

Breast Reduction

Overview

The most common misconception about plastic surgery is that it can only improve the physical aspects of specific parts of the body. Contrary to popular belief, people can also undergo plastic surgery to relieve pain, especially when dealing with bigger breasts that can eliminate and restrict physical activities. The prime example of plastic surgery that can help with chronic back pain is breast reduction surgery.



What is Breast Reduction Surgery?

Breast reduction surgery is a medical procedure used to remove excess tissue, fat, and skin from the breast area. This is typically recommended for women who have larger breasts to ease the discomfort in the back and knees area. Breast reduction surgery can also improve the body's proportions.

One of the common goals of breast reduction surgery is to improve self-confidence and body image. It can also enable people to increase their ability to participate in physical activities more efficiently.

Women with bigger breasts can suffer from chronic back and shoulder pain that might require medication for relief. It can also result from nerve pain and difficulty fitting into undergarments and clothes. Men can also undergo this type of surgery, especially those who suffer from gynecomastia or breasts that are enlarged.

Types of Breast Reduction

There are different techniques that your plastic surgeon might recommend for breast reduction. The type of breast reduction recommended to you will be dependent on the extent of the reduction, overall medical history, and personal needs. Here are some of the most common types:

Liposuction

Most plastic surgeons prefer liposuction because it is invasive. The scarring is minimal, and the results can last a long time. This is recommended for good skin elasticity and mild to no sagging.

Vertical Breast Reduction

Also known as lollipop breast reduction, this is recommended for people who need a moderate reduction in size and have moderate sagging. The lollipop breast reduction involves two different incision sites around the edge of the areola and the other one running vertically from the bottom of the areola into the crease beneath the breast. This leaves scarring underneath the breast but is not noticeable and can easily be hidden through a bra.

Inverted-T Breast Reduction

This type of breast reduction involves three different incisions: around the edge of the areola, vertically from the areola to the breast crease, and underneath the breast. This is recommended for people who have significant sagging and a more involved process in reducing the size of the breast.

Breast Reduction Consultation

If you are considering breast reduction surgery, it is recommended to consult with a plastic surgeon who is knowledgeable and reputable. The plastic surgeon will go through your whole medical history and make recommendations so that you can achieve your goals.

When consulting with a plastic surgeon, don't be afraid to ask questions so that your concerns will be properly addressed. Cosmetic surgeons are experts in the area and will give you all information you need so that you can make a decision and create a medical surgery plan that will meet your needs.