Pendulous Breasts
A health issue for many ladies

Pendulous breasts aren’t just unsightly, they are a real and possibly serious health issue for many women. Breasts can feel, or be, very heavy and can even cause back pain. In addition, in warmer climates, it can get itchy under the breasts as well.

Some breasts are naturally ‘too big,’ but some sag as a result of weight loss, pregnancy or breastfeeding. Aging can be unkind to breasts as skin lose its elasticity. Gravity plays a big role too.

For more information, visit www.surgery-thailand.com

Frequently asked questions

How old does one have to be to have a breast lift/reduction surgery?
Age has nothing to do with it, but plastic surgeons usually recommend waiting until the breasts stop developing. If the size and/or shape of your breasts are causing a problem, talk to a plastic surgeon.

My breasts sag, but I don’t want to have any breast implants. Can I still have a breast lift surgery?
Yes, it is possible to have a breast lift surgery without using any breast implants.

How long does the surgery take?
Approximately 3 to 4 hours under general anaesthesia. Then there’s a one-night hospitalisation.

When can I go back to work after breast lift/reduction surgery?
Within one week post-op.

When can I start exercising again?
You can start light exercise a few weeks after your surgery.

Can I breastfeed in the future?
Yes, usually you can still breastfeed as the remaining mammary glands would be intact and functional.

My areolae are very big. Can it be reduced during breast lift/reduction surgery?
Yes, absolutely.

What about the scars?
There’d be one around the areolar, and another one vertically down to the breast crease.

My breasts are pendulous but I don’t want to have the scars from breast lift surgery. Can I just get breast implants?
Yes, it is possible if the sagging degree is not very much.