



Breast Reduction Surgery: Reduction Mammoplasty

Your primary care provider 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 performed as a covered benefit. Rather than make the appointment for you at this time, we ask that you review the information, including weight guidelines. If you believe you are a good candidate for the surgery and wish to be evaluated further, please call the office (510-307-2631) to schedule a consultation.

Within the Kaiser Permanente Northern California Region, we consider breast reduction surgery medically indicated for large breasts causing back and/or neck pain, shoulder grooving from brassiere straps, or interference with normal activities or exercise. Candidates should be within the recommended weight guidelines, (see below.) For a patient of average size, the amount of tissue removed will be at least 400 grams (approximately one pound) per breast. If you are considering a breast lift (mastopexy), less than 400 gm of tissue would be removed, and this is not considered a covered benefit.

For further information, you may contact the Richmond Plastic Surgery clinic at 510-307-2631.

Body Weight Table

<u>Height</u>	<u>Maximum Weight</u>
4'8"	123 lbs
4'9"	127 lbs
4'10"	131 lbs
4'11"	134 lbs
5'0"	138 lbs
5'1"	142 lbs
5'2"	146 lbs
5'3"	151 lbs
5'4"	157 lbs
5'5"	162 lbs
5'6"	167 lbs
5'7"	171 lbs
5'8"	176 lbs
5'9"	181 lbs
5'10"	186 lbs

Weights are based on 120 percent of maximum appropriate weight range by Height.