

# FAQ's

## HOW IS THE PROCEDURE PERFORMED?

Traditional breast reduction surgery is an outpatient procedure, but is sometimes performed as an inpatient procedure under general anesthesia, and takes between two to four hours. There are many variations to the procedure. The most common procedure involves an incision that circles the areola and extends downward following the curve of the crease beneath the breast. Your surgeon removes the excess glandular and fatty tissue. Then the nipple and areola are moved to their new position. The skin is then drawn together and down around the areola, providing a new shape to your breast.

Breast liposuction is a safe alternative to traditional breast reduction surgery. It may be performed with twilight sleep anesthesia combined with local anesthesia. Since the female breast is about 50% fat, a 1 to 3 cup reduction in size can be obtained using liposuction alone. Liposuction of the breast enables the surgeon to remove fatty tissue, but not glandular tissue. With this procedure, most patients experience a quicker recovery time with minimal scarring as compared to a traditional breast reduction. Depending on your breast size, breast liposuction might be an option to consider.



Dr. Karlinsky is highly-skilled and trained as a facial and body sculpting specialist who has extensive experience working with post- bariatric/weight loss surgery patients. Having spent a significant portion of her career working closely with leading bariatric surgeons, she has a keen understanding about patients' end goals following significant weight loss. Removal of excess skin following massive weight loss with breast lifts, tummy tucks, thigh arm and body lifts are among some of her interests. She is also highly skilled in facial procedures, such as: face lifts, brow lifts, eyelid surgery, lip enhancement, ear surgery and nose surgery.

Dr. Karlinsky obtained her Bachelor's degree from Hunter College City University in New York City. She then received her medical degree from Ross University School of Medicine, where she focused on Cosmetic and Aesthetic surgery. After graduating medical school, Dr. Karlinsky completed her residency training at Beth Israel Medical Center in New York City, having graduated with the highest honor, as the Chief Resident of the Year and received the Leon Ginsburg Award. Dr. Karlinsky then went on to further hone her skills completing a Cosmetic Surgery Fellowship at the Facial Plastic and Cosmetic Surgical Center in Abilene, Texas.

# Breast Reduction

For **Your**  
Health



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# Breast Reduction

EXCESSIVELY LARGE, SAGGING BREASTS CAN BE UNCOMFORTABLE, UNHEALTHY AND DISTRACTING FROM A WOMAN'S APPEARANCE. LARGE BREASTS CAN ALSO RESTRICT CERTAIN ACTIVITIES. BREAST REDUCTION SURGERY REDUCES OVERDEVELOPED BREASTS AND CAN ALLEVIATE BACK PAIN, SHOULDER STRAP FURROWS, HAND NUMBNESS AND BREATHING DIFFICULTY.

## WHAT ABOUT GETTING PREGNANT AND NURSING?

If you are considering having children, you should discuss this with your surgeon during your consultation. The ability to nurse after you have had the size of your breasts reduced is unpredictable.

## WHAT ABOUT MAMMOGRAMS?

The risk of developing breast cancer seems to remain unchanged following a breast reduction, as do our recommendations for cancer screening. Self breast examination should be performed monthly. A new baseline mammogram should be performed one year after your surgery. Your doctor will make further recommendations during your consultation.

## WHO ARE THE BEST CANDIDATES FOR BREAST REDUCTION?

The best candidates are women with very large breasts who require physical relief. Other candidates for breast reduction include those patients with one breast significantly larger than the other. Those with indentations in their shoulders from tight bra straps and those who are self-conscious or dissatisfied with their oversized breasts are also excellent candidates.



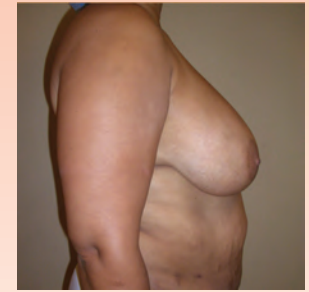
Before



Before



Before



Before



After



After



After



After

## HOW WILL I FEEL AFTER SURGERY?

The recovery time from a traditional breast reduction procedure is typically not difficult. Sexual activity can be resumed after one week following surgery. You should avoid strenuous physical activity for 7-10 days. It may be possible to return to work in 3-7 days after surgery. Bruising and swelling may take up to six weeks to disappear, and it may take up to a year for the scars to flatten and fade.

In contrast, patients undergoing breast liposuction are encouraged to resume normal activities as soon as they feel up to it. The scars are small and hidden out of sight under the breast folds. The results of breast reduction surgery are permanent, but breast size may change due to weight gain or pregnancy.

## YOUR NEW FIGURE

A breast reduction can make a dramatic change in your appearance and your outlook. A breast reduction can make your breasts smaller and firmer. Many patients find a new enjoyment in sports, exercise, dancing or even just walking.

**FIND OUT IF YOU COULD BENEFIT FROM A BREAST REDUCTION.  
CALL OUR OFFICE AND SCHEDULE YOUR CONSULTATION TODAY.**