

Breast Reduction/ Mammoplasty

Women with very large, pendulous breasts may experience a variety of medical problems caused by the excessive weight of their breast from back and neck pain, skin irritation to skeletal deformities and breathing problems. Bra straps can leave indentations in their shoulders. Breast reduction, technically known as reduction mammoplasty, is designed for such women. The procedure removes fat, glandular tissue, and skin from the breasts, making them smaller, lighter, and firmer. It can also reduce the size of the areola, the darker skin surrounding the nipple. The goal is to give the woman smaller, better-shaped breasts in proportion with the rest of her body.

Breast reduction is usually performed for physical relief rather than simply aesthetic improvement. Most women who have the surgery are troubled by very large, sagging breasts that restrict their activities and cause them physical discomfort, such as, neck or back pain. Anticipate a decrease of at least two cup sizes with a breast reduction.

Breast reduction can be a covered service by an insurance carrier. Check to see if the procedure is a covered service if you have health care insurance. Often, the restriction or requirements set by insurance carriers for the coverage of patients who seek breast reduction can be severe and tasking.

Breast reduction is nearly always performed under a general anesthesia. Techniques for breast reduction vary, but the most common procedure entails an anchor-shaped incision that circles the areola, extends downward, and follows the natural curve of the crease beneath the breast. The surgeon removes excess glandular tissue, fat, and skin, and raises the nipple and areola into their new position. Liposuction may be used to remove excess fat from the armpit or flank area. In most cases, the nipples remain attached to their blood vessels and nerves. However, in rare cases if the breasts are very tubular or pendulous, the nipples and areolar may have to be completely removed and grafted into a higher position. This will result in a loss of sensation in the nipple and areolar tissue.

After surgery, it may take several weeks to completely heal. Most patients become to active to quick. Allow your self time to heal before resuming heavy physical activity. Of all plastic surgery procedures, breast reduction results in the quickest body-image change. You'll be rid of the physical discomfort of large breasts, your body will look better proportioned, and clothes can fit you better.