

Candidates for Breast Reduction Surgery



A breast reduction, or reduction mammoplasty, is a procedure done to reduce the size of the breasts by removing excess breast tissue and skin. This is one of the most common plastic surgery procedures.

If you or someone you know is considering Breast Reduction surgery, the following criteria will help you decide if you are a good candidate for this procedure.

- If you experience physical symptoms including neck, back, and shoulder pain, headaches, shoulder-grooving (where the bra- straps dig in), and postural problems (which contribute to upper extremity nerve problems).
- You must have realistic expectations of the outcome of your surgery. Many patients with overly large breasts choose breast reduction in order to achieve a greater sense of freedom in their physical activities, clothing styles, and to gain a greater feeling of self-confidence.
- You must be in good health, have no active diseases or serious, pre-existing medical conditions.
- You must be a non-smoker. If you smoke, recently quit smoking or have been unable to stop completely, or you are exposed to second-hand smoke, you may not be a candidate for surgery.

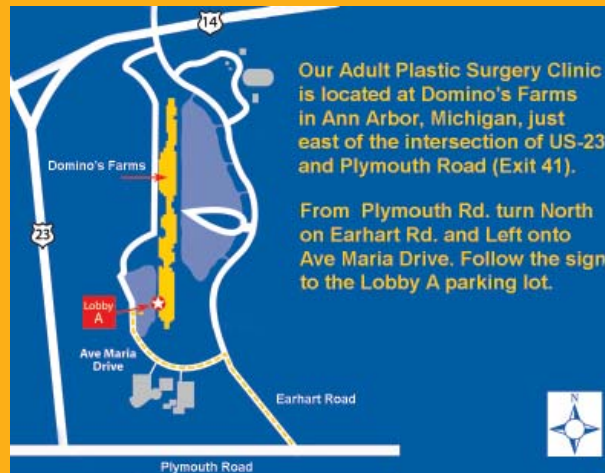


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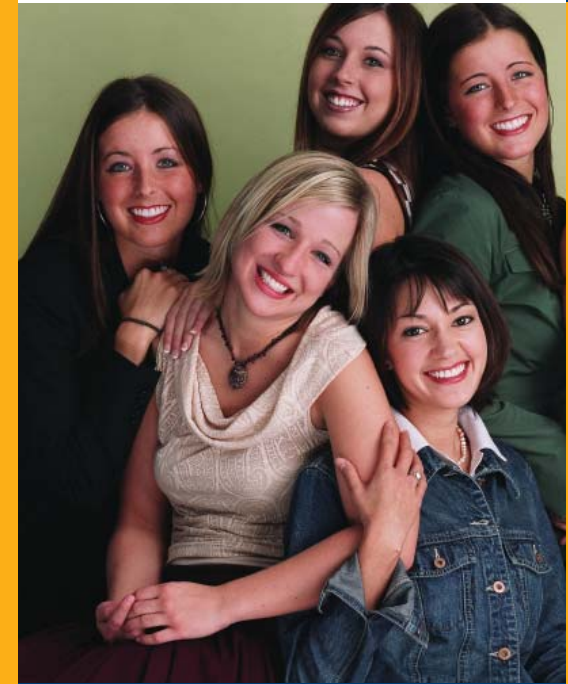
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University of Michigan
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Shared Medical Appointments



Breast Reduction Surgery

PLASTIC SURGERY
UNIVERSITY OF MICHIGAN DEPARTMENT OF SURGERY

Addressing Individual Needs & Shared Concerns



SHARED MEDICAL APPOINTMENTS

Shared Medical Appointments (SMAs) are longer health visits with your doctor held in a group setting. Members of the group are other patients and their loved ones who have the same concerns as you and your loved ones. The SMAs are held in a comfortable, relaxed atmosphere and can bring great benefit to your overall experience. You will not only learn from your physician but also from questions asked by other members of the group.

A SMA is not a seminar or a lecture. It is not group therapy. It is individual care with observers created in an environment for optimal learning.

The SMA is a wonderful learning experience. You will receive the same information as an individual appointment, only more. You can ask questions about the condition and the treatment, and you will benefit from others' questions. Other patients may bring up issues that you may not have thought to ask. In this setting, we can all learn from each other.

Many patients have already benefited from the SMA groups. They like spending more time with their physician and with others who have the same issues. This helps patients understand their condition and its treatment better.

FAQ's

HOW IS AN SMA ORGANIZED?

- SMAs last approximately 1-2 hours. The majority of the appointment will be in a shared setting. During this time, your physician will address in detail many issues of mutual interest to the patients in a warm, supportive group setting where all can learn and listen. Some items that will be discussed include the health problem and its treatment, risks, complications and results. We will also review pre and postoperative information so that you can start preparing for your surgery.
- Your physician will also meet with you individually. If you have personal questions that you prefer not to raise in the group setting, there will be time to discuss this with your physician during this time. Also at this time, a physical exam will be performed and photographs will be taken for your medical record only. If necessary, further tests will be ordered, just like any other appointment.
- Lastly, information needed for insurance companies will be obtained in order to begin the authorization process. Questions in regards to authorization and insurance coverage will be addressed.
- We will make every effort to start and end the SMAs on time as we know your time is valuable. Every component of your SMA is planned and scheduled in a way to give you maximum time with your physician, discussing the things that need to be done to give you excellent care.

HOW DO I PARTICIPATE IN AN SMA?

Please contact our office at 734-998-6022 for more information or to reserve a spot during our next SMA. You will receive a packet in the mail to confirm your appointment and provide you with information about your visit.

WHO CAN COME TO AN SMA?

Due to limited space, we ask that you only bring one female companion or caregiver. If you would like to bring more than one guest, or if you would like a male companion to accompany you, we ask that you make an individual appointment rather than attending the SMA. It is our goal to make the SMA as comfortable as possible for everyone involved.

HOW SHOULD I PREPARE FOR MY SMA?

After you have scheduled your SMA appointment, you will be mailed a folder of information on your intended procedure. Read through this material and make notes. Write down any questions you or your caregivers have. Other patients will likely have the same questions or will be happy that you asked. Bring your questions and your folder to the Shared Medical Appointment – you will be given more information to add to your folder.

WHAT IF AN SMA IS NOT FOR YOU?

If you prefer, you can have an individual, one-on-one appointment with your physician. We respect your privacy and individuality, and we will be happy to extend care to you in the most comfortable method for you.

For More Information on Breast Reduction Surgery or
to Schedule an Appointment Call 734-998-6022 or Visit our
Website at www.med.umich.edu/surgery/plastic