

What is Breast Reduction Surgery?

Breast reduction is surgery to remove extra fat, tissue, and skin from the breast. Having big breasts that are out of proportion to the rest of your body can cause neck pain, back pain, or other symptoms. It would be best if you considered visiting a doctor for breast reduction surgery.

Most women are worried about their breast size and go for breast reduction surgery that results in satisfaction. Men with conditions such as gynecomastia also go for breast reduction surgery. Because it's a major surgery, you should know all the benefits and potential complications. So, it would be best if you considered contacting the [best plastic surgeons in Houston](#).



Breast Reduction Surgery Consultation

Before the surgery, you should consult with the surgeon and discuss any history, whether you have had breast removal surgery or a condition affecting your breast. Your surgeon will also ask for a family medical history.

You should be open with the surgeon about the drugs and medication you are on before the breast reduction surgery. You should also be prepared to tell them about your breast, how it physically felt, and the conditions you have had.

The surgeon may take photos of your breast, measure them, and ask your objective about the reduction surgery. Also, they will tell you about the preparation for surgery and planning for recovery.

During the consultation, they will ask you to maintain your daily habits and avoid smoke. You also must take some medications, including aspirin or other drugs such as Motrin or Aleve.

How to Prepare for Breast Reduction Surgery?

Your body should be in good physical shape and follow instructions before and after the breast reduction surgery.

Before surgery, make your home for better recovery. Have these things in hand:

- Plenty of ice
- Loose, comfortable shirts
- The doctor recommends special ointments or creams for the incision site.
- Gauze and clean washcloths and towels.

Breast Reduction Surgery Procedure

It depends on your case whether your doctor will recommend outpatient facility or you may have to stay at the hospital for at least one night. In both cases, your doctor will administer general anesthesia, which means you will get sleep during the whole procedure. This surgery may take 2 to 5 hours to complete, sometimes longer.



Your doctor could use one of a few surgery treatments, depending on the shape and size of your breast, how much tissue needs to be removed, and how you want to look after the surgery.

Liposuction

The surgeon will make minor cuts on your skin, and the thin tube is connected to a vacuum that sucks fat and fluid from your breast. This option is the best for slight reduction for patients whose skin will snap back into place.

Vertical

This method is for moderate breast reduction and visible sagging or **Breast Lift**. The doctor will make cuts around your areola and beneath your breast, removing extra tissue and fat.

Conclusion

Suppose you are looking for breast reduction surgery for better shape and size. In that case, you should consider visiting a **premier plastic surgery** to know what is best for you, and they also treat large and small **buttocks** issues.

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