

BREAST REDUCTION

Is it right for me?

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PARK & REBOWE CLINIC

FOR PLASTIC SURGERY



Many women with large breasts experience a range of physical and emotional changes such as:

pain in the back, neck, and shoulders, numbness, tingling and even headaches. Emotionally they can suffer from decreased body image and poor self-esteem. Often this can lead them to consider breast reduction surgery.

Breast reduction is one of the most common procedures performed in plastic surgery clinics nationwide. Its widespread acceptance is due, in part, to the high satisfaction rates reported following breast reduction surgery and the fact that many insurance plans cover the procedure when deemed medically necessary.

While many women are curious about the potential benefits of breast reduction, they often find themselves uncertain about the preoperative and postoperative process, insurance approval, and expected surgical outcomes.



Breast reduction can be a truly transformative procedure, improving activity levels, clothing fit, and overall psychosocial well-being. The benefits of the surgery are long lasting and impactful. This guide is designed to walk you through the process, helping you understand who is a candidate, how insurance approval works, and what to expect from recovery and your final results. If you have any questions or would like to explore your options further, our staff and physicians are happy to assist you via phone, email, or in-person consultation.

The Basics

What is breast reduction surgery?

Breast Reduction surgery involves the removal of excess breast tissue to achieve a more proportionate, aesthetically pleasing shape. During the procedure, both skin and breast tissue are removed, and the nipple is repositioned higher on the breast mound. The dual goals of breast reduction are:

- 1. Reducing Weight and Volume:** The procedure removes significant breast tissue to alleviate physical symptoms such as back, neck and shoulder pain.
- 2. Improving Positioning:** The remaining tissue is lifted, repositioning the breasts higher on the chest to reduce strain on the neck and back.

Is a breast lift included in a breast reduction?

Yes, breast reduction surgery inherently includes a breast lift. During the procedure, the nipple is repositioned to the most projecting part of the breast. The skin is carefully removed in a pattern (commonly known as the “Wise Pattern”) to ensure that the breasts are lifted into a more youthful and aesthetically pleasing position.

So, in essence, every breast reduction is also a breast lift, resulting in both improved size and shape.

Will insurance cover my breast reduction?

Most insurance companies will cover breast reduction surgery if it is deemed medically necessary. However, specific requirements must be met for approval:

- 1. Documented Symptoms:** You will need to demonstrate that your large breasts are causing physical symptoms, such as neck pain, back pain, skin rashes, or difficulty with daily activities like exercise.
- 2. Minimum Tissue Removal Requirement:** Insurers typically require a certain amount of tissue to be removed to qualify for coverage. Generally, this is around 500g of tissue per breast (1000g total), though it may vary depending on your individual circumstances.



An in-person consultation with an experienced provider is essential to determine if you meet the necessary criteria. Your surgeon will evaluate not only the amount of tissue to be removed but also ensure that the result will be both aesthetically pleasing and proportionate to your body.

In cases where your provider feels that removing the required amount of tissue would compromise the final aesthetic outcome, leaving the breasts abnormally shaped or out of proportion to your body or both, insurance submission may not be recommended.

What if insurance does not approve my breast reduction or I do not qualify?

If insurance does not cover the procedure, or if you do not meet the required criteria, you can still undergo a breast reduction on a self-pay basis. Many women experience significant relief from their symptoms even if they do not meet the insurance thresholds, and the surgical goals remain the same: to reduce the size and weight of the breasts, lift the nipple, and contour the breasts to your unique body shape. In this case, when performed outside of insurance coverage, the procedure may be classified as a breast lift (mastopexy) even though it achieves many of the same outcomes as a breast reduction.

Will my nipple retain sensation?

The vast majority of women retain nipple sensation after breast reduction surgery. Approximately 85% of women regain normal to near-normal sensation within 6 months of surgery. However, it is common to experience some sensory changes during the first few months—some women report hypersensitivity (an increased sensitivity to touch) while others may experience partial or complete numbness.

In most cases, sensation returns gradually within 3-6 months.

If a **free nipple graft** is used, however, the sensation will be permanently lost, as the nipple is completely detached and repositioned. Your surgeon will discuss whether a graft is necessary during your consultation.

Is liposuction part of a breast reduction?

At The Park and Rebowe Clinic, liposuction is typically used as part of the breast reduction process, though only in small amounts. Liposuction is often performed along the outer part of the breast where it meets the chest wall, and sometimes in the upper breast area near the shoulder (the pre-axillary roll), to provide better contouring and a smoother result. If you are interested in additional liposuction in areas like the chest wall or upper abdomen, this can be performed at the same time, though it may incur an additional fee.



Are chest rolls treated during a breast reduction?

Excess tissue or fat in the area under the armpits (the axillary roll) can be addressed with liposuction during a breast reduction. However, for optimal contouring, additional procedures like a **dermal lipectomy** (skin excision) may be recommended.

A dermal lipectomy involves removing excess skin and tissue, which results in a scar that extends from the breast incision to the outer chest, and in some cases, across the back. While this technique can significantly improve your results, it is not covered by insurance and may incur separate costs.

Will I be able to breastfeed after breast reduction?

Breastfeeding after a breast reduction is possible, but not guaranteed. Approximately 30-50% of women who undergo breast reduction can breastfeed in some capacity.

It is important to note that **macromastia** (pathologically large breasts) can also interfere with breastfeeding, so the inability to breastfeed may not be due to the surgery itself. For many women, the dramatic improvement in quality of life after breast reduction—relief from pain, better physical activity, and enhanced body image outweighs the potential impact on breastfeeding.

How long does the procedure take?

The breast reduction procedure typically takes **2-3 hours** of surgical time. Including anesthesia and recovery, you can expect to anticipate **4-5 hours**.

Will I need to stay overnight in the hospital?

In most cases, breast reduction surgery is performed as an outpatient procedure, meaning you can go home the same day. However, if you have underlying medical conditions that require observation, your surgeon may recommend an overnight stay.

Will I need special garments?

After surgery, you will wear a **breast binder** (compressive garment) for the first 72 hours to reduce swelling and support your healing breasts. If liposuction was performed, you will wear the breast binder longer. Afterward, you will switch to a front snap/front zip **non- underwire supportive bra** (like a sports bra) for at least **six weeks**. It is advisable to go one size smaller than your usual bra size to accommodate postoperative swelling. As swelling subsides, you may need to adjust the size of your bra. If additional procedures such as liposuction are performed, you may need to wear extra garments to support those areas.



Will I have scars?

All breast reductions involve scars. Typically, you will have an **anchor-shaped scar** (also known as the “Wise Pattern” incision), which encircles the nipple, extends vertically down the breast, and then curves along the breast crease.

While scars are inevitable, The Park and Rebowe Clinic offers exceptional **scar care** and post-operative treatments, including silicone sheeting and laser therapy, to help minimize their appearance.

Will I have a drain?

Most breast reductions are performed without the need for drains. However, your surgeon may place a drain if there is a higher risk of fluid buildup or postoperative complications. Drains are rare in modern breast reduction surgery.

What is my required downtime?

Most patients experience a short recovery period after breast reduction surgery. Pain requiring narcotic medication typically lasts **2-3 days**. You can begin walking and resuming light activities immediately, but your energy levels may be low initially.

Most women can return to work after **1-2 weeks**, depending on the nature of their job. If you work from home, you may feel comfortable resuming work within a week.

Physical activity and lifting over **10 pounds** should be avoided for **6 weeks** to ensure proper healing of your incisions.

You are not alone

The Park and Rebowe Clinic for Plastic Surgery understands that every woman’s journey is unique and comes with its own set of needs and expectations. We are committed to supporting every woman through the decision process. We want you to feel confident about your choice and happy about your results.



Patient Testimonials

From pre-op until now me being post op 3 weeks, Dr. Park as well as the staff have been amazing. I went for breast reduction and lipo and I'm very happy with my results. He's been attentive and has answered any questions I had prior and after surgery. I would highly recommend him! The best in the business.

- L. W.

Absolutely wonderful experience of breast reduction with lift. I was a nervous wreck, calmed me down by answering all of my questions before day of and well after, which I greatly appreciate. I didn't feel like a number, but a cared for patient. Thanks Dr. Rebowe for turning my floodlights into headlights again!! #backneckpain...gone.

- W. L.

Amazing. Always listens and helps in any way possible.

- K. H.



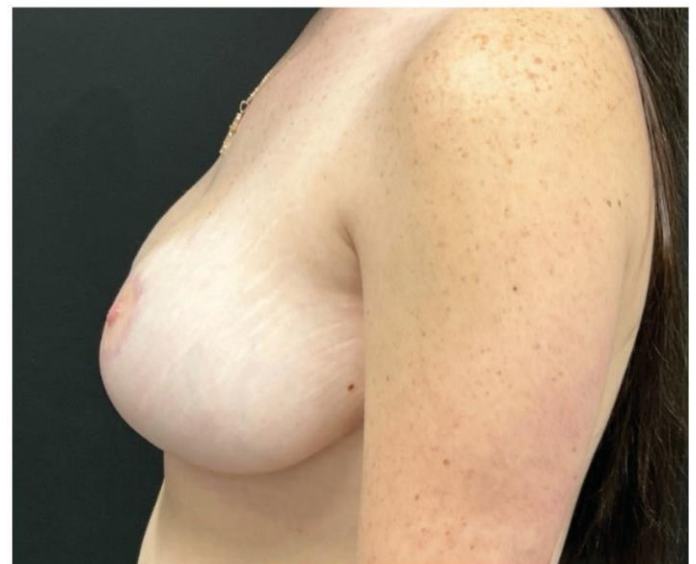
The following pages
highlight real patient
breast reduction
examples from the Park
and Rebowe clinic.



Preoperative

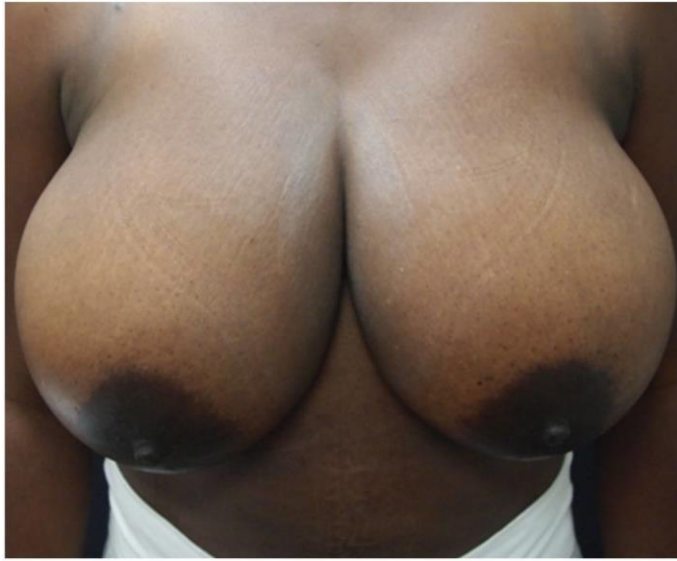


Postoperative





Preoperative



Postoperative





Preoperative



Postoperative





Preoperative



Postoperative





Preoperative



Postoperative

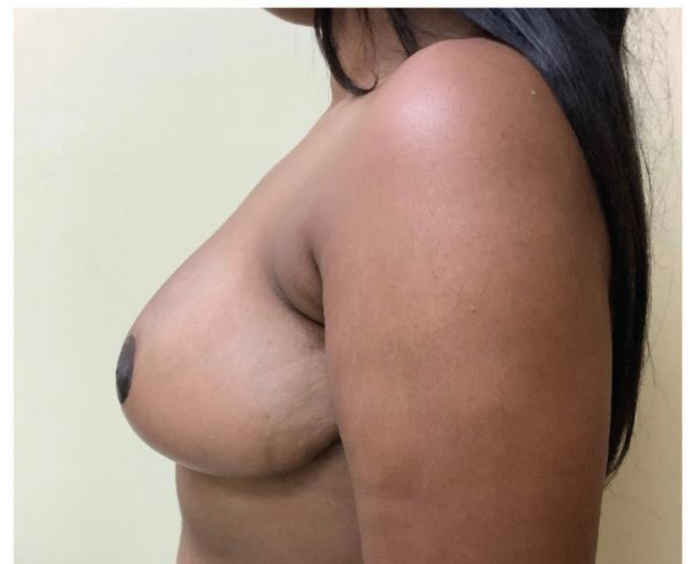




Preoperative



Postoperative





Dr. Christopher A. Park

Dr. Christopher A. (Chris) Park is a native of Mobile and attended St. Paul's Episcopal School where he was Valedictorian and an acclaimed scholar athlete. He completed his undergraduate education at the University of Virginia as an Interdisciplinary Echols Scholar where he graduated after receiving numerous other awards including graduating "With Distinction." He returned to Alabama for medical school at The University of Alabama School of Medicine at UAB where the accolades continued, including the Galbraith Award for Excellence in Surgery.

Dr. Park then moved to Winston-Salem where he trained at Wake Forest University Baptist Medical Center in General Surgery and all aspects of Plastic Surgery including Reconstructive Surgery, Cosmetic Surgery, and nonsurgical aesthetic services. Dr. Park advanced his education by traveling to learn from several of the leaders in Plastic Surgery and served as a Clinical Instructor at Wake Forest University School of Medicine. He is proud to be board certified by the American Board of Plastic Surgery and a member of the American Society of Plastic Surgeons.



Dr. Ryan E. Rebowe

Dr. Ryan Rebowe has spent his entire life in the Southeast. After growing up in Baton Rouge, Louisiana, he went on to the University of Virginia where he received a bachelor's degree in biology. He then returned to Louisiana for his Masters in Cell and Molecular Biology from Tulane University. Continuing his medical education in New Orleans, he went on to medical school at the Louisiana State University Health Sciences Center School of Medicine where he was inducted into the Alpha Omega Alpha Honor Medical Society. During his medical school tenure, he earned accolades from the Stanley S. Scott Cancer Center for outstanding research as well as multiple awards for academic accomplishments and community service, including the Colin Goodier Scholarship, Alpha Omega Alpha Scholarship, and the Paula C. Ragland Award.

Following medical school, Dr. Rebowe trained in the integrated plastic surgery program at Wake Forest University School of Medicine. While his training was clinically focused on the full breadth of cosmetic and reconstructive surgery, he continued to advance the field of plastic surgery with research that resulted in numerous journal articles, book chapters, and presentations on the local, regional, and national level. Staying at the forefront of his field has been a priority to provide the best, most up to date procedures for his patients. Dr. Rebowe is board certified by the American Board of Plastic Surgery and a member of the Dr. Ryan E. Rebowe American Society of Plastic Surgeons.

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