

Breast Reduction

Many women have symptoms related to excessively large breasts: back pain, neck pain, shoulder pain, headaches and rashes of the skin. Breast reduction, also known as Reduction Mammoplasty, is very effective in helping women become more comfortable, more active, and generally, more healthy.

This procedure is one of the most common procedures performed at Northland Plastic Surgery, and most women report immediate relief.

Indications for breast reduction include large, heavy, pendulous breasts associated with the following symptoms:

- **Back pain, neck pain and/or shoulder pain**
- **Inframammary rashes or dermatitis**
- **One breast is much larger than the other**
- **Indentations in shoulders from tight bra straps**
- **Restriction of physical activity due to the size and weight of breasts**
- **Headaches, paresthesias or other symptoms**



The Procedure

During reduction surgery the breasts are substantially reduced in size, somewhat lifted and improved in shape. When drains are inserted, they are typically removed in 24 hours. The procedure is often performed as out-patient surgery and averages about two hours. Post-op pain tends to be minimal.

Post-Op Care

Two weeks of wound care are required post-operatively. Activity for the patient is somewhat limited during this time. After two weeks most women ease into normal activities, although strenuous exercise is restricted for 4-6 weeks. Over the long-term, regular breast cancer surveillance and exams are still required. The ability to breastfeed may or may not be impacted. There are no long-term activity limitations.

Insurance Coverage

In most cases breast reduction surgery is covered by insurance. Most insurance companies have a set of criteria that is used to determine medical necessity regarding symptoms, prior medical treatment, and the amount of tissue to be removed. At NPS, we assist the patient in obtaining insurance authorization prior to starting the procedure.



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CHRISTINE'S *Story*

Christine sought our help because she was suffering from back and shoulder discomfort, as well as headaches.

After a careful consultation and a thorough education process, she decided to proceed with breast reduction surgery.

She had a smooth recovery and her pre-operative symptoms have dramatically improved.

"I was nervous and a little unsure how much of a difference it would actually make. Now I can say that on an everyday basis I feel the tremendous results. I can do more physically and my shoulders no longer ache. The unexpected bonus is that I feel more feminine again. I just feel better about myself." ~ Christine