

Breast reduction surgery can ease back pain

Breast reduction surgery can relieve back and neck pain in women who have very large upper chests, said Dr. Ryan Stanton, a Beverly Hills plastic surgeon.

BEVERLY HILLS, CA, UNITED STATES, September 10, 2017 /EINPresswire.com/ -- The Mayo Clinic said reduction surgery is done to correct a number of problems associated with large breasts. The internationally respected medical research firms offered a short list of items reduction surgery relieves:

- Neck pain
- Back Pain
- Chronic rash under the breasts
- Shoulder grooves from bra straps
- Difficulty sleeping
- Poorly fitting clothes

“I see women who either have naturally large breasts or had implants and they have near constant back and neck pain. That’s understandable,” Dr. Stanton said. “Extra weight on the front of the chest wall pulls at the neck and back muscles. That strain will cause pain.”

Where reduction surgery is a health matter, some insurance companies will cover the operation. Dr. Stanton said women with the chronic rash and back pain issues from natural breasts very often can get the insurance company to cover costs. In the case of removing implants, getting insurance company approval is more difficult, he said.

Dr. Stanton said reduction surgery can be done even on teenagers, but he strongly recommends waiting if the woman wants to have children. “Pregnancy will affect your breasts,” he said. “Whether or not you want to breast feed - I recommend breast feeding - you should wait until you are finished having children. That way pregnancy-changed breasts won’t affect your post-surgery breasts.”

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