



**Subject: Breast Reduction Surgery**

Your primary care physician has requested a plastic surgery consultation for you for breast reduction surgery. In order to help you decide about the surgery, we want you to have some information about the procedure as well as the criteria for having it covered under your Kaiser plan. Rather than make the appointment for you at this time, we ask that you review the information and the criteria to be sure that you want to proceed. If you believe you meet the criteria, and wish to be evaluated further, please call the office directly to make your appointment for initial consultation: (707) 571-4090.

Within the Kaiser Permanente Northern California Region, we consider breast reduction surgery medically indicated for excessively large breasts causing back and neck pain, shoulder grooving from brassiere straps, neuropathies (numbness or tingling) not due to other causes, or interference with normal activities or exercise as determined by the Permanente surgeon. Candidates should be within the recommended upper weight limit based on height. For a patient of average size, the amount of tissue removed will typically be 400 grams or more per breast.

Problems with wound healing are common after breast reduction. The thinned and already stretched skin does not tolerate further stretching well; and fatty, redundant breast tissue does not have a good blood supply. Bruising of the skin edges and fat necrosis lead to delays in healing. Accordingly, cigarette smoking and other tobacco use, as well as the use of nicotine substitutes constitutes a medical contraindication to such surgery. Obesity creates a relative contraindication. Surgery for patients more than 20% over recommended weight is appropriate only under unusual circumstances and only if the benefits of surgery outweigh the increased risk. Women over their recommended weight need to lose weight before surgery. Weight loss usually results in a significant decrease in breast size and may eliminate the need for surgery.

Although breast reduction surgery has its inherent risks, it remains one of the more popular and satisfying elective plastic surgery procedures in the Kaiser Permanente Northern California Region. For further information, may I suggest that you visit the web site of the American Society of Plastic Surgeons, Inc.: [www.plasticsurgery.org](http://www.plasticsurgery.org) or our own personal web pages?

If you feel you are a candidate for breast reduction surgery after you have had a chance to review the attached and referenced information, we will be happy to make an appointment for your initial consultation. We ask that you complete the attached Breast Surgery Patient Information Worksheet and bring it to your appointment.

Yours truly,

Harold R. Mancusi-Ungaro, Jr., M.D., F.A.C.S.

[www.permanente.net/doctor/mancusi\\_ungaro](http://www.permanente.net/doctor/mancusi_ungaro)

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Enclosures