surgeon's advice.

In some cases, excess fat may be removed through liposuction in conjunction with the excision techniques described below.

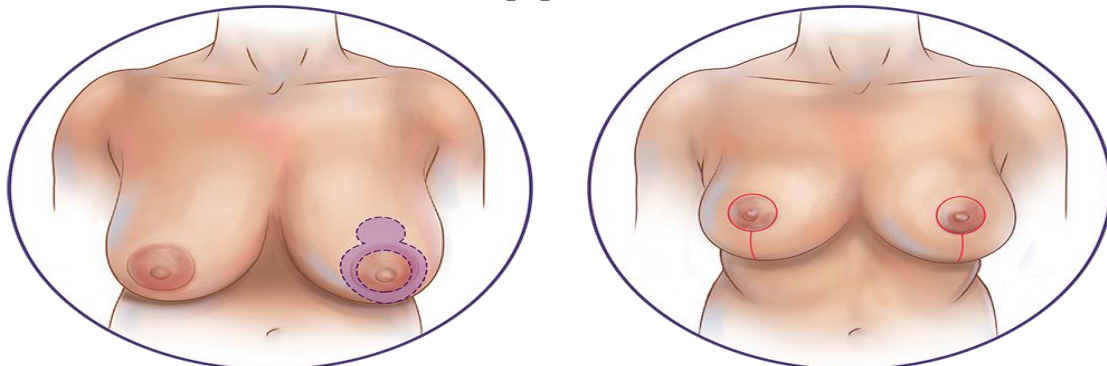
Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

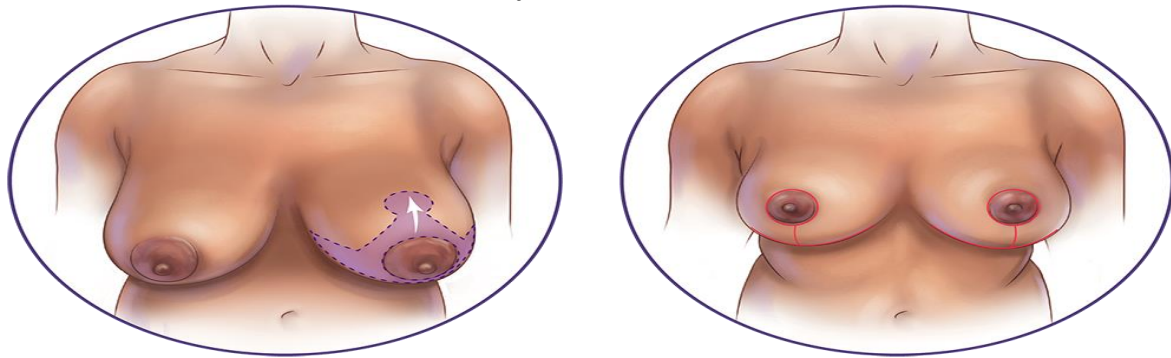
Step 2 – The incision

Incision options include:

Lollipop Incision



Keyhole Incision



Step 3 – Removing tissue and repositioning

After the incision is made, the nipple – which remains tethered to its original blood and nerve supply – is then repositioned. If necessary the areola diameter is reduced by removing skin around the perimeter. Underlying breast tissue is reduced and the remaining breast tissue is lifted and shaped.

With extremely large breasts, the nipple and areola may need to be removed completely and then repositioned to a higher position on the breast (this is called a free nipple graft). In this case, the nipple and areola will not have sensation after the operation and it will take longer to heal.

Step 4 – Closing the incisions

The incisions are brought together to reshape the now smaller breast. Sutures are layered deep within the breast tissue to create and support the newly shaped breasts. Sutures, skin adhesives and/or surgical tape close the skin. Incision lines are permanent, but in most cases they will fade over time.

What Should I Expect During My Breast Reduction Recovery?

Following your surgery, gauze or bandages will be applied to your incisions. An elastic bandage or support bra will minimize swelling and support the reconstructed breast.

You will be given specific instructions that may include how to care for your surgical site(s) following surgery, medications to apply or take orally to aid healing and reduce the risk of infection, specific concerns to look for at the surgical site or in your general health and when to follow up with your plastic surgeon.

What Is The Timeline For A Breast Reduction Recovery?

Recovery Period	What to Expect
Week 1	<ul style="list-style-type: none">• Monitor pain, swelling and bruising (medication may be required)• Significantly limit your activity
Weeks 2-3	<ul style="list-style-type: none">• You will start to feel much better• Return to work (depending on your job)• Limit exercise and activities
Weeks 4-5	<ul style="list-style-type: none">• Continue to wear a support bra• Increase activity• Continue to be gentle with your breasts
Week 6 and Beyond	<ul style="list-style-type: none">• Continue to perform breast self-examination• Schedule routine mammograms• Discuss scar optimization and resumption of normal activity with your surgeon

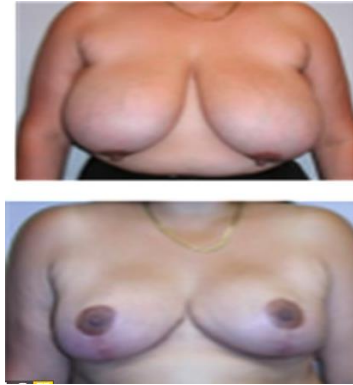
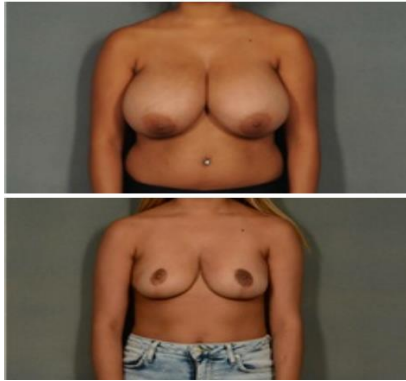
What Results Should I Expect After Breast Reduction Surgery?

The **results of breast reduction surgery** will be long-lasting. Your new breast size should help relieve you from the pain and physical limitations experienced prior to breast reduction.

The immediate results of breast reduction surgery can include:

- Reduced breast size and volume
- Improved breast shape
- Relief from physical symptoms such as back and neck pain, skin irritation and grooving from bra straps
- Improved self-esteem and body image

Before & After Photo



Visual Animation



[Adi care 007](#)

FOR APPOINTMENT

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