

# BREAST REDUCTION

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*Aesthetic*  
PLASTIC SURGERY  
*Beauty. Refinement. Confidence.*

# MACROMASTIA

- Excessive size & weight of breasts
- May start at puberty
- After pregnancy or weight gain
- More difficult to tolerate with age
- Large breasts more difficult to examine for cancer



# SYMPTOMS

- Neck, upper & lower back pain
- Shoulder pain and grooving
- Breast pain
- Rash under breasts
- Numbness in fingers
- Impaired activity
- Headache



# GOALS

- Relieve pain
- Improve size and shape of breast
- Increased clothing options
- Enable a more active lifestyle
- Lessen embarrassment
- Improve breast cancer detection



# TECHNIQUE

## INFERIOR PEDICLE

- Top layer of skin only removed from lower part of breast (pink)
- Skin and breast tissue removed from top and sides (violet)
- Final scar in shape of anchor



# TECHNIQUE

## FREE NIPPLE GRAFT

- Nipple removed and replaced after breast shaped (pink) – for very large breasts
- Skin and breast tissue removed from central breast (violet)
- Final scar in shape of anchor



# TECHNIQUE VERTICAL SCAR

- More of a lift only (mastopexy)
- Skin and breast tissue removed through smaller scar (violet)
- Final scar is circle and vertical line (red)



# PROCEDURE

- Arrive at Surgery Center 1 hour before surgery
- Anesthesiologist Evaluation / General Anesthesia
- Pre-op Markings and Operative Plan Review
- Procedure lasts 3 hours
- Recovery Room 1 hour
- Need caregiver first 24 hours





# RECOVERY

- Off work, no driving x 1 week
- No restrictions after 3 weeks
- Surgical bra for 4 weeks
- No Sutures to Remove
  - (Buried Under Skin)
- Tape scars for 3 months
- Change tape every 2 weeks
- Final shape - 3 months
- Final scar appearance - 1 year



# TRADE-OFFS

- Permanent scars
- Nipple\areola usually made smaller
- Altered lactation
- Usually altered nipple sensation
- Back, neck, shoulder pain due to other causes not helped
- General obesity not corrected



# RISKS

- Nipple loss –partial or complete (<1%)
- Minor wound healing problems common
  - Small opening at “T”
- Nicotine use greatly increases risks
- Poor scars
- Re-operation rate <1%



# OUTCOME

- Extremely high satisfaction rate
- Pain relief highly successful and immediate
- Re-growth of breast after reduction rare
- Rapid recovery

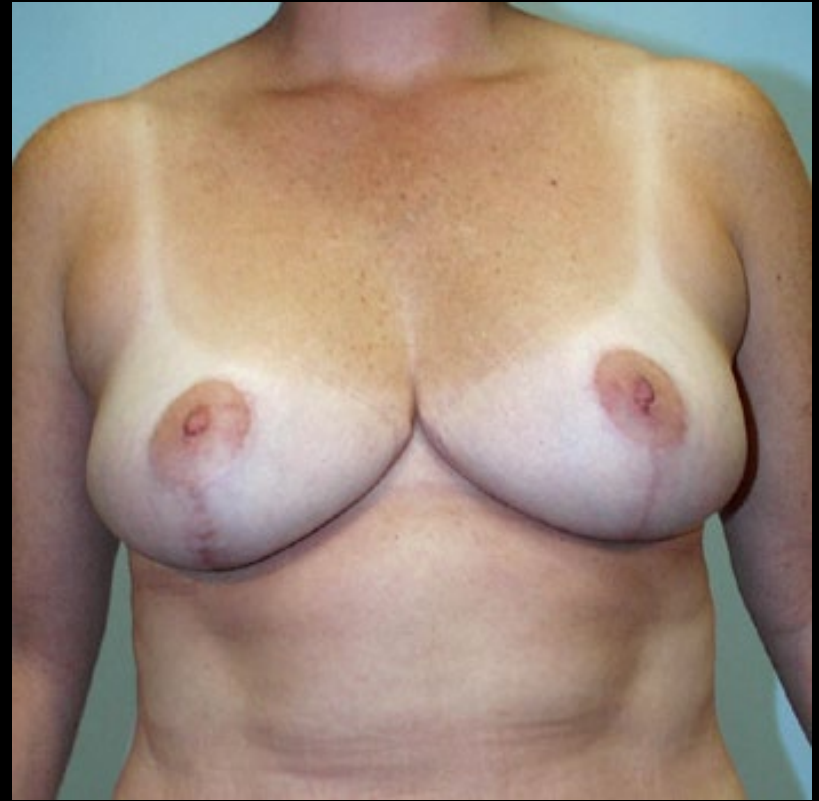


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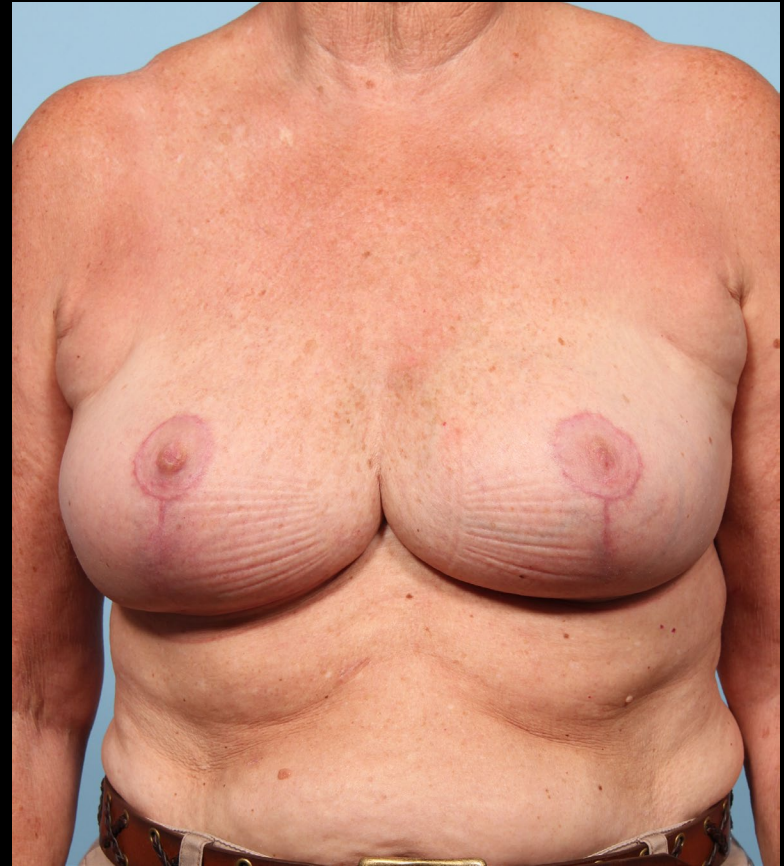


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