

# Breast Reduction

## Q. Who is a good candidate for breast reduction?

A. If you experience back pain, neck pain, shoulder pain, headaches, grooves in the shoulders from the bra strap supporting the breast over many years, or rashes under the breasts from moist skin rubbing against the upper abdomen and chest, you are a suitable candidate for breast reduction. Once the surgery is performed, many of the symptoms will improve or be resolved.

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## Q. What is removed during breast reduction surgery?

A. Depending on the patient size and body type, this will determine what is removed during the surgery. Patients who are thinner or average weight with very large breasts have the glandular tissue removed to make the breasts a more appealing shape and size. Patients who are overweight or have a higher body fat percentage have larger fat cells and the fatty tissues are removed to decrease size for a more appealing shape. What is removed depends entirely on the patient body type and the desired result of the surgery. Skin will also be removed in order to get rid of the sagging skin and to lift the breast into a shapelier contour.

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## Q. Will my breasts get large again after the reduction surgery?

A. No, it is very unlikely that the breasts will return to their original size after surgery unless the patient gains an excessive amount of weight.

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## Q. What about scarring, is there a way to get rid of the scars?

A. Breast reduction makes incisions along the underside, or towards the armpit of the breast, and the scars are more visible than breast lift or implant patients (where the incision is made around the nipple). The scars will fade so that they are barely visible, but will never go away completely. It depends on patient skin type and the healing process. A daily scar cream will help to reduce the appearance of scar tissue over time.

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## Q. What is recovery like?

A. Following the surgery a supportive dressing is worn for the day, and a sports bra or other supportive undergarments are recommended until the breast area is fully healed. The recovery period is much the same as for breast implants, although the stitches may remain a few days longer.

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## Q. Are there any risks involved in this procedure?

A. Infection is one of the risks with a breast reduction procedure, so antibiotics are administered so the healing process goes smoothly. In rare cases: incisions may tear or come apart, nipple necrosis and loss of sensation in the breast/areola tissues are a result of impaired blood flow to the areola; however this risk is much higher for smokers. Due to the incisions made around the nipple, and through the breast tissue and nerves that cause sensation, loss of skin sensitivity is a possible complication.