

## PLASTIC SURGERY

### When downsizing makes sense

A simple breast reduction procedure can enhance a bust and be the answer to complex physical, aesthetic and psychological problems.



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**L**arge full breasts may sound desirable and appealing, but overly large breasts can be anything but attractive! Many women with disproportionately large breasts grapple with a host of physical and psychological problems on a daily basis, yet they get little sympathy, as their complaints are often considered frivolous.

#### A heavy weight

Breasts are additional weight that a woman carries on her chest. For a large-breasted woman, this can be very heavy indeed. Imagine living with an extra two kilogrammes strapped across the front of your chest (because they can weigh as much as that). Over time, this can lead to significant physical problems. Common complaints are neck, shoulder and back pain, and an increasingly hunched posture. For most, these are physical inconveniences that they have learnt to live and cope with over many years, until the pain becomes significant and affects their quality of life.

#### When big is not beautiful

In a world where media and fashion trends seemingly favour those with ample assets, it seems unthinkable that these women could face any psychological pressures as a result of their breasts. Yet they do. Excessive attention and unkind comments make some of these women very self-conscious of their size. Many feel that their size is disproportionately large and makes them look heavy and unattractive. Exercise and sporting activities may be more challenging and difficult as a result.



#### Clothes that don't fit

Many of these women also find it hard to purchase bras large enough to fit (especially here in Singapore), and end up with ill-fitting bras that do not provide adequate support. This compounds the problem of the weight and the strain on the shoulder, neck and back. They are then predisposed to an uncomfortable rash on the under-surface of the breasts. The shoulder straps of their bras also cut into the shoulders, causing localised pain and an indentation in the area.

Finding off-the-rack clothes can be vexing, because a dress that fits the bottom would be just too small at the chest; whereas a dress that is right for the chest would be too loose at the bottom.

#### Downsizing

Breast reduction will help to alleviate the symptoms of pain and the problems associated with a large bosom. Lifestyle choices start opening up as these women


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feel more confident and face fewer restrictions in exercise and activity. Shopping for clothes and bras becomes so much easier and more fun because their bodies are more proportionate.

Breast reduction surgery is the mainstay of treatment, although some women may achieve a small reduction with liposuction alone. In reduction surgery, excess breast tissue is removed, the remainder of the breast is reshaped and the nipple and areola are re-sited to a more optimal position. The result is a smaller, narrower and more lifted breast with a more pleasing shape.

Women who undergo reduction generally find that their physical symptoms are alleviated, and they are happier and more confident. Speak to a plastic surgeon to find out if this procedure may be suitable for you. 

## REDUCTION NOTES

When considering reduction surgery, be realistic about the amount of reduction that can be achieved:

- 1.** Enough blood and nerve supply need to be retained to support the remaining breast tissue
- 2.** Breast reduction may affect breastfeeding ability
- 3.** Sensation in the nipple and areola may be affected

