



Breast Reduction Consultations

Thank you for scheduling an appointment with The Center for Breast & Body Contouring for an evaluation for reduction mammoplasty (breast reduction). Having large breasts has been associated with both physical and psychological symptoms which are often relieved after surgery.

Certain information is essential to expediting the processing of your insurance certification. Please contact your insurance company to verify a breast reduction is a covered procedure on your specific plan. If your insurance company covers breast reductions, please bring the following information with you at the time of your visit to our office. If the procedure is not covered, we can provide you with a cash quote following your consultation.

1. A copy of records from your primary physician documenting a history of complaints relating to having macromastia (large breasts).
2. Documentation of attempts at conservative treatment for your symptoms – use of pain medications, treatment by a physical therapist, or participation in a weight loss program.
3. Documentation from a chiropractor, orthopedic surgeon, OB/GYN, dermatologist or rheumatologist stating that macromastia is the cause of your symptoms.
4. Copies of a mammogram report – this is an insurance requirement regardless of your age.

All pieces of information stated above are necessary for a complete case according to the insurance companies. **If you lack any of this information at the time of your initial consultation, we be unable to submit the request for insurance review.** We do not submit incomplete cases to the insurance companies given that the result is always a denial regardless of breast size.

Patient satisfaction is very important to us. Therefore, we would like to notify you in advance of the typical time line for reduction mammoplasty.

- At your initial consultation, Dr. Christine Stiles will discuss your condition and perform an examination. Your information will be reviewed, measurements will be completed and photographs are taken, all to be submitted to the insurance company.
- The insurance company may take up to eight weeks to render a response for your case. We are not able to begin the surgery scheduling process until an approval has been received from the insurance agency. Depending on the surgery schedule, your surgery date may be scheduled within four to six weeks of the receipt of the approval.
- A pre-operative appointment will be scheduled in our office two weeks before your surgery date to ensure you are prepared for your upcoming procedure. You will need a preoperative examination and testing with your primary care physician. This examination should take place between 15-21 days before your surgery date.
- It is a good idea to begin writing down your questions before your appointment to ensure that they are answered. After the consultation, you may think of new questions or concerns. Please be sure to write them down to discuss at your pre-operative appointment or you may call the office.

Dr. Stiles and the entire team at The Center for Breast & Body Contouring look forward to meeting you and to helping you feel better.