



YOUR  
COMPLETE  
GUIDE TO

*Breast  
Reduction  
& Breast Lifts*



Alain Polynice, M.D.  
Aloysius Smith, M.D.

## Have You Ever Wished Your Breasts Were Smaller?

If so, you probably already know the problems large breasts can cause—social embarrassment, back and neck pain, shoulder pain from bra straps cutting into your shoulders, and heat rashes under your breasts in the summer. Large, heavy breasts can even affect your posture, causing you to gradually stoop.

Fortunately, surgical options are available that can greatly reduce your discomfort. Thousands of women have found relief through breast reduction surgery. Authors Alain Polynice, M.D. and Aloysius Smith, M.D. are board-certified plastic surgeons who have performed hundreds of these breast procedures and now share their expertise and experience with you.

In *Your Complete Guide to Breast Reduction and Breast Lifts*, they guide you through the entire experience of breast reduction surgery; they also cover another popular procedure—breast lifts. From your first consultation to post-surgical care, they deliver information that will help you decide whether cosmetic breast surgery is for you.

Among the other topics discussed: determining your personal goals, choosing the right surgeon, preparing for surgery, incision placement, anesthesia, and potential risks and complications. They also provide before-and-after photos to help you envision your own potential results.

### The Book to Help You Make an Informed Decision about Breast Surgery

[www.addicusbooks.com](http://www.addicusbooks.com)

Book Cover Design: Peri Poloni-Gabriel, [www.knockoutbooks.com](http://www.knockoutbooks.com)

ISBN-13: 978-1-886039-17-9  
ISBN-10: 1-886039-17-8

