

## What is Silhouette<sup>SM</sup> Breast Reduction Surgery?

Silhouette<sup>SM</sup> Breast Reduction Surgery, also called reduction mammoplasty, is a procedure in which excess breast tissue is removed to resize and reshape the breasts. In most cases, breast reductions are performed to provide relief from the pain and physical restrictions endured by women with oversized, heavy breasts.

## Am I a good candidate for Silhouette<sup>SM</sup> Breast Reduction Surgery?

Women with large, disproportionate breasts who are afflicted by pain, discomfort, and embarrassment due to their breast size may be good candidates for Silhouette<sup>SM</sup> Breast Reduction Surgery. Ideal candidates are women who are not currently breastfeeding and do not plan to breastfeed in the future.

## What can I expect?

Silhouette<sup>SM</sup> Breast Reduction Surgery is performed under general anesthesia and is completed in 2 to 3 hours (facility and anesthesia fees will apply). Surgery techniques vary based on your unique needs, but generally, the incision is similar in shape to an anchor or inverted keyhole and encompasses the area from the top of the nipple to the crease of the breast. The scars of a breast reduction are similar to those of an anchor-incision breast lift. Skin is removed from around the areola and a significant portion of the lower half of the breast, leaving a round scar plus horizontal scars extending part or the total lower crease of the breast. The scar resembles an anchor. The major difference between a reduction and a lift is that in a lift, only skin is excised and perhaps a small amount of breast tissue. In a reduction, a large amount of breast tissue is removed, with an average of about 1 to 2 pounds removed from each breast.

## How long is the recovery period?

Although your chest may be sore, you can resume light activities within a few days following Silhouette<sup>SM</sup> Breast Reduction Surgery. You will be required to wear a surgical bra for several weeks. During the first few weeks following breast reductions, breasts may be swollen and bruised. The swelling may cause a temporary loss of sensation in nipples and breast skin.

In most cases, you may return to work after a week. In order to help the healing process, routine physical activity and exercise should be avoided for at least 4 weeks after surgery. It is very important to avoid lifting and pushing or pulling motions during this period.

Because sexual arousal could cause incisions to swell, creating the possibility of delayed healing, sexual activity should be avoided for at least a week after breast reduction surgery.

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## What are the benefits associated with Silhouette<sup>SM</sup> Breast Reduction Surgery?

There are two major benefits from Silhouette<sup>SM</sup> Breast Reduction Surgery: relief from pain and increased personal satisfaction with appearance. Many women have breast reductions because their oversized breasts cause back, neck, and shoulder pain and limit their physical activities. Women also seek breast reduction surgery to obtain breasts that are more proportionate to their frames.

## What risks and complications are involved?

Silhouette<sup>SM</sup> Breast Reduction Surgery complications may include issues that are common potential problems for all surgery: bleeding, infection, hematoma, adverse reactions to anesthesia, and scarring. Specific potential breast reduction surgery risks are asymmetrical breasts, uneven nipples, altered or loss of breast sensation, and the inability to breastfeed.

## What type of scarring should I expect?

With various techniques for breast reductions, there are several possible scarring patterns: anchor-like scars that extend around the nipple, down the middle of the breast, and under the breast; and shorter scars which also circle the nipple and extend vertically down the breast, but do not continue under the breast.

African American women and other women of color may have even greater concerns because of their tendency towards keloid scarring.

A pre- and post-treatment series of ScarRepair<sup>SM</sup> treatments will minimize scarring so that results look as natural as possible (additional fees apply).

## How long do the results of breast reduction surgery last?

Once Silhouette<sup>SM</sup> Breast Reduction Surgery is performed, breasts will remain smaller than they would be if the procedure had never been performed. However, patients who gain weight, become pregnant, or take hormones after breast reductions may notice an increase in breast size due to a natural increase in breast tissue. Also, the effects of aging and gravity may cause breasts to sag over time.