Breast Reduction/ Reduction Mammoplasty

Reduction Mammoplasty: The surgical removal of breast tissue to reduce the size of breasts; also known as breast reduction surgery

What is breast reduction surgery?
Breast reduction surgery/ reduction mammoplasty removes excess breast fat, glandular tissue and skin to achieve a breast size in proportion with the body and to alleviate the discomfort associated with excessively large breasts.

Who opt for breast reduction surgery?
Women with very large breasts with any of the following concern

- Physical discomfort and pain on the back and neck
- Psychological discomfort and self-consciousness often associated with having large pendulous breasts
- Recurrent maceration and infections of the skin under the breast

Who is an ideal candidate for breast reduction surgery among the overly large breast women?
Women who completed their family
Physically healthy
Breast examination and tests showing healthy enlargement

What are problems that can be solved by undergoing breast reduction surgery?
When a women with large breasts undergo breast reduction surgery, one or many of the below troubles may get cured

- Their neck and back pain raised because of large breasts
- Emotional and self-consciousness due to heavy breasts
Breast skin infections
> Pendulous breast with abnormal shape
> Large areola
> Drooping nipple problems

**What should I know before you undergo breast reduction surgery?**

> Surgery category, it is considered as major surgery; so the person who will undergo surgery should be physically and mentally healthy for successful outcome

> There will be some breast feeding difficulty if one undergoes breast reduction surgery before their pregnancies and feeding are completed

> This surgery will leave marks on the breast but fade away gradually

> Slight decrease in the nipple areola sensation is perceived after breast reduction surgery

**What is the preparation before breast reduction surgery?**

A thorough physical examination of the breast

Routine blood tests

Mammogram to rule out existing breast disease

Blood grouping, cross matching and blood reserve

Marking on the breast in sitting position, for incision planning and nipple areola location

Get prepared to stay in the hospital a day or two

**What are the steps of the breast reduction surgery?**

**Step 1 - Anesthesia**

This procedure will be done under general anaesthesia.

**Step 2 - The incision**

Incision options include:

A circular pattern around the areola

In inverted T or anchor-shaped incision pattern
Step 3 - Removing tissue and repositioning the breast mass into the shape

Step 4 - Closing the incisions. Sutures are layered deep within the breast tissue to create and support the newly shaped breasts. Sutures, skin adhesives, and/or surgical tape close the incision lines. Incision lines are permanent, but in most cases will fade and significantly improve over time.

A suction drain is inserted under the tissue, which will be removed after 24hrs.

What are the difficulties and side effects of breast reduction surgery?

The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure, and another surgery may be necessary.

Anesthesia related
- Blood loss, need for transfusion
- Hematoma formation
- Infection
- Unfavorable scar
- Asymmetry
- Higher nipple areola
- Delayed healing

Most of the side effects can complications are corrected.

What is the postoperative care required?

- Immediate post surgery, you will be given painkillers and antibiotic injections for 48 hours.
- First dressing change and drain removal done at 24 hours and you will be discharged on oral medication for 5 days.
- Cotton bra support is required for a few weeks.
Suture removal will be done after one week.
Scar massage with emollient creams has to be done for 3 months.

Does the breast re-growth occur after breast reduction surgery?
Adequate breast tissue removal is unlikely to produce reoccurrence if the same problem occurs. Mammogram and ultrasound examination is advised to rule out any breast disease/lump in recurrence cases.

Glossary: (description for technical/medical words)
- **Areola**: Pigmented skin surrounding the nipple.
- **Breast reduction**: Also known as reduction mammoplasty, the surgical removal of breast tissue to reduce the size of breasts.
- **General anesthesia**: Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma**: Blood pooling beneath the skin.
- **Intravenous sedation**: Sedatives administered by injection into a vein to help you relax.
- **Local anesthesia**: A drug injected directly to the site of an incision during an operation to relieve pain.
- **Mammogram**: An x-ray image of the breast.
- **MRI (Magnetic Resonance Imaging)**: A painless test to view tissue, similar to an x-ray.
- **Reduction mammoplasty**: The surgical removal of breast tissue to reduce the size of breasts; also known as breast reduction surgery.
- **Sutures**: Stitches used by surgeons to hold skin and tissue together.