



Breast Reduction

Type of Procedure : **Breast** (Plastic Surgery Thailand)

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Plastic Surgery Thailand - Breast Reduction

Transsexual Sex reassignment surgery/Sex change surgery

"Vaginoplasty (sex reassignment surgery/sex change surgery) is a dramatic and irrevocable final step in male to female gender transition. This step is usually taken only after the deepest introspection and counselling regarding all the options. For those needing complete gender correction, this surgery is a life saving and life enhancing miracle, and can enable them to live a full and joyous life afterwards."

<http://ai.eecs.umich.edu/people/conway/TS/SRS.html>

-Service Inclusions-

Surgical Fee

- Pre-surgery night and one night recuperation in hospital.
- Doctor fee
- Clinical interview/surgery consultation.

Post Operative Care

- All medicine supplies
- Postoperative check-up at the Institute on a follow up schedule.
- There is no extra cost if any correction or additional checkups are required.

Travel Arrangements

- Hotel booking and free transportation between airport and hospital.

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-Facts at a glance-

Surgical Procedure

• There are many ways to perform a breast reduction. The method must be tailored to the patient. A common method of surgery is to mark the new nipple position. Then with the blood supply of the nipple preserved on a pedicle of tissue, the excess breast is removed. The nipple is then moved into its new position and the new breast shape is reconstructed. The incision is often around the nipple and on the under surface of the breast, like an upside down T. The operation is done under general anesthesia while the patient is asleep.



Patients who receive this procedure usually remain in the hospital over night. If the breasts are not too large and the skin has good elasticity then liposuction may be possible. This is especially useful in women who wish to avoid long scars. It is possible that this technique may preserve the ability to breast feed. For many surgeons it has become the most popular way to perform breast reduction on a patient who is about a DD size. Very large and pendulous breast still require the more traditional methods that result in longer scars.

Duration of Operation

- One to three hours

Risks and Complications

- All operations have some risk. The risks of surgery are divided into two groups. First, those that are seen in all operations and second those that are unique or special for a particular operation. In the first group, the main risks are swelling, bruising, bleeding, infection, a scar and numbness or change in sensation. The main problem which is unique to this operation is damage to the blood supply of the nipple and a heavy scar. Breast feeding may not be possible after surgery. Breast reduction does NOT increase the risk of breast cancer and indeed may slightly decrease the risk.

After Care

- After surgery, you will be wrapped in elastic bandage or a gauze dressings and surgical bra. A small tube may be placed in each breast to drain blood and fluids for the first day or two. The extent of the post-operative swelling and bruising is dependent on whether you tend to bruise or swell easily. The amount you can expect varies for each individual but past surgeries or injuries should be a good indication. Applying cold compresses, or ice packs will reduce swelling and relieve discomfort. Many patients use a water-tight plastic sandwich bag filled with frozen berries or peas. Regular icing is the key to relieving swelling.
- The bandages will be removed a day or two after surgery, though you will continue wearing the surgical bra around the clock for several weeks, until the swelling and bruising subsides. In most cases, stitches will be removed in one to three weeks. Sometimes the surgeon will use only dissolvable sutures. If breast skin is very dry following surgery, moisturizer can be applied several times a day, but the suture area must be kept dry at all times.

Recovery

- The recovery takes one to two weeks. Most people are back to work within a week or two.

Results

- Your surgeon will make every effort to make your scars as inconspicuous as possible. Still, it's important to remember that mastopexy scars are extensive and permanent. They often remain lumpy and red for months, then gradually become less obvious, sometimes eventually fading to thin white lines. Fortunately, the scars can usually be placed so that you can wear even low-cut tops.

Hospital Admission

- One night admission to hospital.

Anesthesia

- General anesthesia that renders the patient unconscious

Pre Operative Care

- Inform us about any allergies, any serious medical condition(s), and all medications you are taking (both prescription and non-prescription)
- Avoid aspirin and aspirin-containing medicines for two weeks prior to surgery.

Post Operative Care

- It is important to follow a careful plan on return to strenuous activity, in order to avoid tension on the wound (which could lead to worse scarring).

-Preparation-

Medical Documents

- Patient must complete all medical tests including blood pressure, BUN, CBC, chest x-ray, EKG, and HIV.
- Plastic surgery thailand - Breast Reduction with Dr. Saran Wannachamras bangkok, Thailand.

Passport and Visa

- Please forward the copy of your passport to us before the arriving date.
- US citizens can call San Francisco information (415) 744-4444 or you can search under "U.S. Government offices" in the white pages to find the phone number of your local passport office.
- For most tourists, a stay of no more than 30 days does not require a VISA. For further information on Thailand's entry/exit requirements, please contact the Thai consulate in your country or your travel agent.

Flight Arrangement

- Our recommended airlines are Thai International, Northwest, Lufthansa, Singapore, and EVA which has wide seats.

Expenses

- If you are HIV positive, then you are a risk to hospital personnel. For this reason you need to pay an extra 30% to the original charge.

Airport Immigration and Customs

- Please present the supporting documents confirming the scheduled operation upon request. Please do not carry any unnecessary drugs or dangerous objects in your luggage.

Appointment

- The operation can be arranged once you have all required papers ready. Just inform us of your earliest convenient date prior to arrival, either by [clicking here](#) to contact us via e-mail.

-Frequently Asked Questions-

FAQ : Criteria

Who is a candidate for Breast Reduction ?

In general, the best candidates for breast reduction are women:

- 18 years of age or older
- Mature enough to fully understand the procedure
- Whose activities are limited due to large breasts
- Experiencing physical discomfort due to large breasts
- Not currently pregnant or breastfeeding
- Not intending to breastfeed in the future
- In good physical and psychological health
- Wanting to improve their appearance and/or comfort
- Realistic in their expectations

The above is only a partial list of the criteria that your surgeon will consider in determining whether or not this procedure is appropriate for you. Be sure to ask your surgeon if he / she considers you an ideal candidate for breast reduction surgery.

FAQ : Surgical Procedure

What are some of the most common benefits of breast reduction?

Breast reduction is quite successful at reducing the weight of very heavy breasts, making it easier to enjoy an active lifestyle. Many women find that this surgery relieves chronic back, neck, and shoulder pain. The primary benefit of the operation is functional, but you also get a breast lift, which may enhance your appearance and improve your body image.

Do I need any special tests or X-rays?

If you are in good health and you want a local anesthetic, you may not need any special tests or X-rays. If you suffer from a serious illness, such as diabetes, your surgeon may order tests or suggest you see your treating physician. If you are going to have a general anesthetic, the anesthesiologist may order special tests to prepare for the anesthetic. Most plastic surgeons take photographs before and after surgery. If you are over 35 you should have a mammogram.

How much pain is there?

Although the surgical incision for this surgery is quite large, it is placed in areas of the breast that are not too sensitive. In addition, due to the fact that the nerves to the breast skin have been stretched out by the weight of the breasts over a long time, the skin is less sensitive. Thus, the pain after surgery is usually easily managed with oral pain medications. Initially, there is discomfort in walking, getting out of bed, and any activity that causes the breasts to move. You may continue be sore for the first few days after surgery., etc.

When can I get back to normal?

Although you may be up and about the next day, your breasts may still ache occasionally for a couple of weeks. You should avoid lifting or pushing anything over 15 pounds for three or four weeks. Most women can return to work (if it's not too strenuous) and social activities in about two weeks. Avoid sex for a week or more, since sexual arousal can cause your incisions to swell, and to avoid anything but gentle contact with your breasts for about six weeks.

FAQ : Risk and Complication

Are there any risks involved?

Breast reduction is not a simple operation, but it's normally safe when performed by a qualified plastic surgeon. Nevertheless, as with any surgery, there is always a possibility of complications, including bleeding, infection, or reaction to the anesthesia. Some patients develop small sores around their nipples after surgery; these can be treated with antibiotic creams. You can reduce your risks by closely following the written instructions we provide you before and after surgery. The procedure leaves noticeable, permanent scars, although your bra or bathing suit can cover them. (Poor healing and wider scars are more common in smokers.) The procedure can also leave you with slightly mismatched breasts or unevenly positioned nipples. Future breast-feeding may not be possible, since the surgery removes many of the milk ducts leading to the nipples. Some patients may experience a permanent loss of feeling in their nipples or breasts. Rarely, the nipple and areola may lose their blood supply and the tissue will die; the nipple and areola can usually be rebuilt using skin grafts from elsewhere on the body.

FAQ : Result

What is the long-term outcome like for most people?

Of all plastic surgery procedures, breast reduction has the most immediate dramatic results. The chronic physical discomfort is gone, the body is better proportioned, and clothes fit better. Some women find that as much as they have desired these changes, they need time to adjust to their new body image. After this adjustment period, most women are very happy with the results.

Your surgeon will make the incisions as inconspicuous as possible, but the scarring from this surgery is fairly extensive and permanent. These scars are long, and they remain pink or brown for several years. For some women, the scars become wider; but for others, they fade and become less noticeable. (Poor healing and wider scars are more common in smokers.) Fortunately, the scars are placed in areas that are not seen unless you are topless, and can be hidden by most bathing suits. Future breast-feeding may not be possible, since the surgery removes many of the milk ducts leading to the nipples.

Can I combine this with other procedures?

A major trend in the last few years is for patients to have more than one operation at the same time. This reduces cost and means you only have one period of recovery and pain. Except in rare cases, this does not significantly increase the risks of surgery.

FAQ : Pre Operative

How should I prepare for surgery?

We routinely require you to have a mammogram (breast x-ray) before surgery. You will also get specific instructions on how to prepare for surgery, including guidelines on eating, drinking, not smoking, and avoiding certain medications that affect your bleeding like aspirin and anti-inflammatory drugs.

FAQ : Post Operative

What happens after surgery?

After surgery, you'll be wrapped in a surgical bra over gauze dressings. You may feel some discomfort for the first day especially when you move around or cough. We prescribe medication to lessen the pain.

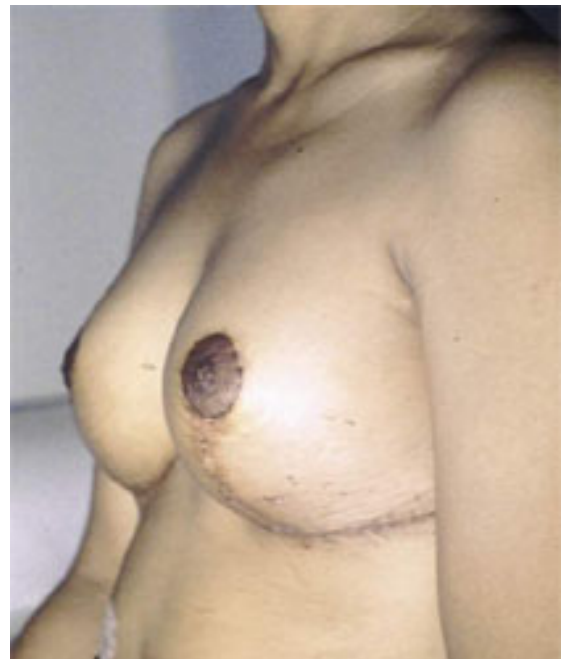
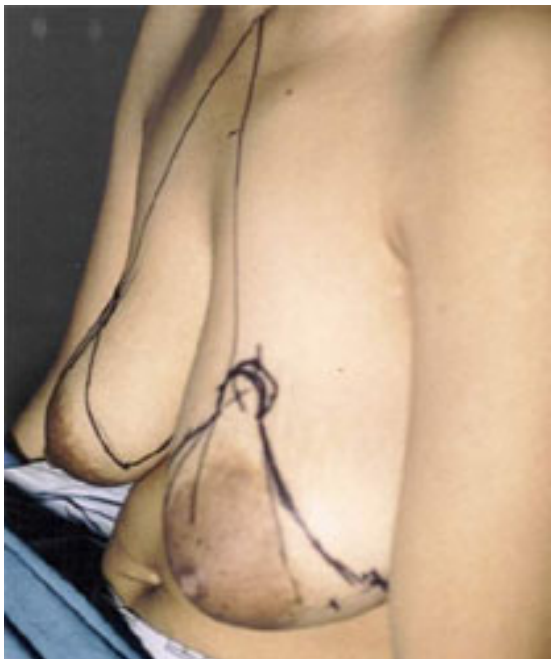
What bra size will you be following surgery?

Your breasts will be examined and measured; you and your doctor will discuss what proportion will be pleasing as well as what is possible surgically. You will also discuss the size and position of the areola and nipple that are "lifted" during the procedure. Your doctor will probably photograph your breasts for reference during and after surgery. Be open and honest about your hopes and expectations. Your surgeon's goal is to provide you with aesthetically agreeable results that you'll be happy with.

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-Photo Gallery-

Plastic Surgery Thailand : Breast Reduction



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Useful Links

[Dr.Preecha Tiewtranon - PREECHA AESTHETIC INSTITUTE \(PAI\)](#)

[Male to Female Sex Change Surgery](#)

[Vaginoplasty](#)

[Sexual Reassignment Surgery](#)

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