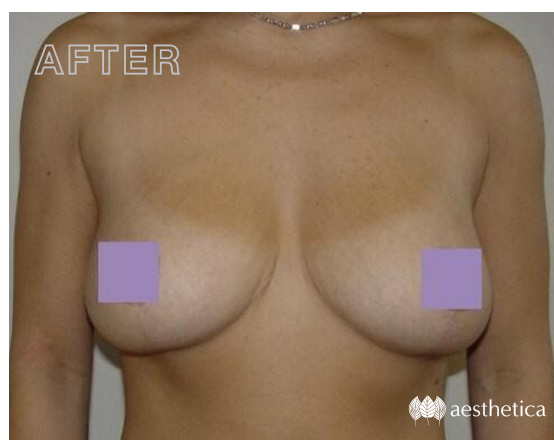
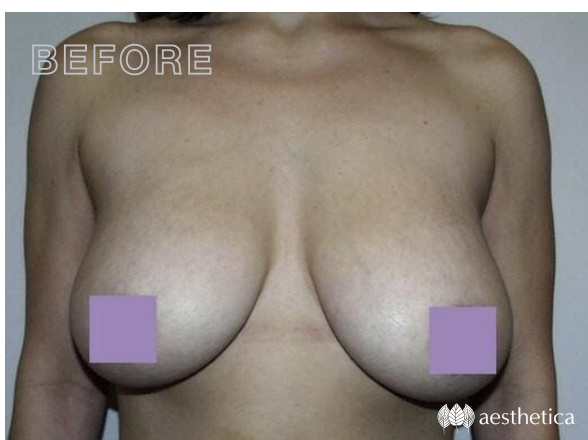
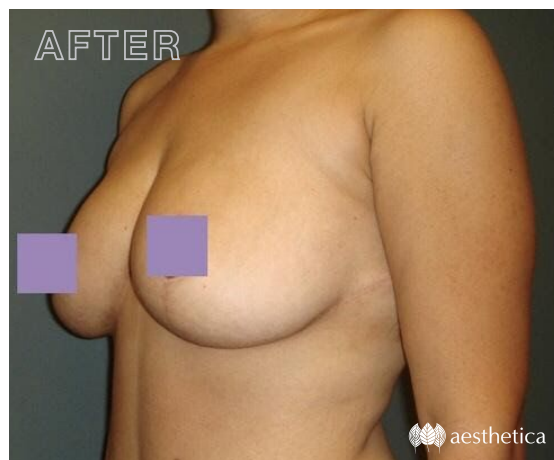
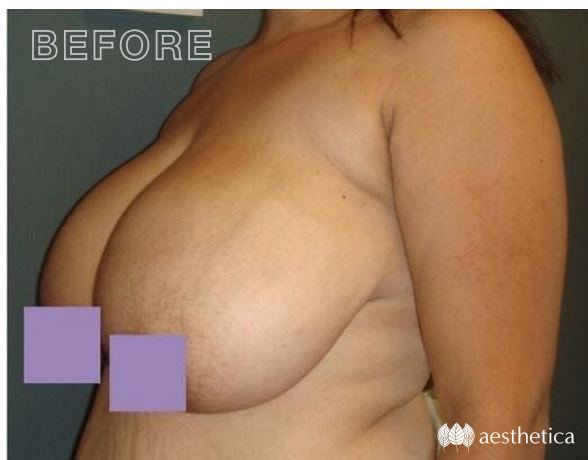


# Breast Reduction

Reduction mammoplasty, otherwise known as breast reduction surgery, is performed to reduce disproportionately large, asymmetric and/or sagging breasts. It can also help reduce the size of the areolas (the dark pink skin surrounding the nipple), which can become enlarged as the breasts develop.



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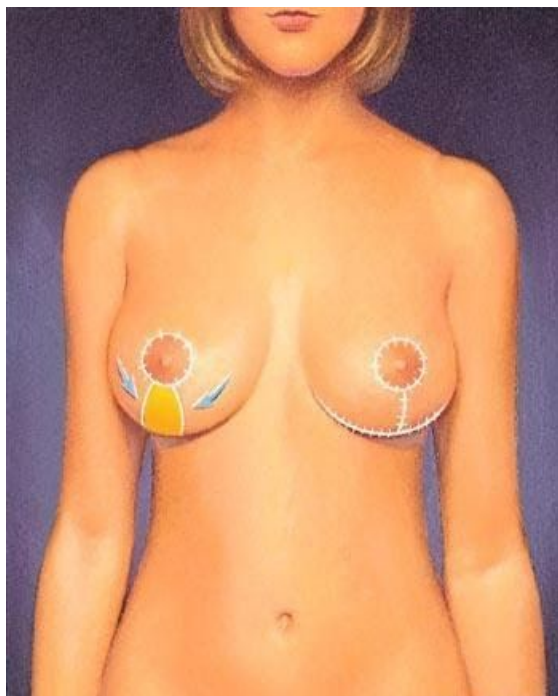
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# Breast Reduction



**PROCEDURE:** The most employed technique involves both horizontal and vertical incisions that follow the contour of the breasts. The vertical incision creates a keyhole shaped pattern around the areola. Working through the incisions, the excess breast tissue, fat and skin are excised from the breast. Skin is then removed from the area within the vertical incisions and around the areola. The nipple, areola and underlying tissue are moved through this space to a new, higher location. Another technique involves completely detaching the nipple from the breast before relocating it. Since a transplanted nipple loses all sensitivity, this approach is performed only when deemed necessary for patients with extremely large breasts. After the nipple is repositioned, skin on both sides of the breast is re-draped around the areola and then brought together to re-contour the breast. This procedure typically takes 3 hours to complete.

**RECOVERY:** Swelling and skin discoloration around the incisions will usually subside in a few days to a few weeks. Patients should refrain from lifting over five pounds, and should avoid any strenuous activity for two weeks following their procedure. Some patients will have drains placed postoperatively. Incisions are usually closed within two weeks, but can take months to lighten and fade.

**COMPLICATIONS:** Some potential complications and risks with breast reduction surgery are infection, bleeding, delayed wound healing, wound dehiscence, infection, hematoma, seroma, asymmetry, scarring, unsatisfactory scarring, nipple necrosis, sensation alteration, loss of sensation, persistent pain, nerve changes, vascular and/or lymphatic changes.

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