

Breast Reduction

Enhance Comfort, Elevate Confidence!

BREAST REDUCTION OVERVIEW

Breast Reduction Surgery, also known as reduction mammoplasty, is a surgical procedure designed to remove excess breast tissue, fat, and skin to achieve a breast size that is more proportionate to the patient's body. This procedure is often performed to relieve discomfort caused by overly large breasts, such as back pain, neck pain, and skin irritation.

Many women with excessively large breasts experience physical and emotional discomfort, including difficulty in performing physical activities, finding well-fitting clothing, and maintaining good posture. Breast Reduction Surgery not only improves the aesthetic appearance of the breasts but also enhances mobility, posture, and overall quality of life.

BREAST REDUCTION SURGERY PROCEDURE



Purpose

To achieve a smaller, lifted, and proportionate breast shape by surgically removing excess breast tissue, fat, and skin; to reduce discomfort and improve body symmetry.

Preoperative Preparation

- Physical examination and medical history review.
- Mammogram or ultrasound (if needed).
- Discussion of desired breast size.
- Pre-surgery instructions (diet, medications, smoking cessation, etc.).

Anesthesia

- Performed under general anesthesia for a comfortable and pain-free procedure.

Incision Techniques

- **Anchor (Inverted-T):** For larger reductions; allows for maximum tissue removal.
- **Vertical (Lollipop):** For moderate reductions; results in less scarring.

Tissue Removal & Reshaping

- Excess tissue and skin are removed; breasts are lifted.
- Nipple and areola are repositioned; areola reduction is performed if needed.

Closure

- Sutures (either dissolvable or removable).
- Drains may be placed if necessary.
- Bandages and a surgical bra are applied.

Recovery & Post-Operative Care

- Mild pain, swelling, and bruising are normal.
- Patients are usually discharged after an overnight observation.
- Drains are removed within 3–7 days.
- Light activities can typically be resumed within 1–2 weeks; strenuous exercise should be avoided for 6 weeks.
- Final results are usually visible within 6–12 months.

STEP-BY-STEP OPERATION GUIDE



OPERATION PROCESS

			
Total Stay 7 Nights	Operation Duration 3-4 Hours	Anesthesia Type General	Techniques Inverted T / Vertical

RECOVERY PROCESS OF BREAST REDUCTION



First Week: Mild swelling, bruising, and discomfort may occur. These symptoms are typically manageable with prescribed pain medication.

First Month: Patients are advised to wear a surgical bra and avoid heavy lifting or strenuous physical activities.

3–6 Months: Swelling significantly decreases, and the new shape of the breasts begins to take form.

1 Year: Incision scars begin to fade, and the healing process is fully completed.

BREAST REDUCTION BEFORE / AFTER





Phone and WhatsApp

EN: **+90 549 177 40 07**

RU: **+90 530 070 39 14**

info@mtturkey.com

www.mtturkey.com

RIXOS DOWNTOWN HOTEL

Meltem Mh. Sakıp Sabancı Blv. No:3B Antalya TÜRKİYE