

COSMETIC TOWN JOURNAL

Breast Asymmetry Treatment



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Breast asymmetry treatment includes several options to improve a size difference or positioning of the breasts. Breast asymmetry treatment may include fat grafting, implants or a breast reduction. While most women have a natural and slight difference in breast symmetry, patients with a significant variation caused by a genetic disorder or pregnancy may benefit from breast asymmetry treatment. During pregnancy, the body goes through many changes including the fact that one breast may be larger than the other due to more milky tissue or glandular tissue than the other. This change in breast size can remain, post-pregnancy, and cause asymmetric breasts. Breast asymmetry can also occur after a breast augmentation procedure due to malposition, capsular contracture or fat atrophy.

Am I a Good Candidate for Breast Asymmetry Treatment?

A **GOOD CANDIDATE** for breast asymmetry treatment includes:

- Women with one breast larger than the other due to a previous pregnancy
- Patients born with a missing portion of the breast tissue or muscle that supports the tissue
- A patient who had fat grafting to enlarge the breasts but a significant portion of the fat did not survive the transfer in one breast
- Women suffering from capsular contracture which caused a squeezing or shifting of the implant
- Any women with uneven breasts due to improper placement of the implants
- A patient with one breast that is droopier than the other

The following patients are **NOT GOOD CANDIDATES** for breast asymmetry treatments:

- Patients with a slight degree of breast asymmetry
- Patients who do not want to undergo surgery to correct breast asymmetry
- Patients with serious health conditions which may increase surgical risks or impact healing

How is Breast Asymmetry Treatment Performed?

Patients who have asymmetry with very large breasts may opt for the larger breast to have a breast reduction rather than increase the size of the smaller breast. Breast reduction surgery may be performed using liposuction, excision techniques or both. Incision sizes or patterns vary according to the patient's breast condition and desired outcome.

There are a few breast implant options for patients:

- Asymmetric augmentation is the use of two implants of varied sizes to create the look of even breasts. The procedure is performed in the same manner as a typical breast implant procedure by using intravenous sedation or general anesthesia. The surgeon will make an incision under the natural breast fold around the areola or in the armpit. A pocket is created for the implant behind the pectoral muscle or between the chest muscle and breast tissue. After the implant is placed in the pocket, the surgeon uses layered sutures to support the pocket and implant. The incision will be closed with sutures or surgical tape. If the breast is uneven and droopy, the surgeon may recommend combining implants with a breast lift.
- A patient can choose to only place an implant in the smaller breast for an even appearance. Most surgeons would recommend implants in both breasts since volume loss, as a person ages, can cause the untreated breast to change in shape while the treated breast maintains volume.

Another option for treating breast asymmetry is fat grafting. During this procedure, the surgeon will use liposuction to harvest fat from another area of the body such as the abdomen or thighs. The fat will be purified and injected into the lacking breast to provide symmetry. Fat grafting is a safe and natural way to gain volume in the breast while reducing fat in another area. However, the results can be unpredictable due to the fact that a portion of the fat will not survive the transfer.

What is the Cost of Breast Asymmetry Treatment?

The cost of breast asymmetry treatment depends on the type of treatment, the type of anesthesia used, whether implants are used by the surgeon and the type of implant placed by the doctor. Breast implants range from \$7800-\$11,100 while breast reduction costs in the range of \$15,800-\$17,500. Treating breast asymmetry with fat grafting can cost anywhere from \$4200-\$13,900.

Recovery and Downtime

RECOVERY from breast asymmetry treatment varies from patient to patient and according to the type of procedure. Breast asymmetry treatment with implants and breast reduction will have the same DOWNTIME as a traditional breast augmentation procedure. The first two days after surgery can be the most painful but pain medications ease the discomfort. Drainage tubes may be placed just under the skin at the incision site to expel excess fluids. The doctor will remove these drains 24 to 48 hours after surgery. Sutures are usually removed in about 5 to 7 days. Swelling and bruising will begin to subside after 7 to 14 days. Patients may need to wear a compression garment or post-operative bra for approximately 3 weeks. This garment will help to minimize swelling and support the breasts

during healing. Patients may be limited from certain activities such as lifting anything above the shoulders, heavy lifting, pushing or pulling and any actions that may strain the incisions during the first few weeks. Strenuous activities and exercise should be avoided for up to 6 weeks, post-op.

RECOVERY after fat grafting includes some soreness and bruising in the breasts for 7-10 days. Patients will have a **DOWNTIME** of about a week before they can return to work. Strenuous physical exercise should be avoided for 4-6 weeks. While the majority of the swelling will go down after a few weeks, some swelling can persist for 3-6 months.

Results

After breast asymmetry treatment, patients should be able to notice an improvement in breast proportion. The final results may not be apparent until 3 to 6 months after the treatment. It can take a full year for any scar tissue to settle down and fade into a more natural tone. Breast implants can last 10-15 years. The results of breast reduction are permanent while the results of fat grafting also have the potential to be permanent since the transferred fat comes from the patient's own body.

To maintain the results, patients should follow a healthy diet and exercise routine since weight fluctuation can alter the effects of surgery. Furthermore, patients who become pregnant after breast asymmetry treatment may void the results.

Limitations of Breast Asymmetry Treatment

The limitations of breast asymmetry treatment include:

- The size of implant compared to the amount of breast tissue
- Women with untreated breast cancer or pre-cancer conditions
- The results of implants, without a breast lift, when there is significant breast ptosis

Risks of Breast Asymmetry Treatment

The risks of breast asymmetry treatment include:

- Bleeding
- Hematoma – A collection of blood outside a blood vessel
- Seroma – A collection of fluid under the surface of the skin
- Infection
- Changes in nipple or breast sensation
- Poor wound healing
- Scarring
- Implant leakage or rupture
- Rippling of the skin above the implant
- Capsular contracture
- Malposition
- Asymmetry

Breast Asymmetry is a Common Condition

Breast asymmetry is a common condition that impacts a large number of women. While many women are born with uneven breasts, others develop asymmetric issues after a pregnancy or after breast augmentation. Issues such as malposition can occur at any time after breast augmentation due to capsular contracture or poor surgical techniques. Anyone troubled by uneven breasts or malposition of the implants should consult with a board-certified surgeon who performs breast asymmetry treatments on a regular basis to determine which procedure may work best for them.

Written by Cosmetic Town Editorial Team - MA

Based on an exclusive interview with Dr. Kevin Tehrani in New York, NY

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