

Breast Reduction Guide



THE VENKAT CENTER
FOR SKIN ENT PLASTIC SURGERY

What is breast reduction surgery?

This procedure removes fat and glandular tissue from the breast while tightening skin to produce smaller breasts that are more comfortable and in better proportion to the rest of the body. A breast reduction can help a patient regain confidence and enjoy a renewed self-image by creating a body contour she is proud of.

Breast reduction can either be done by liposuction for smaller breasts or surgically for larger breasts.

Who is a good candidate for breast reduction?

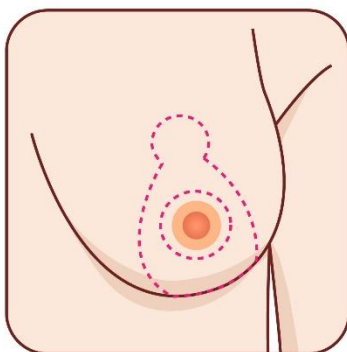
- Women with large sagging breasts
- Back pain due to large breasts
- Good physical condition
- No respiratory conditions, non smoker

What are the benefits of breast reduction?

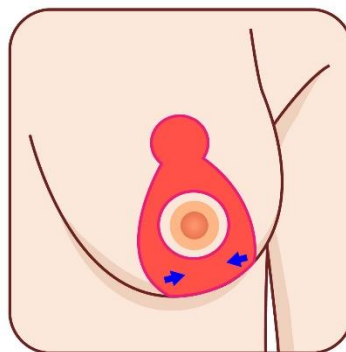
- Less weight to carry
- Reduction of neck pain, back pain, shoulder pain
- Better fitting bras and garments
- Improved social confidence

What happens before breast reduction surgery?

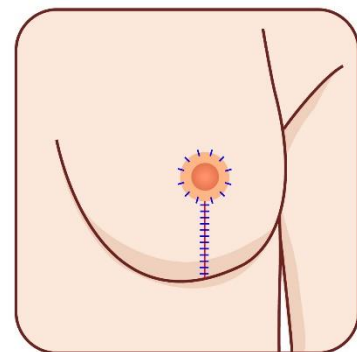
At Venkat Center Bangalore, you will be evaluated and several measurements taken to decide which technique of breast reduction is necessary. For smaller breasts liposuction is advised. For larger reductions surgical reduction is preferred



Design phase



- Nipple moved up
- Skin tightened



Suture

Points to note before procedure

- Your general physical examination and some routine lab tests are done to evaluate your fitness for surgery.
- It is important you stop smoking for 2 weeks prior to surgery.
- The operation is performed under general anesthesia however, the majority of the patients can be discharged a few hours following surgery feeling quite comfortable and generally free of pain.

What happens during breast reduction surgery?

The breast reduction procedure at Venkat Center Bangalore is performed under general anesthesia and takes about two to four hours, depending on the techniques used and each patient's individual case. It is done as a daycare procedure and patient goes home the same day. There are several different types of incisions that may be used for this procedure.

- **Traditional Breast Reduction Surgery** – This technique involves an anchor or inverted T shaped incision, and is ideal for women with extremely large breasts. Skin, fat and tissue can be removed from the lower breast; the nipples and areolas may be repositioned as well. There is one scar vertically down from the nipple. And another horizontal scar in the breast fold
- **Vertical-Incision Breast Reduction** – Also known as short-scar, this technique involves incisions that extend around the areola and down to the breast crease in a lollipop shape. Vertical incision is ideal for women with moderately large breasts and creates shapelier results with less scarring for women who do not require extensive tissue removal
- **Scarless Breast Reduction** – Scarless breast reduction uses liposuction techniques to reduce the size of the breast with little or no scarring. Because liposuction removes only fatty tissue, patients should have more fatty tissue than glandular tissue. This is done under local anesthesia

How much time off work?

Patient goes home the same day or the next day.

Patient can work from home after 2 days. And go back to work after 5 days

What is the recovery after surgery like?

- If done under general anesthesia, the patient is kept overnight. If done by liposuction then the patient is sent home the same day.
- Drains may be placed for 1-2 days
- After the breast reduction procedure, patients will likely experience soreness, swelling and bruising for several days.
- Bandages will be removed after two days and replaced with a surgical bra.
- Physical activity should be limited for one to two weeks, while exercise and other strenuous activity should be avoided for at least four weeks.

What is the cost of breast reduction surgery?

Breast reduction cost varies depending on the patient and the technique needed.

The cost of breast reduction surgery depends on many factors such as

- Extent of surgery
- Type of technique used
- Primary or secondary surgery
- Need for implant

The cost of breast reduction surgery usually varies from Rs 70000 to 140000 (excluding taxes, investigations, implants, and medications)
Contact us for a consultation and a personalized quote

SUMMARY

1	Anesthesia	General
2	Surgery time	2-3 hours
3	Admission time	Day care/ over night
4	Back to work in	Work from home in 2 days. Going out after 5 days
5	Full result in	6-9 months
6	Cost	Rs 70000 to 1.4 lakh. (1000 to 2500 USD)



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What's UNIQUE about The Venkat Center Bangalore

Dr. Aniketh will guide you through every step of the procedure. During the consultation, you will be evaluated and a personalized plan presented to you based on what would give you the best result

Dr. Aniketh is a highly trained and experienced cosmetic surgeon having worked with experts in plastic surgery all over the globe- Istanbul, USA, Belgium, Taiwan.

Dr. Aniketh has trained in all types of breast reduction during his USA fellowship under Dr. Bill Adams, Dr. Simeon Wall and others. Hence he is ideally suited to choose the procedure that would best work for your condition.

CONTACT US

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