

Breast Reduction



Ideal breast reduction patient

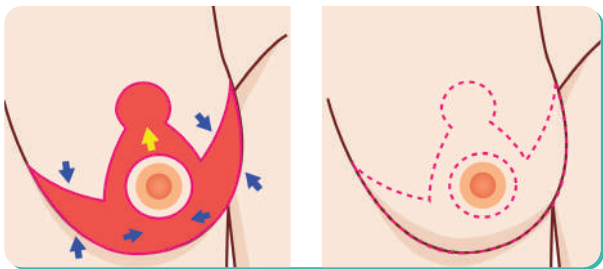
Every woman suffers from any of these symptoms:

- The size of the breast is big compared to the size of the body.
- One breast is much bigger than the other.
- Back, neck and shoulder pain caused by the weight of the breast.
- Skin irritation beneath the breast crease.
- Sore shoulders from the bra straps due to the weight of the breast.
- Limited physical activity due to the breast weight and size.
- Dissatisfaction or self-consciousness about the size of the breast.

Breast reduction can be performed at any age, but plastic surgeons usually recommend waiting until the breast is completely developed. Childbirth and breast feeding may have significant and unpredictable effects on the size and shape of the breasts. Nevertheless, many women decide to undergo breast reduction before having children and feel that they can address any subsequent changes later. In this case, the patient should discuss with her doctor the possibility of breast feeding.

Preparation for the surgery

- At the first visit, the doctor asks about the desired size and shape of the breast. He also discusses the patient needs and expectations.
- The doctor asks for breast ultrasound or mammogram and do some measurements to evaluate the breast size, shape, skin type and nipple tissues condition.
- The doctor asks about the patient intention to loose weight, since it will have a real impact on the breast size, and the surgery may be postponed accordingly.

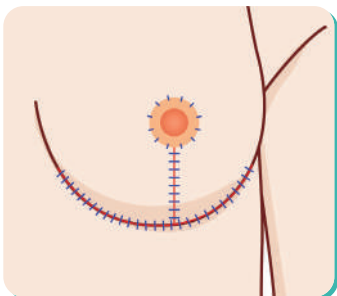


Details of the surgery

The surgery will be performed under general anesthesia using different ways and techniques. The decision depends on many factors including the breast size, the skin type and the amount of skin.

Cut locations

- Breast Reduction often requires 3 cuts. One around the areola, another below the areola and other one below the breast.
- The doctor removes the extra tissue, skin and adipose , then he moves the nipple and areola to a proper location after areola reduction. The ability of breast feeding later depends on the size of tissue removed, less tissue means less ability to breast feed.
- The doctor will tighten the skin above areola to reshape the breast, shape of the body, while the areola and nipples stay connected to the breast tissue.
- After the surgery, a discharge tube will be placed for 2-3 days.



Possible side effects

Breast reduction complications are rare, as thousands of women successfully undergo it without complications. However, there are some risks and side effects that should be discussed with the doctor.

- 1- Bleeding, infection, pain and anesthesia are the most common risks, but the patient will rarely need a blood transfusion during or after the operation.
- 2- Partial or complete nipple, areola necrosis
- 3- Change (increase, decrease) in the nipple sensation.
- 4- Scaring of the wound

Following the surgeons before and after instructions will help you avoid many of the operation risks and complications.

Return to your normal life

In all cases, you have to follow your doctor's instructions for a few days before going back to your normal life. Be very gentle with your breast, prevent hits, and ask your doctor when you can get back to your normal activities.