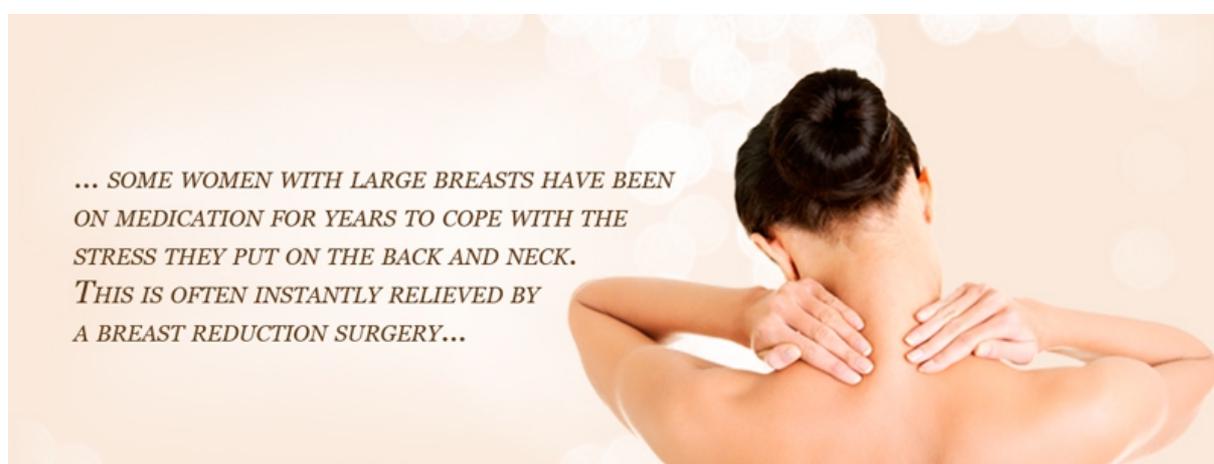


Breast Reduction Surgery

A Life-Changing Solution for Large, Heavy & Uncomfortable Breasts

What constitutes the ideal or perfect female breast is a question with no single correct answer, since it has always depended upon epoche, nationality, culture and fashion. Thus the form and size of the ideal breast just twenty years ago might today have been totally replaced by an ideal that is quite different. But whilst the modern western trend towards increasing the breast size, often by means of implant surgery, has given an ever-growing number of women the opportunity to achieve the breast size and shape that they have always desired, there is today an increasingly prevalent counter-trend of women who believe their breasts to be too large for one reason or another, and who consequently seek to reduce the size of their breasts through Breast Reduction Surgery. Very large and heavy breasts may cause considerable physical and/or psychological distress. Discomfort such as neck, back and shoulder pain, poor posture and skin irritation may occur.

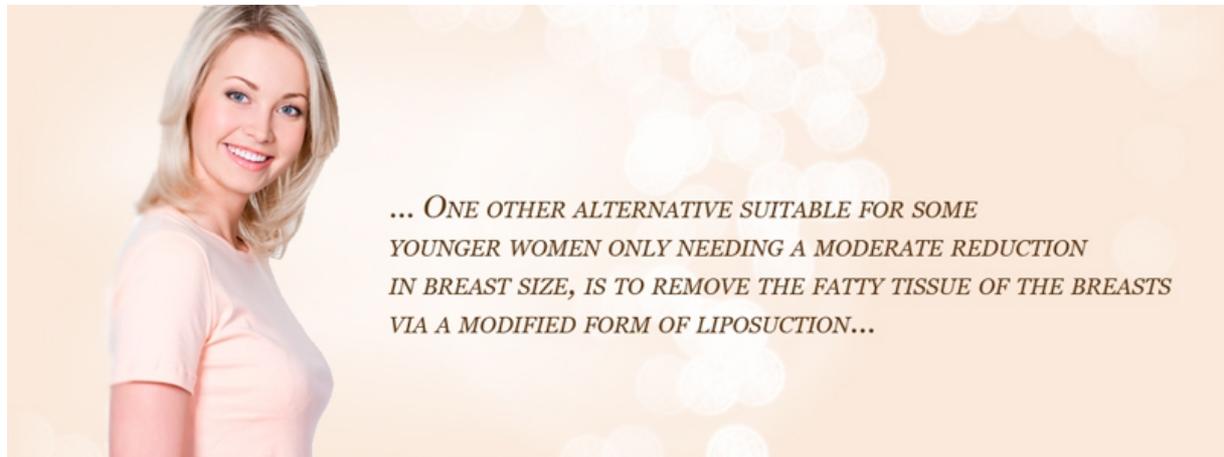


... SOME WOMEN WITH LARGE BREASTS HAVE BEEN ON MEDICATION FOR YEARS TO COPE WITH THE STRESS THEY PUT ON THE BACK AND NECK. THIS IS OFTEN INSTANTLY RELIEVED BY A BREAST REDUCTION SURGERY...

According to Dr Allen Rezai, Consultant Plastic & Reconstructive Surgeon of Harley Street, London, and also founder of Elite Plastic & Cosmetic Surgery Group in Dubai Healthcare City, the condition whereby some women have disproportionately large, heavy breasts is known medically as *mammary hypertrophy*. And in addition to the aesthetic implications, including difficulty wearing fashionable clothes, they also often interfere with social and sporting activities. Large breasts can also cause various symptoms such as back and neck pain and may predispose the woman to arthritis in these areas. Further, many women suffer with repeated skin infections in the fold beneath the breast. These women often benefit tremendously from a breast reduction, states Dr Rezai.

Dr Rezai goes on to state that some women with large breasts have been on medication for years to cope with the stress they put on the back and neck. This is often instantly relieved by a breast reduction surgery, he says. Excessively heavy breasts can also chafe, leading to bleeding underneath the breast and if this becomes raw, then infection can set in, continues Dr Rezai.

Dr Rezai continues by explaining that Breast Reduction Surgery, also known as *Reduction Mammoplasty*, involves removal of excess breast tissue and fat so as to relieve the weight and make the breast more manageable. Excess skin is also removed during the procedure and the nipple areola is recentralised on the resulting breast mound to form a smaller more naturally shaped breast. The resulting effect is not only more aesthetically pleasing, but it can also produce a significant functional benefit.



As with most surgical procedures, there are various surgical options that depend upon the wishes of the patient, her age, technical considerations and also the preferences of the surgeon. These will all be discussed in detail prior to the operation at consultation with the surgeon.

Breast reduction will involve a certain amount of scarring. Dr Rezai explains that “The extent of incision required depends on the size and droopiness of the breasts and is determined by the amount of tissue and skin to be removed and how much the nipple must be raised. These scars may be restricted to the area around the nipple, when using what is known as the circumareolar or donut incision, extend down towards the breast crease, when using the lollipop incision, or also continue along the breast crease, when the anchor incision is employed. In my practice I make every effort to use limited incisions hence minimise scarring while achieving the desired size and an aesthetically pleasing breast shape.

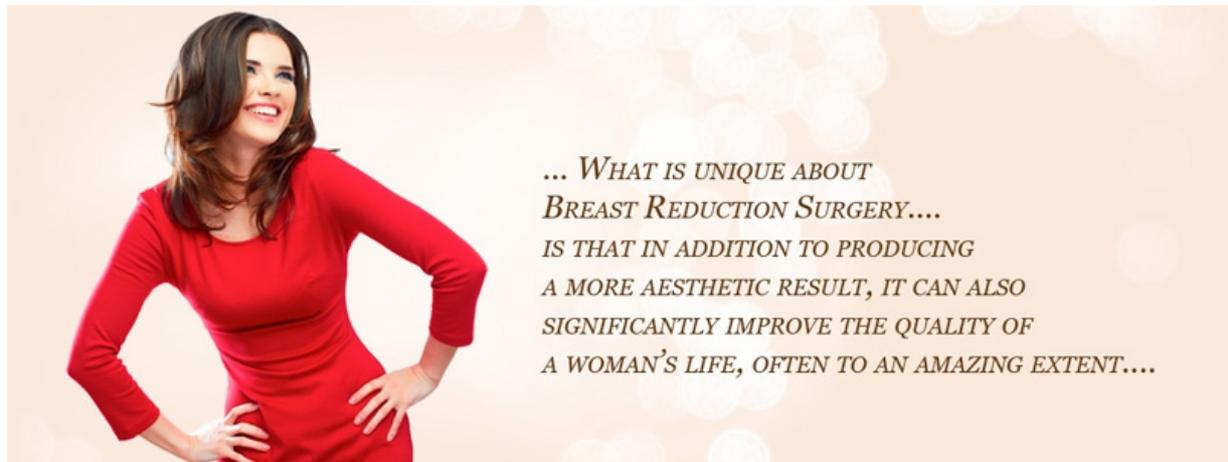
One other alternative suitable for some younger women only needing a moderate reduction in breast size, is to remove the fatty tissue of the breasts via a modified form of liposuction. This avoids the scarring normally associated with Breast Reduction, however, suitability for this option can only be fully assessed by your surgeon during consultation.”

“Many women quite naturally want to know what their final breast size will be,” says Dr Rezai, “however it is difficult to know the exact answer to this, as enough breast tissue must be left to support the blood supply to the nipple and areola complex. This varies from person to person. In general, though, breast reduction can achieve at least a two to three cup size reduction.”

... CONTRARY TO POPULAR BELIEF, LARGE BREASTS ARE NOT DIRECTLY CAUSED BY BEING OVERWEIGHT, AND VERY SMALL WOMEN CAN HAVE OVERSIZED BREASTS. THE ISSUE IS ONE OF GLANDS AND NOT OF FAT...



When considering who might be a good candidate for Breast Reduction surgery, Dr Rezai explains that “women whose breasts are large and heavy especially when they are out of proportion to the woman’s height and weight, causing them a great deal of distress and discomfort, back and neck pain, skin irritation, and posture problems. Sometimes these conditions may be inherited traits.” says Dr Rezai, who adds that “there are many women who may find participating in some physical activities painful or awkward or who feel restricted by the way that their heavy and large breasts interfere with their confidence to choose certain items of fashionable clothing, and women whose self-esteem, social confidence or relationships are affected by concerns about the appearance of their breasts. These are all reasons why some women might consider breast surgery of one type or another. Furthermore, contrary to popular belief, large breasts are not directly caused by being overweight, and very small



... WHAT IS UNIQUE ABOUT BREAST REDUCTION SURGERY... IS THAT IN ADDITION TO PRODUCING A MORE AESTHETIC RESULT, IT CAN ALSO SIGNIFICANTLY IMPROVE THE QUALITY OF A WOMAN’S LIFE, OFTEN TO AN AMAZING EXTENT....

women can have oversized breasts. The issue is one of glands and not of fat." says Dr Rezai.

According to Dr Rezai, the procedure for Breast Reduction, will be carried out under general anaesthetic and may take from 2 to 3 hours depending on the extent of surgery. The majority of patients stay in hospital overnight and sometimes for 2 nights. A return to normal physical activity and exercise varies and depends on the extent of the operation.

Dr Rezai further explains that “following the operation, as the healing process is gradual, patients should expect to wait at least a few months to get an accurate picture of the results of their surgery. Incisions will fade over a number of months until they become barely visible, although it is important to remember that no surgical scar will ever totally disappear. However most women consider the inherent scarring to be a more than acceptable trade-off for the significant advantages of not having their large heavy breasts.”

According to Dr Rezai, for the great majority of women, the results of their breast reduction last for many years, and unless the operation is performed at a young age, it is very unlikely that the breasts

will regrow. However, as with all women, excessive weight gain or pregnancy will alter the breast size and shape. Also with age the breasts are likely to sag as normal.

What is unique about Breast Reduction Surgery, concludes Dr Rezai, is that in addition to producing a more aesthetic result, it can also significantly improve the quality of a woman's life, often to an amazing extent.

Dr Allen Rezai is a Consultant Plastic and Reconstructive Surgeon with clinics in Harley Street, London, UK and at Elite Plastic & Cosmetic Surgery Group in Dubai Healthcare City, UAE.

For more information please call **+971 (0) 4 431 2396**.