

What You Need To Know About Breast Reduction Surgery

Women with large breasts might find it difficult to live a healthy lifestyle. Females with enlarged breasts can have numerous symptoms due to excessive breast weight, like painful breathing, migraines, and back, shoulder, and neck pain. The weight of heavy breasts usually leads to strain and discomfort in the back, neck, and shoulders.



Breast reduction surgery involves the removal of breast tissue, skin, and fat to reduce breast size or reshape the breasts. When an individual chooses to reduce breast size, she can alleviate all of that tension, eliminate pain, and improve one's quality of life.

*When an individual has large breasts, the lower breast and breast fold can be prone to rashes or infections. **Breast reduction surgery** can provide relief from these rashes or infections, resulting in improved hygiene and better health.*

One of the greatest benefits of breast reduction surgery is that it will improve the exercise experience. If breast, shoulder, or back discomfort keeps an individual away from exercising, then reducing breast size could make them more active.

*The **plastic surgeon in Delhi** Dr. Mrinalini Sharma, recommends breast reduction surgery if individuals have large breasts that are disproportionate to their body frame. By reducing the size, one can have a more well-balanced figure, with breasts that are more youthful-looking. If an individual has large breasts, finding clothes that fit well can be difficult and frustrating. With [**Breast Reduction Treatment in Delhi**](#), one can achieve well-proportioned breasts and this will help one to fit into clothing better. It will also provide relief from bra straps digging into the shoulders, which can cause pain, marks, and even scarring.*

Breast reduction surgery can be performed in the following three ways:

- 1. Liposuction:** In a liposuction procedure, the surgeon will make small cuts in the skin and insert a thin tube connected to a vacuum that suctions fat and fluids from the breast. This procedure is best suited for small reductions and for candidates whose skin snaps back into place.
- 2. Vertical:** This procedure is for moderate breast reductions and visible sagging. The surgeon will make cuts around the areola and down to the crease beneath the breast, remove extra tissue and fat, reshape the breast and lift it.
- 3. Inverted T or anchor:** In this procedure, the surgeon will make cuts around the edge of the areola, from the areola to the breast fold and along the fold underneath the breast. This procedure is best for large reductions and for candidates who have a lot of sagging or unevenness.

Things to know about breast reduction surgery:

- 1.** The candidate might not be able to get the exact cup size they want. Breast size can be reduced based on size and breast composition. Most breast reduction candidates go down to one to two cup sizes.
- 2.** The candidate will get a breast lift too. The surgeon will remove excess tissue and skin to make the breasts smaller and then move the nipples up in a position to give them a lift.
- 3.** The candidates will have scars. The swelling will slowly improve over several weeks. In most people, the scars improve within a year after surgery, but they are always there.
- 4.** There is a chance that the candidate will have decreased nipple sensation. Immediately after surgery, the nipples might feel numb. Some sensation in the nipples almost always comes back, but it might take a month or two.
- 5.** Breast reduction surgery might affect the ability to breastfeed later. A woman might find it difficult, but not necessarily impossible to breastfeed.
- 6.** Candidates may have drains in the breasts. This can decrease swelling and discomfort while the candidate heals.
- 7.** The candidate will experience the most discomfort in the first few days after surgery. It is common to have pain and soreness for several days. The candidate should not be afraid to use

pain medicines during this time. Resist the urge to scratch and ask the surgeon about applying creams or lotions.

8. Sleeping may be a challenge for a little while. Keeping the upper body elevated will help decrease discomfort and swelling. The candidate needs to stay on the back as much as possible during recovery. It may help to position pillows under the knees and along the sides to prevent rolling.

9. The candidate should not exercise or do anything strenuous for three to four weeks. The body will need the energy to heal itself, so vigorous exercise will probably be the last thing on the candidate's mind. However, the surgeon encourages the candidate to walk very soon after the surgery. This helps in preventing blood clots.

10. The size and appearance of the breasts will continue to change as the candidate recovers. The breasts need time to settle into their new appearance. The scars will continue to change as well. Most women are happy with the results of breast reduction surgery as they experience an improvement in their quality of life as well.

The [Breast Reduction cost in Delhi](#) can vary from patient to patient. For more information about the surgery cost, consult Dr. Mrinalini Sharma at Aestiva Clinic.