

Breast Reduction

Breast reduction, also called reduction mammoplasty, is a procedure where the plastic surgeon removes breast tissue and skin to reshape and reduce the size of the breasts.

Why is it done?

Back & Neck pain due to large breasts.

Patient notice grooves their shoulders from bra straps.

Large breasts create situations that are socially embarrassing and uncomfortable.

Apart from emotional discomfort, heavy breasts also hinder recreational activities like jogging, dancing, swimming & other sports.

What happens during the procedure?

Techniques for breast reduction vary and the surgeon will explain the specific techniques with the resulting scars.

The surgeon removes excess glandular tissue, fat, and skin, and moves the nipple and areola into their new position and shape the new contour of the breast. Liposuction may sometimes be used to remove excess fat from the armpit area if required.

What are the benefits of this procedure?

Breast reduction results in the quickest body-image changes. Your body will look better proportioned, and clothes will fit you better.

Your breasts will be smaller and less likely to strain your back, neck, or shoulders. You will be happier about your appearance.

Why choose ZHEN ?

At Zhen, Breast surgery is more than just a service; it's a personalized journey towards your new and ideal breast. Whether you desire augmentation, lift or reduction, we tailor each procedure to your unique goals. Embrace your beauty and newfound self-assurance with Breast surgery at Zhen Plastic surgery & MedSpa with our highly skilled and experienced Plastic surgeons.

Here, we follow international standards of breast surgery, making sure our clients achieve the best results. We have a fully equipped modular operation theatre and state-of-the-art technologies that provide highest level of care for our client's safety.

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Breast Reconstruction After Breast Removal

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Breast Augmentation

It is a surgical procedure to enhance the size and shape of a woman's breast by inserting silicon implants or fat transfer.

Commonly used silicon implants

Smooth / Textured

Round / Tear-drop

Moderate / Moderate Plus / High / Ultra high

How does one decide the size and shape of the implant?

After discussion, your surgeon will suggest the best option for you.

Why is it done?

To enhance the body contour of a woman who, for personal reasons, feels her breast size is too small.

To restore breast volume lost due to weight loss or following pregnancy.

To achieve better symmetry when breasts are moderately disproportionate in size and shape.

To improve the shape of breasts that are sagging or have lost firmness, often used with a breast lift procedure.

To provide breast contour when a breast has been removed by surgery to treat breast cancer.

What are the benefits ?

After surgery, you will likely experience some fluid drainage from the incisions. To control swelling and to help your skin better fit its new contours, you may be fitted with a snug elastic garment to wear over the treated area for a few weeks. You may also be prescribed antibiotics to prevent infection. You may experience pain at operation site which will be managed with painkillers.

Healing is a gradual process. You will begin to feel better after about a week or two and you should be back at work within a few days following your surgery.

Breast Lift/Mastopexy

Mastopexy is an operation to lift sagging breasts without significantly changing their size. It is done for droopy breasts

Why is it done?

A breast lift rejuvenates the female figure with a breast profile that is more youthful, uplifted and firm. This can dramatically improve the appearance of a woman's breasts

Remove the excess loose skin and thus tightens and reshapes the breast to make it firm and youthful looking

Surgically relocate the breasts to a higher location on the chest wall

Reduce the enlarged areola (pigmented skin surrounding the nipple)

Can it be combined with an implant?

Yes it can. If you're having an implant inserted along with your breast lift, it will be placed in a pocket directly under the breast tissue, or deeper, under the muscle of the chest wall.

What happens after the procedure ?

The breasts will be strapped in a firm compressive dressing, till the drains are removed and then you will be advised to wear a firm supportive bra continuously for 8 weeks. As the wounds are closed with absorbable sutures, stitch removal is not usually necessary. You will be allowed to go home either on the same day or whenever you feel comfortable.

What are the benefits of breast lifting?

Repositioning nipple to a more youthful location

Enhancing the cleavage

More projected breasts

Better fitting clothes

Improved self-confidence

