

Your Plastic Surgery Team

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 Luminis Health™

Plastic Surgery

Breast Reduction



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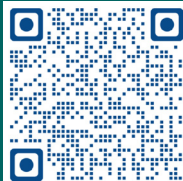


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What is a Breast Reduction?

Breasts that are excessively large in proportion to body size are a frequent cause of back & neck pain, shoulder irritation, and can affect participation in certain activities and sleep. A reduction removes extra breast tissue, reshapes the breasts, lifts them to a more upright position.



Surgical Technique Variations

Reduction techniques vary depending on breast size & shape, the amount of tissue to remove, and other factors such as scarring. Common procedures include an *anchor incision* or a *free nipple graft*.

Anchor Incision

- The anchor or inverted T technique extends around the top of the areola, downward, and across the lower portion of the breast
- This technique is more likely to preserve nipple sensation



Free Nipple Graft

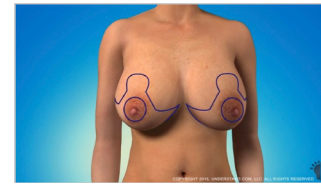
- The free nipple technique is for women with very large breasts and whose nipple areolar complex is too stretched to be safely moved into a new position without compromising the blood supply
- In this procedure the nipple and areola are removed like a skin graft and sewn back on later, in this procedure the nipple loses sensation



Surgery Preparation

During an initial consultation, your surgeon will measure the size and shape of your breasts and evaluate surgical options, determine your desired nipple placement, and preplan the procedure.

The breast reduction procedure typically lasts from 2 to 3 hours. Prior to the procedure, your surgeon will draw incision guidelines on your breasts. You will then be placed under general anesthesia.



Recovery and Results



Typically, breast reduction procedures are performed in an outpatient center and you should be able to go home the same day. Swelling and discoloration after the procedure are normal and will subside over time. If surgical drains are present, they, along with any bandages are typically removed at your first post op visit. External sutures are removed after one to two weeks. You will be instructed to wear a compression bra after surgery and should avoid sleeping on your stomach and any heavy lifting for approximately one month. You may be prescribed medication to manage your pain for the first few days and as needed. Scarring along the lower centers and creases of the breasts is normal, but your scars will fade considerably over time.

Patients typically experience high satisfaction with reduced back, shoulder, and neck pain, an improved ability to participate in physical activities, and a new appearance with smaller, shapelier breasts.