

Breast Reduction Surgeons of Long Island Opens to Help Women Find Lasting Relief

Led by Dr. Ari Hoschander, the center specializes in life-changing breast reduction surgery for women seeking comfort and confidence.

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Women struggling with the physical and emotional burden of overly large breasts now have a dedicated resource in Long Island. The [Breast Reduction Surgeons of Long Island](#), led by board-

certified plastic surgeon Dr. Ari

Hoschander MD, offers advanced breast reduction procedures to help patients find relief, restore confidence, and improve their quality of life.

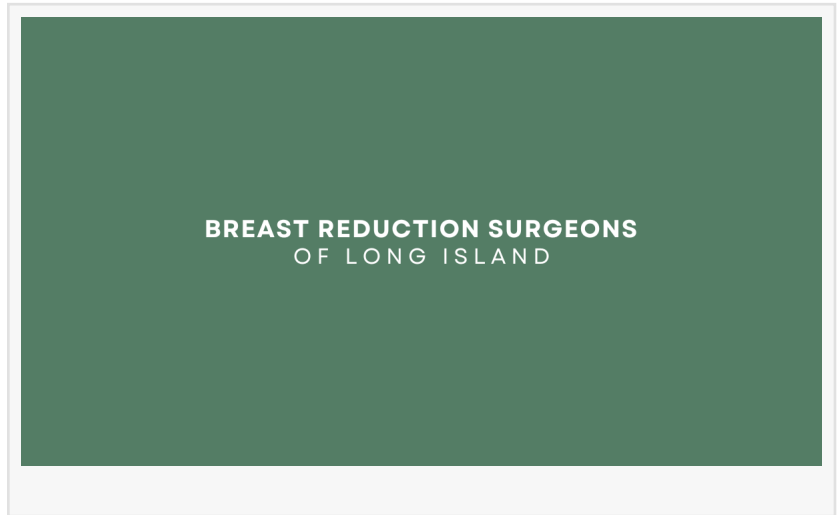
"Breast reduction surgery isn't just about aesthetics. It's about giving women their freedom back," says Dr. Hoschander. "Many of my patients have spent years suffering from back and neck pain, difficulty exercising, and discomfort in everyday life. Our goal is to provide expert care and a path to lasting relief."

Why Long Island Needed a Specialized Breast Reduction Center

While many plastic surgery centers offer breast reduction, Breast Reduction Surgeons of Long Island was created to provide a dedicated approach to the procedure. Patients often struggle to find specialized surgeons who focus on achieving not just smaller, but also natural, proportionate, and beautiful results.

"We designed this to be a place where women feel truly heard," explains Dr. Hoschander. "From consultation to recovery, we're here to guide them through every step with compassion and expertise."

Comprehensive Techniques for Personalized Results



Every woman's body is unique, and the center provides a variety of techniques tailored to individual needs, including:

Vertical (Lollipop) Breast Reduction: A popular option that reduces size while maintaining a natural shape.

Inverted-T (Anchor) Breast Reduction: Ideal for women with significant excess tissue and sagging.

Peri-Areolar (Donut) Breast Reduction: A minimal-scar technique suitable for mild reductions.

Liposuction-Only Breast Reduction: An option for patients whose excess volume is primarily due to fat.

Each procedure is designed to relieve pain, improve posture, and create symmetry and balance while ensuring a natural appearance.

A Personalized Approach to Every Patient

From the first consultation, Dr. Hoschander and his team prioritize patient education and individualized treatment plans. They take the time to address each patient's concerns, discuss their ideal outcome, and recommend the best technique based on body type, lifestyle, and goals.

"No two women have the same needs when it comes to breast reduction," says Dr. Hoschander. "We focus on creating a custom surgical plan that prioritizes both function and aesthetics, so our patients achieve results that truly complement their bodies."

Insurance & Accessibility: Making Breast Reduction Achievable

One of the biggest concerns for many women is whether [insurance will cover breast reduction surgery](#). The good news is that many insurance providers recognize the medical necessity of the procedure. This is especially true for women experiencing chronic pain, skin irritation, or mobility issues.

"We help patients navigate the insurance process to make sure they have the best chance of getting coverage," says Dr. Hoschander. "If you've been suffering, we'll help you determine if you qualify and walk you through your options."

What to Expect During Recovery

Breast reduction surgery is life-changing, and the recovery process is just as important as the procedure itself. Patients can typically return to light activities within a week or two, with full results becoming visible as swelling subsides.

"Our team provides detailed aftercare instructions, personalized follow-ups, and ongoing

support to ensure a smooth and comfortable recovery," he explains. "Most women tell us it's one of the best decisions they've ever made."

Schedule a Consultation Today

Women seeking relief from the burdens of overly large breasts can schedule an in-person or virtual consultation with our [Long Island breast reduction experts](#).

For more information, visit <https://breastreductionsurgeonslongisland.com/> or call (516) 585-2170 to book an appointment.

Adam Spiegel

Jolt Medical Marketing

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