

Breast Reduction

Reduction Mammoplasty

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Breast Reduction

If you are a woman with overly large breasts, breast reduction surgery can be a tremendously life-enhancing option. Having just smaller, firmer breasts. You will also get significant relief from many physical and emotional discomforts, a new sense of freedom in your exercise and styles. physical activity, and the ability to wear a greater variety of clothing

You may be a good candidate for reduction mammoplasty if you have any of the following conditions:

- Back, neck or shoulder pain caused by the weight of your breasts
- Heavy, sagging breasts with very low nipples and areolas
- Breasts that are too large in proportion to your body frame
- Skin irritation beneath the breasts
- Indentations in your shoulders caused by tight bra straps
- Restriction of physical activity due to the size and weight of your breasts

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Feelings of self-consciousness about the large size of your breasts

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One breast that is much larger than the other

How is breast reduction performed?

The specific method chosen for your breast anatomy, Dr. Wigoda's preferences and your reduction will be determined by your desired results.

The most common method uses a three-part incision. One incision is made around the areola. Another runs vertically from the bottom edge of the areola to the crease underneath the breast. The third part is a horizontal incision beneath the breast, which follows the natural curve of the breast crease.

After the surgeon has removed the excess breast tissue, fat and skin, the nipple and areola are shifted to a higher position. The areola, which is usually larger than ideal, is reduced in size. Skin that was formerly located above the nipple is brought down and together to reshape the breast. Liposuction may be used to improve the contour, especially on the sides of the breasts.

The nipples and areolas usually remain attached to their underlying tissue as they are moved to their higher position, allowing one's sensation to be maintained.

Breast Reduction Photos

Frequently asked questions:

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