

BREAST REDUCTION (also: BREAST BALANCING)

ABOUT THE PROCEDURE

Breast reduction surgery is a procedure that reduces breast size of one or both breasts by removing excess breast tissue and skin through a small anchor-shaped incision.

ARE YOU A GOOD CANDIDATE?

Breast reduction surgery may be right for you if you:

- Feel that your breast size interferes with your daily activities.
- Experience pain in your back, neck, and/or shoulders from the weight of your breasts.
- Have deep grooves in your shoulders from the pressure of your bra straps.
- Have one breast that is significantly larger than the other.
- Are self-conscious or bothered by breasts that you feel are too large or hang too low on your body.
- Have nipples that lie beneath your breast crease when not supported by a bra.
- Have trouble finding clothes or bras that fit.

POST-OPERATIVE CARE AND INFORMATION

- The average time off work is 6 weeks.
- During the first 2 weeks, you need to limit activity but you may continue with walking and light arm movements.
- Don't do any activity that increases your blood pressure for 6 weeks after surgery.
- Don't wear an underwire bra or lie on your stomach for 6 weeks after surgery.
- If you are having pain post-op, use Tylenol extra strength or the prescription I give you. If you need something more please call my office or see your family doctor.
- You will not need antibiotics post-operative.
- All the stitches are dissolving and will be absorbed on their own.
- Massaging your scars postoperatively can help minimize them (see general post-op instructions scar management).
- Call my office to make an appointment 1 week after surgery.

COMMON POST-OPERATIVE EXPERIENCES

- Some women experience nipple sensory changes; this can last for several months but usually settles.
- After around 3 weeks, some of the deeper stitches begin to dissolve under the skin and sometimes try to come through the skin in the form of a tender spot. It may look like a pimple or infection. Simply keep the area moist with ointment and if you see any pieces of the stitch, you can pull it out without cause any problems to the wound healing.
- Burning or itchiness around surgical site is normal.
- Bruising and swelling are normal and may spread down arm or chest but will settle in a few weeks.

OUTCOME

- You won't know your final size and shape for 6-12 months.
- See general post-op instructions.