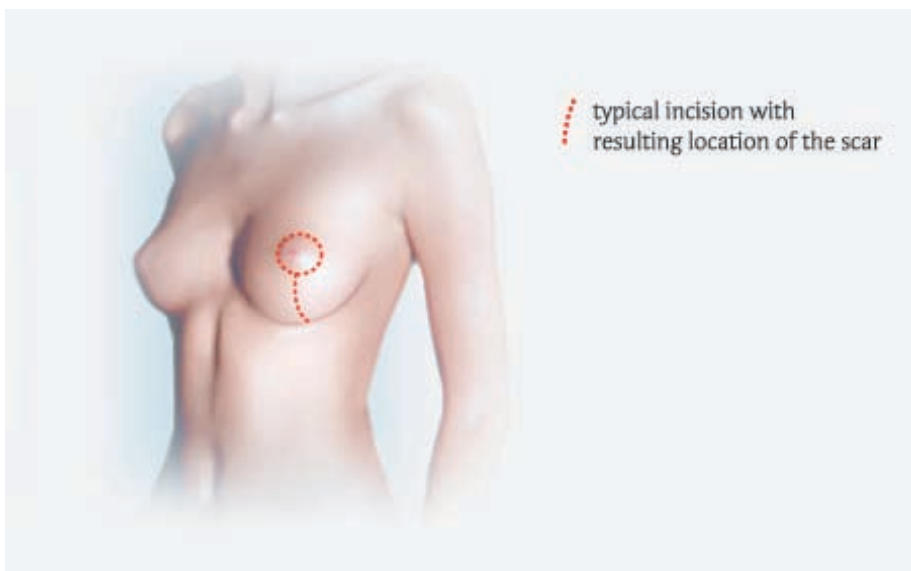


Breast reduction (Reduction mammoplasty)

Breast reduction is a procedure where large ptotic (sagging) breasts are reduced and concomitantly lifted. Frequently, this procedure results in significant amelioration of physical complaints. However, patients also wish a reduction of breast volume for cosmetic reasons only.



At a glance:

Length of procedure:

- Approx. 2 hours

Postoperative care:

- No physical activities for 4 weeks
- Stitch removal within 2 weeks
- Support bra for 6 weeks

Anesthesia:

- general

In-patient stay

- 2-3 days

Who is an appropriate candidate?

Many patients expressing the wish to have a reduction mammoplasty done complain of orthopedic problems, such as back pain. Furthermore, skin irritation in the crease under the breast is frequently encountered. Additionally, very large breasts can significantly influence the psychological development of an individual as well as dramatically interfere with physical activities.

Consultation

During the initial consultation your wishes and goals as well as possible reservations will be addressed in detail. Subsequently, a careful physical examination is conducted and an individually tailored treatment plan formulated. Preoperative photographs are used for explaining the procedure in a step-by-step manner. Available procedures are then discussed including possible limitations and risks. Patients 35 years of age and above are advised to have a preoperative mammogram done. Our goal is to provide you with a realistic understanding of what you can expect from such a procedure. The extent and complexity of the procedure depends on individual factors such as age, breast size and shape as well as skin type.

Breast reduction (Reduction mammoplasty)

Procedure

This in-patient procedure (2-3 days) is performed under general anesthesia. The technique applied is based of individual parameters and anatomical characteristics. Initially, the periareolar skin is incised and excessive skin removed. Then, breast tissue is removed inferiorly through vertical incisions. The tissue removed is sent for pathological analysis. Now, the breast is reshaped and positioned higher on the thoracic wall giving it a lifted and more youthful appearance. Scars remaining on the breast run periareolarly as well as vertically to the inframammary crease. In very large breasts an additional incision may be necessary in the inframammary fold. Scars may have a wrinkled appearance initially. However, they will fade in time, usually within 3 months. Frequently, two drains are placed.

Postoperative Care

Postoperatively, we recommend wearing a support bra for 6 weeks. While extensive bruising usually is not faced, some swelling may persist for several weeks. Stitches are removed within 2 weeks. Physical activities should be avoided for 4 weeks.

Results

A breast lift can achieve outstanding aesthetic results with a dramatic improvement in self-confidence. Furthermore, this procedure results in relief from orthopaedic and dermatologic issues existing preoperatively. The natural aging process as well as gravitational forces, pregnancies, and changes in body weight all influence breast shape and may require additional operative procedures. Nursing may be impaired.