

BREAST REDUCTION

Anil P. Punjabi, M.D., D.D.S.



REDUCTION MAMMAPLASTY



The Symbol of Excellence in Plastic Surgery®

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Women with large breasts experience more than dissatisfaction with body image - they may experience physical pain and discomfort.

Overly large breasts and the weight of excess breast tissue can cause pain and physical conditions that impair a woman's ability to lead an active life. The emotional discomfort and self-consciousness often associated with having large pendulous breasts is as important an issue to many women as the physical discomfort and pain.

If you have large breasts that limit your physical activity and cause pain, breast reduction may be right for you. Breast reduction surgery removes excess breast fat, glandular tissue and skin to achieve a breast size in proportion with a woman's body and to alleviate the discomfort associated with overly large breasts. In general, breast reduction surgery results in better proportioned and better positioned breasts, enhancing a woman's body image and self-confidence.

This brochure presents an overview of breast reduction. The best way to learn how a breast reduction can help fulfill your personal goals is a consultation with Anil P. Punjabi, M.D., D.D.S. Dr. Punjabi is a plastic surgeon certified by The American Board of Plastic Surgery®.

➤ WHAT IS BREAST REDUCTION?

Breast reduction is a surgical procedure to correct the condition of large pendulous breasts that are disproportionate to a woman's body and can cause physical pain. Technically called reduction mammoplasty, breast reduction improves breast size, shape and the associated conditions of large breasts that include:

- Back, neck and shoulder pain caused by the weight of excess breast tissue
- Shoulder discomfort and indentation from bra straps that support heavy, pendulous breasts
- Restricted physical activity due to breast size and the associated discomfort
- Skin irritation beneath the breast crease
- Sagging, stretched skin and a low breast profile where, when unsupported, the nipple rests below the breast crease
- An enlarged areola (the dark skin surrounding the nipple) caused by stretched skin

Breast reduction can be performed unilaterally (on one breast) or bilaterally (on both breasts). It is generally considered a reconstructive procedure and may be reimbursed by health insurance when it is performed to relieve medical symptoms. Many insurers define breast reduction surgery as reconstructive based on the amount of tissue that will be removed. However, pre-certification is always required for reimbursement or coverage.

Breast reduction surgery can be performed at any age; however it is best performed when the breasts are fully developed. Because significant amounts of breast tissue are removed, breast reduction surgery may impair the ability to breastfeed. Changes in the breasts during pregnancy can alter the outcomes of previous breast reduction surgery, as can significant weight fluctuations.

In general, good candidates for breast reduction are women of relatively normal, stable weight whose breast development is completed. Breast reduction is best performed on:

- Healthy individuals who do not have a life-threatening illness or medical conditions that can impair healing
- Non-smokers
- Individuals with a positive outlook and specific goals in mind for improving their physical symptoms, breast size and shape

> WHERE DO I BEGIN?

A consultation with Dr. Punjabi is the first step to learn how a breast reduction can improve the appearance of your breasts and relieve pain, discomfort and any associated symptoms you may have resulting from large, pendulous breasts. A consultation is designed to fully educate you about breast reduction in a non-pressured environment, and will include:

- A discussion of your goals and an evaluation of your individual case
- The options available in breast reduction surgery
- The likely outcomes of breast reduction and any risks or potential complications
- The prescribed course of treatment recommended by Dr. Punjabi

Dr. Punjabi will also answer all of your questions.

> EVALUATION

Overall health and personal outlook can greatly impact the outcome of breast reduction surgery. These will be carefully evaluated in consultation with Dr. Punjabi. The success of your procedure, safety and overall satisfaction requires that you:

- Honestly share your expectations
- Fully disclose health history, current medications, the use of vitamins, herbal supplements, alcohol, tobacco and drugs
- Be candid about any history of breast cancer in your family and your personal breast health
- Commit to precisely following all of Dr. Punjabi's instructions

> SAFETY

By making the decision to consult with Dr. Punjabi and following all the instructions given, you are taking an important step in assuring your safety.

Dr. Punjabi is certified by The American Board of Plastic Surgery®. This certification designates surgeons who are specifically trained in plastic surgery of the face and entire body.

➤ MY BREAST REDUCTION

Breast reduction is more commonly performed through excision: the surgical removal of the excess fat, glandular tissue and skin that contribute to large, pendulous breasts. The most common approach is a keyhole incision pattern.

Through these incisions excess breast tissue is removed. The nipple, which remains tethered to its original blood and nerve supply is then repositioned. The areola is reduced by excising skin at the perimeter, if necessary. The vertical incisions are brought together to reshape the now smaller breast. Non-removable sutures are layered deep within the breast tissue to create and support the newly shaped breasts, and sutures, skin adhesives and/or surgical tape close the skin.

There are alternative incision patterns that may be recommended depending on the amount of tissue and skin to be removed, and the quality of skin elasticity. One is a circular pattern, around the areola. Another is a racquet-shaped pattern with an incision around the areola and vertically down to the breast crease. Occasionally, for extremely large pendulous breasts, the nipple and areola may need to be removed and transplanted to a higher position on the breast. In any case, the incision lines that remain are visible and permanent, although usually well concealed beneath a swimsuit or bra.

In some cases, excess fat may be removed through liposuction in conjunction with excision techniques. Where breast size is largely due to fatty tissue and excess skin is not a factor, liposuction alone may be used for breast reduction. In every case, the technique used to reduce the size of your breasts will be determined by your individual condition, breast composition, amount of reduction desired, and patient and surgeon preference.



Breast reduction reduces the size and improves the shape and position of overly large, pendulous breasts through the surgical removal of excess breast fat, tissue and skin. It may also reposition the areolas (pigmented skin surrounding the nipples) and nipples, and reduce the size of enlarged areolas that may result from stretching of the skin over time.

Breast reduction sometimes is performed by removal of excess fat using liposuction techniques; by surgical removal of excess glandular tissue, fat and skin; or by a combination of these techniques. One of the common surgical techniques uses an incision pattern that begins around the areola, continues vertically down the breast and then horizontally along the crease underneath the breast.



Following excision, the nipple is repositioned and the areola reduced, if necessary. Underlying breast tissue is reduced, lifted and shaped. Sutures, skin adhesives and/or surgical tape close the surface incisions. Most incision lines are concealed in the natural breast contours; however, some are visible on the breast surface. Although permanent, incision lines usually fade and improve in appearance over time.

➤ PREPARING FOR SURGERY

Dr. Punjabi will carefully explain your breast reduction procedure. Prior to surgery, you will be given specific instructions that may include:

- Pre-surgical considerations, diagnostic testing and medications
- Day of surgery instructions and medications
- Specific information related to the use of anesthesia

In addition, you will be asked to sign consent forms to assure Dr. Punjabi that you fully understand the procedure you will undergo and the risks and potential complications.

Possible risks of breast reduction include blood pooling beneath the skin (hematoma), blood clots, and infection or poor healing at the incision site. Changes in nipple or breast sensation are usually temporary. Smokers are at risk increased risk for poor wound healing particularly at the nipple and areola, and are advised to stop smoking for several weeks before and after surgery. All surgery carries risks associated with anesthesia. These risks and others will be fully discussed prior to your consent.

It is important that you address all your questions directly with Dr. Punjabi. It is natural to feel some anxiety, whether excitement for the anticipated outcomes or preoperative stress. Discuss these feelings with Dr. Punjabi.

➤ WHAT TO EXPECT

Breast reduction may be performed in Dr. Punjabi's accredited office-based surgical facility, an ambulatory surgical facility or a hospital. The decision for anesthesia will be based on the requirements of your specific procedure and considerations of patient and surgeon preference. Dr. Punjabi and the assisting staff will fully attend to your comfort and safety.

➤ SURGICAL FACILITY

Dr. Punjabi generally performs liposuction procedures at Redlands Community Hospital, Loma Linda University Medical Center, Loma Linda Community Hospital, and The Inland Surgery Center.

➤ FOLLOWING SURGERY

Once your procedure is complete, dressing or bandages will be applied to your incisions, and an elastic bandage or support bra will minimize swelling and support the breasts as they heal. A small, thin tube may be temporarily placed under the skin to drain any excess blood that may collect. Before being released, you and an accompanying family member, friend or caregiver will be given specific instructions that may include:

- How to care for the surgical site
- Medications to apply or take orally to aid healing and reduce the potential for infection
- When to follow-up with Dr. Punjabi

➤ PROGRESS AND HEALING

Initial healing will include swelling and discomfort at the incision sites. Discomfort is common and can be controlled with medication. A support bra may be recommended around the clock for the first few weeks. It is important to keep the incision sites clean. You will be instructed to engage in light walking as soon as possible to minimize the potential for blood clots and other complications.

Follow all instructions carefully; this is essential to the success of your outcome. A return to light activity is possible as soon as you feel ready, usually within a few days of surgery.

Any sutures will be removed within 5 to 10 days following surgery. You will be ready to return to work and more normal activity at this time, as long as you do not engage in any heavy lifting or vigorous exercise.

Healing will continue for several weeks as swelling dissipates and breast shape and position settles. Continue to follow Dr. Punjabi's instructions and attend follow-up visits as scheduled.



> RESULTS AND OUTLOOK

The final results of breast reduction will appear over the next few months as breast shape and position continue to settle. Incision lines are permanent, but they will improve over time and can be hidden under most swimsuits.

Your new breast size should free you from the pain and physical limitations experienced prior to breast reduction. Your better-proportioned figure will likely enhance your self-image and boost your self-confidence. Breast reduction is considered permanent although, over time, your breasts may continue to change due to weight fluctuations, aging and gravity.

> YOUR SURGEON, YOUR CHOICE

Choosing to have cosmetic or reconstructive plastic surgery is an important decision; so is selecting a plastic surgeon. Consider these important guidelines:

Board Certification – Not all physicians who perform plastic surgery or who use the title plastic surgeon are board-certified in plastic surgery.

The American Board of Plastic Surgery® (ABPS) and The Royal College of Physicians and Surgeons of Canada® certify physicians in plastic surgery of the face and entire body. To be certified by either board, a plastic surgeon must:

- Graduate from an accredited medical school
- Complete a minimum of five years of surgical training following medical school, including an accredited plastic surgery residency program
- Pass comprehensive oral and written exams

Privileges – Your surgeon should have operating privileges at an accredited, local hospital for the same procedure you plan to have performed - even if that surgeon suggests your procedure be performed in an accredited office-based surgical facility or at an ambulatory surgery center.

Anil P. Punjabi, M.D., D.D.S.

Certified by The American Board of Plastic Surgery®, 2000.



Practice Philosophy

The cornerstone of Dr. Punjabi's philosophy is commitment to excellence, while care and concern are at the heart. Dr. Punjabi recognizes the importance of clinical experience, surgical acumen, current innovative technology and consistently delivering excellence in patient care. Because of his unique dual qualifications in medicine and dentistry, Dr. Punjabi's expertise gives him a distinct perspective in solving complex cosmetic and reconstructive challenges of the face, head and neck. Developing a good understanding of his patient's expectations and desired goals is of the utmost importance. Dr. Punjabi and his staff are dedicated to providing our patients with a positive, quality experience in a confidential, caring and compassionate manner with as little inconvenience as possible. We think of our patients as part of our family.

Professional Background

Dr. Punjabi graduated from the Government Dental College at Bombay University, India, The University of Southern California School of Dentistry, Los Angeles, and Case Western Reserve University (CWRU) School of Medicine, Cleveland, Ohio. Dr. Punjabi has completed training in two specialties, Oral and Maxillofacial Surgery at The MetroHealth Medical Center Campus of the CWRU and Plastic and Reconstructive Surgery at The University of Miami/Jackson Memorial Hospital, Miami, Florida.

Professional Affiliations

American Society of Plastic Surgeons®

American Medical Association

American Cleft Palate – Craniofacial Association

Dr. Punjabi is on the clinical faculty as an Associate Professor of Plastic Surgery and Associate Professor of Oral & Maxillofacial Surgery at Loma Linda University.

Hospital Affiliations

Redlands Community Hospital

Loma Linda University Medical Center

Loma Linda Community Hospital

Riverside County Regional Medical Center

Riverside Community Hospital

Inland Surgery Center

Arrowhead Regional Medical Center

This educational brochure is designed to supplement a personal consultation with Anil Punjabi, M.D., D.D.S. Dr. Punjabi is a plastic surgeon certified by The American Board of Plastic Surgery®. Plastic surgeons with this certification have completed extensive surgical training and rigorous examinations in plastic surgery; this uniquely qualifies them to perform cosmetic and reconstructive procedures of the face and entire body.

Anil P. Punjabi, M.D., D.D.S

365 Terracina Blvd.
Redlands, CA 92373
909-789-9950
fax: 909-798-9958

www.apunjabi.com

SURGICAL FACILITY

Redlands Community Hospital, 350 Terracina Blvd., Redlands, CA 92373

Loma Linda University Medical Center, 11234 Anderson Road, Loma Linda, CA 92354

Loma Linda Community Hospital, 25333 Barton Road, Loma Linda, CA 92354

Riverside County Regional Medical Center, 26250 Cactus Ave., Moreno Valley, CA 92555

Inland Surgery Center, 1620 Laurel Ave., Redlands, CA 92373

Arrowhead Regional Medical Center, 401 N. Pepper Ave., Colton, CA 92324



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