



SKIN INSTITUTE

Breast Reduction (MAMMOPLASTY) Information Sheet

Breast reduction, also known as reduction mammoplasty, is a procedure to remove excess breast fat, glandular tissue, and skin to achieve a breast size in proportion with your body and to alleviate the discomfort associated with overly large breasts.

Overly large breasts can cause health and emotional problems. In addition to self-image issues, you may also experience physical pain and discomfort.

The weight of excess breast tissue can impair your ability to lead an active life. The emotional discomfort and self-consciousness often associated with having large pendulous breasts can be as important an issue as the physical discomfort and pain.

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