



# BREAST REDUCTION



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## What Is Breast Reduction?

A breast reduction surgery or medically known as mammoplasty is not just a personal choice to appear attractive; it is a solution to women struggling with overly large breasts causing then shoulder, back & neck pain or those who are not happy or are self-conscious about the large breasts. Large breasts often appear droopy which could result in lower confidence due to poor physical appearance.

Breast Reduction procedure is done if:

- You have very big breasts
- You have droopy or ptotic breasts
- You experience shoulder and upper back pain due to heavy breasts.
- Your one breast is larger than the other.
- You get deep furrows in the shoulders caused by the strips of the bras
- You get skin alternation in the sub-mammary area
- You have stretch marks due to heavy breasts
- You are unhappy and self-conscious about the large appearance of your breasts

## What Breast Reduction Can / Can't Do

### ✓ Can

- Reduce the size of your breasts
- Make your breasts equal in size
- Improve the overall contour of your breasts
- Relieve back and neck pain by reducing breast size
- Make you less self-conscious

### ✓ Can't

- Go against the natural shape of your breasts
- Remove only fat through liposuction and get results
- Make your breasts look like they did pre-pregnancy

## What is the Procedure of Breast Reduction?

Anaesthesia:

- Local

### The Incision:

- The incision is from areola going inferiorly till short of inferior mammary line
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### Procedure:

- Liposuction is performed using latest technique of short scar superomedial type
  - A special handling and suturing techniques further minimize the scar
  - When the intervention is finished, a semi-compressive dressing is placed on the breasts as well as a drain if it is surgically indicated
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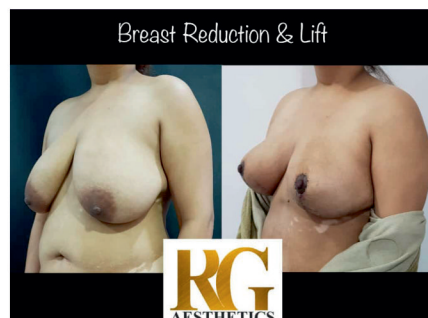
## Recovery After Breast Reduction?

- You may experience small amount of swelling, bruising and discomfort in the first 24 – 48 hours, but you can do your daily chores and go for a walk if desired
- You can return to work 3 days post surgery if you have a sitting job that doesn't require strenuous activity
- One can start driving 7 days post op, but it always has to be wearing the bra which has to be used during day and night time
- Majority of the patients feel normal, one month post surgery. By then, most of the bruising, discomfort and swelling subside
- By 6-8 weeks, you will be cleared to do all types of physical activity again



- The breasts will still continue to “settle” into their final position over the course of the next few months
- You will be advised to wear a compression garment for 6 weeks
- Please note that each person is different and so is their recovery timeline. The above is only interpreted as a general guideline, rather than a rule





## About Dr. Rajat Gupta



**Dr. Rajat Gupta** is a gold-medallist, board-certified plastic surgeon in India. As the National Secretary of the Indian Association of Aesthetic Plastic Surgery (IAAPS), he has been accredited with consistently raising the standards of aesthetic surgery in the country.

He also consistently trains prospective plastic surgeons coming from all over the world to learn the finesse with which he performs every procedure, using refined cosmetic surgery techniques and technologies.

His clientele includes the who's who of the Indian film industry, alongside prominent politicians and several international patients.

Today, Dr. Gupta sports unparalleled expertise in cosmetic surgery with a keen eye for detail and an in-depth understanding of aesthetics.

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