

# Mammoplasty

## (Breast reduction )

Plastic surgery is a special type of surgery that can change a person's appearance and ability to function. Breast reduction is usually performed for enlarged breasts (macromastia), but may also be indicated by:

- Cystic breast infections (polycystic mastitis)
- Back pain, neck pain, shoulder pain, breast pain, or headaches
- Loss of sensation in the breasts, arms, or fingers
- Sleeping problems or poor posture resulting from large breasts
- Pigmented bra-strap groove Striae (scarlike lines) on the breasts

For a reduction in breast-size, some of the breast tissue is removed and the nipples are relocated higher on the breasts for cosmetic reasons. After surgery, a bulky gauze dressing is wrapped around the breasts and chest. Sometimes a surgical bra is used. Pain is controlled by medication, and usually subsides in a day or two. Most patients stay in the hospital for two days.

The dressing is replaced by a soft bra within the first week, and it must be worn for several weeks. Generally, the swelling and discoloration around the incisions subside within a few days. There may be temporary loss of sensation in the breast skin and nipples after surgery. This condition improves with time. Within two weeks of surgery, stitches (sutures) are removed .

## Risks

Breast reduction surgery has the same risks as any other type of major surgery — bleeding, infection and an adverse reaction to the anesthesia.

Other possible risks include:

- Bruising, which is usually temporary
- Scarring
- Removal of or loss of sensation in the nipples and skin surrounding the nipples (areolae)
- Difficulty or inability to breast-feed

Differences in the size, shape and symmetry of the surgically altered left and right breasts, which might lead to further surgery to improve your appearance

## Before the Procedure

Your surgeon may give you instructions to follow before your surgery. You may need to:

Stop any medicines that thin your blood. Your surgeon will give you a list of these medicines.

See your regular health care provider to have some routine tests and make sure it is safe for you to have surgery.

To aid with healing, stop smoking 2 to 3 weeks before and after surgery.

Arrange to have someone drive you home after surgery.

## After the Procedure

Immediately after surgery:

- Your breasts will be covered with a gauze dressing or bandages
- A tube might be placed under each arm to drain any excess blood or fluid

You likely will take medication for pain and antibiotics, to decrease your risk of infection  
For the first days or week after surgery:

- Your breasts will probably feel tender and sensitive
- Your breasts might be swollen and bruised

Your surgeon might recommend an elastic compression bra to protect the breasts

After that:

- You'll need to limit physical activity for two to four weeks while the breasts heal

Your surgeon might suggest avoiding underwire bras for a few months after surgery  
Scarring usually fades over time. You will need a follow-up visit with your surgeon to remove stitches and check your recovery .

- Successful breast reduction surgery can relieve pain in your upper back, neck and shoulders. It might also increase your ability to participate in physical activities and promote a more positive self-image.
- Although you'll see results immediately, remember that it can take months for the swelling to completely go down and the surgical scars to fade. The final result is generally permanent — although breast shape and size can change due to factors such as aging and weight gain or loss.



Sources : [Www. Medline Plus](http://www.Medline Plus)



## Mammoplasty

with the education approach



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