

Breast Reduction Surgery

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ABSTRACT

Breast reduction is a surgical procedure used to reduce the size of the breasts and improve the shape and proportion of the body. This procedure can relieve back, neck, and shoulder pain, as well as improve the confidence and quality of life of patients suffering from large, heavy breasts. Breast reduction is an effective and safe surgical intervention to decrease the size of the breasts and improve the quality of life of patients.

KEYWORDS: Breast reduction, improvement, quality of life

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INTRODUCTION

Breast reduction is a surgical procedure used to reduce the size of the breasts and improve the shape and proportion of the body. This procedure can relieve back, neck, and shoulder pain, as well as improve the confidence and quality of life of patients suffering from large, heavy breasts.

Breast hypertrophy is a common medical condition that affects many women around the world. It is estimated that 10% of women suffer from large and heavy breasts that cause pain and discomfort. Symptoms can range from chronic upper body pain to breathing difficulties and posture problems. In addition, breast hypertrophy can have a negative impact on women's self-esteem and quality of life.

Breast reduction is an effective solution to reduce breast size and improve body shape and proportion. Over the years, there has been an increase in the popularity of this procedure due to the satisfactory results it offers. However, the decision to undergo breast reduction is a personal choice and should be carefully considered in conjunction with an experienced plastic surgeon.

In this literature review, the epidemiology and significance of breast reduction will be discussed, as well as the theoretical framework behind the surgical technique and a discussion of the different techniques available. Epidemiology

Breast reduction is an increasingly common surgical intervention, especially in women. According to data from the American Society for Plastic and Reconstructive Surgery (ASPRS), more than 97,000 breast reduction procedures were performed in the United States in 2020, a 5% increase over the previous year. In addition, it is estimated that around 2% of women will experience health problems related to the size

of their breasts throughout their lifetime, indicating that breast reduction remains an important option for many patients.

Breast reduction can have a significant impact on the quality of life of patients who receive it. Women with large breasts often experience health problems such as back, neck, and shoulder pain, skin irritation, infections, and difficulty finding suitable clothing and bras. In addition, these women may feel self-conscious or embarrassed about the size of their breasts, which can affect their self-esteem, confidence, and overall quality of life.

Breast reduction can significantly improve these health issues and psychological well-being. Patients report a significant reduction in back and shoulder pain, an improvement in the ability to perform daily activities, greater comfort when exercising, and greater satisfaction with the appearance of their breasts. In addition, surgery can improve posture and reduce the incidence of skin irritation and other infections related to large breasts.

Novel techniques

There are several surgical techniques available, each with its own advantages and disadvantages. Next, we will briefly describe the most common techniques:

Vertical breast reduction: This technique involves making incisions around the areola and downwards, following the vertical line below the breast. This technique allows for the removal of a significant amount of breast tissue and skin, resulting in a more natural form of the breast. However, this technique has a higher rate of complications, such as visible scarring and healing problems.

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Breast reduction with anchor scar: This technique involves making an incision around the areola, a second vertical incision from the areola to the bottom of the breast and a third horizontal incision under the breast. This technique is suitable for extreme breast reductions, but can leave more prominent scars than other techniques.

Breast reduction assisted liposuction: This technique uses liposuction to remove excess breast tissue. It is less invasive than other techniques and may be suitable for patients with relatively small breasts or patients who want minimal reduction. However, this technique is not suitable for patients with loose skin or sagging breasts.

Upper pedicle breast reduction: This technique involves removing breast tissue through an incision in the upper part of the breast. This technique is commonly used for patients with relatively small breasts or for patients who want minimal reduction. However, this technique is not suitable for patients with loose skin or sagging breasts.

Ultimately, choosing the right surgical technique will depend on several factors, such as the amount of breast tissue to be removed, the quality of the skin, and the aesthetic goals of the patient. It is important to discuss these factors with an experienced plastic surgeon before deciding on the surgical technique to use.

Special considerations

Obesity: If a person has too high a body mass index (BMI), there may be an increased risk of complications after surgery. Smoker: Smoking can increase the risk of complications after surgery, such as healing problems and clotting problems.

Chronic diseases: If a person has a chronic illness, such as diabetes or heart disease, they may need further evaluation before surgery to ensure the safety and effectiveness of the procedure.

Clotting problems: If a person has clotting problems, there may be an increased risk of complications during surgery.

Active infections: If a person has an active infection, surgery may need to be postponed until the infection has resolved.

DISCUSSION

Breast reduction is an effective and safe surgical intervention to decrease the size of the breasts and improve the quality of life of patients. However, as with any surgery, there are potential risks associated with breast reduction, such as infections, bruising, loss of sensation in the breasts, and visible scarring. Patients should also be prepared for potential long-term complications, such as changes in breast tenderness, ability to breastfeed, and breast appearance over time.

It is important for patients to carefully consider whether breast reduction is the right option for them, and to work with a qualified and experienced plastic surgeon to determine the most appropriate breast reduction technique and minimize risks and complications. In addition, patients should have realistic expectations about the results of surgery and be

prepared to follow post-operative instructions for proper recovery.

CONCLUSION

In conclusion, breast reduction is an effective and safe surgical intervention to decrease the size of the breasts and improve the quality of life of patients. Surgery can significantly reduce back and shoulder pain, improve the ability to perform daily activities, increase comfort when exercising, and improve satisfaction with the appearance of the breasts. However, as with any surgery, there are risks and complications associated with breast reduction, and patients should work with an experienced plastic surgeon and follow post-operative instructions to minimize these risks and achieve the best possible results.

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