

## Our September Newsletter

### Liposuction (Scarless) Breast Reduction

The Liposuction, or Scarless, Breast Reduction has proven to be one of the most satisfying new procedures performed at CosMedical NJ. It has truly revolutionized the treatment of many patients with large breasts.

Most women with large breasts complain of upper back and neck pain, along with severe grooves from their bra straps and skin infections on their chest skin. The excess weight of the large breast also causes the breast to sag with the nipple area often pointing towards the floor. The traditional method of correcting these problems involves surgery to remove extra skin, fat, and breast gland while repositioning the nipple complex higher on the chest. This operation corrects the problems caused by the extra weight and repositions the nipple at the same time. The major downside of the traditional operation is that it places a series of scars on the breast itself. In some cases these scars heal very well while in others, especially dark-skinned individuals, the scars can be noticeable for life.

The Scarless Liposuction Breast Reduction was developed because surgeons realized that the breast is composed mostly of fat and this fat can be removed with safe and proven liposuction methods. The early published reports on the operation limited its use to those patients with little sagging because it was felt that the operation could not correct sagging adequately.

Innovations over the past few years have, however, opened the operation to many more women. The greatest innovation has been an increased awareness about what women want and do not want from their breast surgery. Many women with large breasts want the weight reduced and are not concerned about sagging. They have always worn a bra and will continue to do so. They are happy to go from a DDD to a C/D cup and reduce or eliminate their pain. They want to be able to fit into normal clothes. They want to be able to engage in sports and exercise normally. They do not, however, want a series of scars placed on their chest and a recovery time of several weeks to months.

The Scarless Breast Reduction uses a small, ¼ inch incision under each breast through which a small tube (cannula) is placed to remove the fat by suctioning. The milk glands, ducts, nerves, and blood vessels, are left intact. The operation is done in the office, rather than in a hospital, and in most cases takes about one hour. Patients go home the same day and can usually get back to work in 3-5 days. Full exercise can usually be performed within 2-3 weeks. Some bruising usually persists for 3-4 weeks and the breasts are usually lumpy for 2-6 months. As the breasts heal, the skin tightens and the breasts lift. The amount of lift depends on the skin's elasticity. Patients without stretch marks with good skin-tone will often have a great lift, while in other patients the lift may be more modest. In either case, as long as the patient understands that the main reason for the surgery is to relieve the weight of the breasts, they are very happy with the results. Most patients reduce their bra size by 1-3 cup sizes.

The scarless breast reduction is applicable to many patients, but not everyone. If sagging is a patient's main concern the operation may not be for them. There are also some breast conditions that are better treated with a traditional reduction.

**NEXT MONTH:** Computer Imaging and Other Pre-Surgical Techniques

Please review our website for more information and pictures and then call us at **201-265-1300**. We look forward to meeting you!