

**Thomas E. Zewert, M.D., Ph.D.**  
**Plastic Surgeon**  
[www.zewertmd.com](http://www.zewertmd.com)  
(831) 644-9800



## **Services » Breast**

### **Breast Augmentation and Breast Lift**

A woman who feels that her breasts are too small, uneven in size, or sagging as a result of either age or pregnancy may benefit from breast augmentation. Breast augmentation involves enhancing breast size and shape with the use of saline (salt-water filled) implants. Placement of the incisions will depend on the size and type of implant selected. Typical incision locations include placement in the armpit, around the nipple, and under the curve of the breast. If suitable for the patient, Dr. Zewert prefers to place the implant underneath the chest muscle for the most natural result. Breast implants are also used by Dr. Zewert to reconstruct a patient's breast after mastectomy.

For the woman whose breasts are sagging or drooping as a result of age, weight loss or following pregnancy and breast-feeding, sometimes the breasts can be lifted without the use of an implant. Breast lift without augmentation is best for women with naturally large breasts. For smaller breasted women, a breast lift and augmentation together may offer the best improvement of shape. The breast lift procedure is called mastopexy.

Both breast augmentation and breast lift surgery result in fuller, better contoured breasts. Dr. Zewert seeks to achieve harmony between size, shape, and your expectations.

Please contact Dr. Zewert's staff for more information about this procedure at (831) 644-9800.

### **Breast Reduction**

Women with excessively large breasts can benefit greatly from breast reduction surgery, also known as reduction mammoplasty. These women often suffer neck and back pain, bra strap gouges in their shoulders, and general discomfort in movement because of their breasts. If medically necessary, health insurance may cover some of the procedure costs.

Breast reduction surgery removes excess breast tissue and skin. Dr. Zewert has extensive experience with minimal scar (vertical scar and periareolar scar) techniques for breast reduction and lift surgery.

Patients who undergo breast reduction surgery usually look and feel much better about themselves after the surgery. Back and neck pain is alleviated and most appear slimmer as a result of the surgery. Many patients have told Dr. Zewert that they wished they had their breast reduction procedure earlier because of the relief it provided to them.

Please contact Dr. Zewert's staff for more information about this procedure at (831) 644-9800.

### **Male Breast Reduction**

Over developed male breasts are a condition known as gynecomastia. The condition can affect one or both breasts and generally there is no known cause for the condition. While this condition is not talked about very much, there are many men who suffer from abnormally large breasts. This condition can be troubling or embarrassing, often causing sufferers to avoid being seen in bathing suits or tight fitting shirts.

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### **Male Breast Reduction (Continued)**

The procedures to correct gynecomastia are not a substitute for diet and exercise for those patients who are overweight. Often liposuction can succeed in contouring the breast by removing fat and glandular tissue beneath the breast. In more extreme cases, excess skin will be removed and the remaining skin redraped. The result is a firmer and flatter chest. In some instance health insurance may cover some of the procedure costs.

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