

Breast Reduction

Reduction Mammoplasty — Your Friendly Guide to Relief and Confidence

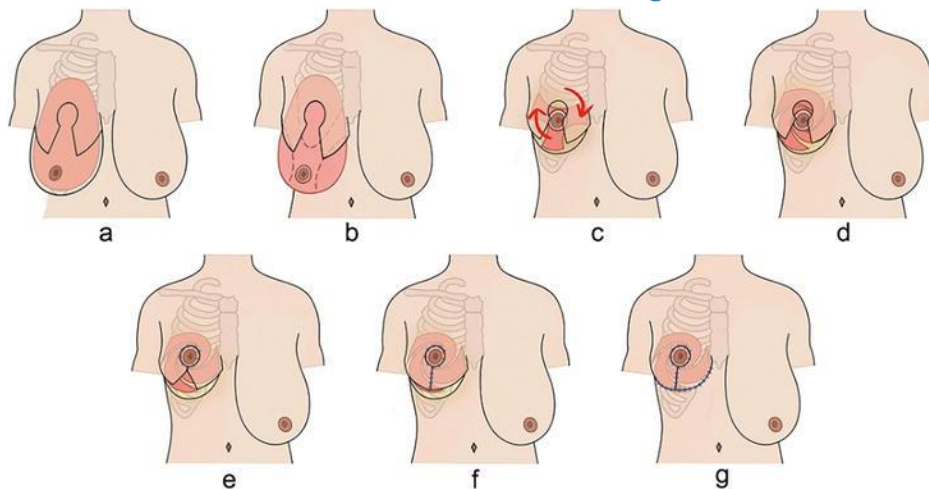
Your friendly, plain-English guide to what to expect — from start to finish.

What is Breast Reduction Surgery?

Breast reduction (reduction mammoplasty) removes excess breast fat, glandular tissue and skin to achieve a breast size that is better proportioned to your body. For many women this is not just a cosmetic procedure — it is life-changing relief from years of physical pain and discomfort.

Large breasts cause real, measurable physical problems. Back pain. Neck and shoulder pain. Deep grooves from bra straps. Skin infections under the breast crease. Difficulty exercising. Breast reduction addresses all of these, while also creating a more proportionate, lifted breast shape.

Before & After — What Changes



Illustrations are for guidance only. Individual results vary.

What Can Breast Reduction Improve?

✓	Chronic back, neck and shoulder pain caused by breast weight
✓	Deep bra strap grooves or shoulder indentation
✓	Skin irritation or rashes under the breast crease
✓	Restricted physical activity due to breast size
✓	Sagging, stretched skin and a low breast profile
✓	Enlarged or stretched areola caused by skin tension
✓	Self-consciousness and difficulty finding well-fitting clothing

Are You a Good Candidate?

✓	You are a healthy adult woman at a relatively stable weight
✓	Your breasts are fully developed
✓	You are a non-smoker (or willing to stop — smokers face higher healing risks particularly around the nipple area)
✓	You experience physical symptoms from large breasts, not just cosmetic concerns
✓	You are not planning a future pregnancy in the near term (pregnancy can affect results)

How the Surgery Works — Step by Step

1

Anaesthesia

Breast reduction is performed under general anaesthesia. Your surgeon will fully explain what to expect.

2

The incision pattern

The most common approach is a keyhole or anchor pattern — an incision around the areola, vertically down the breast and horizontally along the breast crease. Alternative patterns exist depending on your anatomy and the amount of tissue to be removed.

3

Tissue removed

Excess breast fat, glandular tissue and skin are removed. In some cases liposuction is also used to remove fatty tissue.

4

Nipple repositioned

The nipple (which remains attached to its blood and nerve supply) is moved to a higher, more natural position. The areola is reduced in size if necessary.

5

Breast reshaped and closed

The breast is lifted and reshaped using deep internal sutures. The skin is closed with sutures, skin adhesives or surgical tape. Most incision lines sit within the natural breast contours.

6

Support bra applied

A support bra or elastic bandage is applied to minimise swelling and support the breasts as they heal.

Please note: Where multiple procedures (if combining with additional surgery) your surgical team may perform these in two separate sessions with 2-3 days in between.

Recovery Timeline

Timeline	What to Expect
Days 1–5	Swelling and discomfort, managed with medication. Wear support bra around the clock. Light walking encouraged early.
Days 7–10	Sutures removed. Many women are surprised how quickly they feel better — relief from breast weight is immediate.
Weeks 2–3	Return to light work and normal activity. Avoid lifting or vigorous exercise.
Weeks 4–6	Progressive return to full activity. Breast shape and position settling.
Months 3–12+	Final breast shape and position fully established. Scar lines improve and fade over time.

Risks

!	Blood pooling under the skin (haematoma) or blood clots
!	Infection or poor wound healing — higher risk for smokers
!	Changes in nipple or breast sensation — usually temporary
!	Permanent visible scarring (fades but does not disappear completely)
!	Possible impact on ability to breastfeed in future
!	Anaesthesia-related risks

Please ensure all personal medications are fully disclosed to your surgeon on your medical assessment form, and that all medications are handed to the nursing station on the day of your procedure. Please note that blood thinning medications — including certain vitamins and supplements such as fish oil, vitamin E, garlic, and aspirin — must be ceased at least two weeks prior to surgery, as directed by your surgical team.

Cost Comparison — India vs New Zealand

Cost Item	India (NZD approx.)	NZ (approx.)
Breast reduction (bilateral)	~ \$7,000 – \$8,500	~ \$15,000 – \$25,000
Liposuction only (mild cases)	~ \$3,000 – \$5,500	~ \$7,000 – \$12,000
Pre-op tests & consultation	Included	~ \$500 – \$1,000

Please note: GST of 18% is applicable on all cosmetic surgery procedures performed in India and will be added to your surgical quote by the hospital.

All surgical costs paid directly to the hospital. JBTG logistics fees, airfares and accommodation quoted separately.

i About JBTG Limited's Role

JBTG Limited (Bums, Tums & Gums) is your logistics organiser and tour escort — not a medical professional. Your surgical contract, all clinical decisions, and your medical records are between you and the hospital directly. Our job is to get you there safely, support you throughout, and bring you home.

Ready to Find Out More?

Getting started is simpler than you might think:

1

Get in touch

Call or email us for a no-obligation chat. Tell us a bit about what you're hoping to have done.

2

We connect you with our India brokers

Our trusted on-the-ground medical brokers identify the right surgeon and hospital for your specific needs.

3

You receive a personalised quote

The surgical team provides a detailed quote once your information has been reviewed.

4

We arrange everything

Flights, hotel, all transfers, and your full logistics package — all taken care of.

5

We travel with you

You're not going alone. Your JBTG escort accompanies you throughout the entire trip.

Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at

www.globalprotectivesolutions.com/enroll/bumstumsgums. A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel

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Breast Reduction patient guide | All surgical costs paid directly to the hospital | JBTG Limited provides logistics only