

Tuberous Breast Correction

Tuberous breast deformity is a congenital condition that affects the shape, size, and symmetry of the breasts. It occurs due to a developmental issue during puberty, leading to breasts that appear constricted at the base, have enlarged areolas, and may be asymmetrical. This condition can impact self-confidence and make it challenging to achieve a balanced breast appearance.

What Causes Tuberous Breasts?

The exact cause of tuberous breast deformity is not entirely understood, but it is believed to result from abnormal breast tissue development during puberty. The condition is characterized by a lack of expansion in the lower pole of the breast, which leads to a narrow base, high breast fold, and a protruding areola.

Who is a Candidate for Tuberous Breast Correction?

Individuals who experience the following may benefit from tuberous breast correction surgery:

- Breasts that appear underdeveloped, elongated, or asymmetrical.
- A narrow breast base with a constricted lower pole.
- Enlarged or protruding areolas.
- Psychological distress or dissatisfaction with breast appearance.

Tuberous Breast Correction Procedure Tuberous breast correction is a specialized procedure that aims to reshape the breasts and create a more natural appearance. The surgery typically involves the following steps:

1. **Consultation:** A detailed evaluation with a plastic surgeon to discuss concerns, expectations, and surgical options.
2. **Anesthesia:** The procedure is performed under general anesthesia to ensure patient comfort.

3. **Tissue Expansion:** The constricted lower pole is released to allow for natural breast expansion.
4. **Implant Placement or Fat Grafting:** Breast implants or fat transfer may be used to add volume and improve symmetry.
5. **Areola Reshaping:** If necessary, the areola is resized and repositioned for a more balanced appearance.
6. **Incision Closure:** The incisions are closed with sutures, and a supportive dressing is applied.

Recovery and Aftercare

- Mild swelling and bruising are common after surgery but subside within a few weeks.
- Most patients can return to daily activities within a week, but strenuous activities should be avoided for 4-6 weeks.
- Wearing a supportive bra aids in healing and maintaining the new breast shape.
- Follow-up appointments are necessary to monitor recovery and ensure optimal results.
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Frequently Asked Questions

1. Will my breasts look natural after the procedure?

Yes, the goal of tuberous breast correction is to create a natural, proportionate breast shape tailored to the patient's anatomy and goals.

2. Can I breastfeed after tuberous breast correction?

Many patients retain their ability to breastfeed, but this may depend on the extent of surgical correction.

3. How long do the results last?

Results are long-lasting, but natural aging, weight fluctuations, and pregnancy may impact breast appearance over time.

4. Is the surgery painful?

Mild discomfort is expected post-surgery, but pain is managed with prescribed medications.

Schedule a Consultation If you are considering tuberous breast correction, consulting an experienced plastic surgeon is the first step. At **Dr. Buğra İpek's clinic**, we specialize in advanced breast surgery techniques to help you achieve a confident and natural-looking outcome.

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