

# Breast Reduction

## Breast Reduction Surgery (Reduction Mammoplasty)

"Relief. Confidence. Comfort."

### What is it?

Breast reduction surgery removes **excess breast tissue, fat, and skin** to make the breasts smaller, lighter, and more lifted.

### Why do people choose this surgery?

Women with **large, heavy breasts** often suffer from:

- **Neck, shoulder, and back pain**
- **Rashes or infections** under the breast folds
- **Groove marks from bra straps**
- **Difficulty exercising or sleeping**
- **Low self-confidence or poor posture**

### What does the surgery involve?

- Involves making incisions and removes extra Breast skin & tissue.
- The nipple is moved to a higher, more natural position (while keeping sensation and blood supply intact in most cases).
- The breast is reshaped for a **smaller, firmer, and proportional** look.



Surgery time: Around 3–4 hours



Hospital stay: Usually 1–2 days



Recovery: 1–2 weeks for basic activities, 4–6 weeks for full recovery

### Who is it for?

- Women with **physical symptoms** due to large breasts
- Those struggling with **emotional or social discomfort**
- Teenagers or adults (surgery may be delayed if breast growth isn't complete)

### Benefits of Breast Reduction

- Relief from physical pain
- Better posture and mobility
- Improved confidence and clothing fit
- Easier workouts and daily activities
- Long-lasting and satisfying results

### **Important to Know**

- Scars will fade over time but may remain visible.
- Breastfeeding may or may not be affected.
- Health insurance may cover the cost if it's for medical reasons.

**You don't have to live in pain or discomfort.**

**Breast reduction can change your life — both physically and emotionally.**

Talk to a board-certified plastic surgeon to know if you're a good candidate.