A meta-analysis found statistically significant improvement in postoperative shoulder pain, shoulder grooving, upper and lower back pain, headache, neck pain, pain and numbness in arms, breast pain, intertrigo, and physical functioning in patients who underwent reduction mammoplasty for macromastia.(1)

In a prospective single-center outcome study, there was no direct correlation between amount of tissue removed and the change in pain score, although there was a significant correlation between tissue removed and the presence of grooving, the sternal notch to nipple distance, and the presence of a higher body mass index.(5)

Specialty society guidelines focus on severity of symptoms and impact on quality of life in determining need for the procedure.(2)

**INDICATIONs**

- Reduction mammoplasty may be indicated when **ALL** of the following are present
  - Estimate of breast volume of 750 cc or greater or bra cup size of D or greater
  - Predicted removal of 1/3 or more of estimated preoperative breast volume
  - Breast size interferes with activities of daily living, as indicated by **1 or more** of the following:
    - Chronic breast pain
    - Persistent redness and erythema (intertrigo) below breasts
    - Upper or lower back pain
    - Thoracic kyphosis
    - Shoulder pain
    - Severe bra strap grooving or ulceration of shoulder
    - Arm numbness consistent with brachial plexus compression syndrome
    - Headaches
    - Cervical pain
    - Nipple position greater than 21 cm below suprasternal notch
    - Restriction of physical activity
  - Failure to relieve symptoms with nonsurgical treatment that includes **1 or more** of the following:
• Four to eight visits of physical therapy or chiropractic care, and 2 to 4 months of home exercise for cervical, shoulder, or upper or lower back pain
• Three to six month trial of nonsteroidal anti-inflammatory drugs to treat pain in the neck, shoulder, upper or lower back, or breast
• Wound care for skin ulceration
• Topical and oral antifungal agents for intertrigo
• Medically supervised weight loss program for overweight or obese patient

REFERENCES


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