

Open Breast Reduction

Individuals who are affected by disproportionately large breasts that cause neck pain, back pain, or other physical symptoms should consider open breast reduction surgery. Breast reduction surgery is ideal for those who want to achieve any of the following:

- Alleviate persistent neck and back discomfort
- Relieve shoulder pain resulting from bra straps
- Improve posture
- Eliminate painful rashes under the breasts
- Increase self-esteem

Dr. Shu has developed an innovative effective method for open breast reduction procedure that combines the techniques of VASER liposuction and traditional surgery. By using the VASER technique, Dr. Shu will first remove the majority of excess fat from the patient's breasts before continuing with the reduction process. This allows for a cleaner procedure and less chance of complications during the surgery.



Frequently Asked Questions

How is breast reduction surgery done?

VASER liposuction is performed first to remove excess fat in the breast under the tumescent (local) anesthesia and IV sedation, then an incision is made around the nipple, then downward on the breast in a keyhole form. Any excess skin, tissue and fat are removed; the nipple is relocated for cosmetic purposes.

Can I breastfeed after breast reduction?

Being able to breastfeed after breast reduction surgery cannot be predicted since many of the milk glands are removed during the procedure. Scar tissue may also impair the ability of the breast ducts to transport milk to the nipple. However, many women do successfully breastfeed after breast reduction surgery.

Does insurance pay for breast reduction surgery?

In many cases, medical insurance will cover most of the cost of breast reduction surgery. However, individual insurance plans vary, so the conditions may vary for coverage.

What are the risks of breast reduction?

Complications are rare but can occur. Risks that pertain to almost all surgeries include risks associated with bleeding, infection, scar formation and adverse effects related to medications. The risks specific to breast surgery include loss of feeling or sensation of the nipple and skin of the breast, delays in healing, and loss of circulation to the nipple. The scars will fade somewhat after the surgery has been completed but could take many months or even years to do so.

What is the age limit for getting a breast reduction?

There generally is not an age limit for this procedure.

What cup size will I be after the surgery?

Most women who undergo breast reduction will end up as either a large C or a small D cup. However, some women have expressed that they would like to be smaller than this size. Although it is possible to reduce the size down further, reducing the breasts to a large C or small D is usually enough to relieve patients of their symptoms. In addition, the build and weight of the average breast reduction patient is such that anything smaller than a large C cup would not be proportional.

What is the recovery period like?

After surgery you will experience some pain. There may be initial sensation loss while your breasts are swollen. Also, pain medications are usually given. You may be required to wear a surgical bra for several weeks until the swelling and bruising decrease.

For the first few months after surgery you may also experience shooting pains throughout your breasts, which eventually fade away. Recovery time varies for each patient, but most patients resume normal activities within 48 hours of the surgery.

Contact Information

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