
Breast reduction

By editor

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Breast reduction or reduction mammoplasty is an outpatient surgical procedure which involves the reduction in the size of breasts by excising fat, skin, and glandular tissue; it may also involve a procedure to counteract drooping of the breasts. As with breast augmentation, this procedure is performed most often on women, but may also be performed on men afflicted by gynecomastia.

Many women seek breast reduction surgery because of oversized breasts, a condition that is medically known as breast hypertrophy. Breast hypertrophy typically occurs in both breasts and happens at puberty or soon afterward.

Sometimes the over-enlargement of breasts occurs during pregnancy, and then the enlargement persists. Although rare, the sudden onset of breast enlargement does occur.



Before



After

Plastic surgery can treat these conditions. The cause of over-enlarged breasts is unknown. Breast reduction surgery (reduction mammoplasty) removes some of the tissue and skin from the breasts to reshape and reduce the size of the breasts. It can also make the area of dark skin surrounding the nipple (areola) smaller.

To remove tissue and skin from the breast, the surgeon first makes one or more cuts in the breast. After the excess tissue and skin have been removed, the skin is closed with stitches. Sometimes the nipple and areola have to be removed and stitched to a new spot. This can cause a loss of feeling in the nipple, since it has to be cut off from the nerves supplying it.

Breast reduction surgery is done in a hospital or surgical center using general anesthesia.

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