

# Facts About Breastfeeding After Breast Surgery

## 1. How Might Breast Surgery Affect Breastfeeding?

A breast reduction naturally removes some breast tissue. If too much glandular tissue or ductwork is affected, that can decrease milk supply. In a breast lift, however, the goal is primarily to reposition the nipple and skin, which may have less impact on milk production if done carefully.



## 2. Techniques That Help Preserve Breastfeeding Ability

Fortunately, surgical advancements have made it increasingly possible to maintain the ability to breastfeed after breast surgery. You may want to ask your breast plastic surgeon about the techniques they plan to use and how they protect the nipple and glandular tissue.



## 3. What to Expect If You Try to Breastfeed After Surgery

If you've had a breast reduction or lift and decide to breastfeed later, your experience might look a little different. Some women can breastfeed exclusively, while others may need to supplement with formula or pumped milk. The first few weeks postpartum are key to establishing milk supply, so you'll want to work closely with a lactation consultant who understands post-surgical breastfeeding.



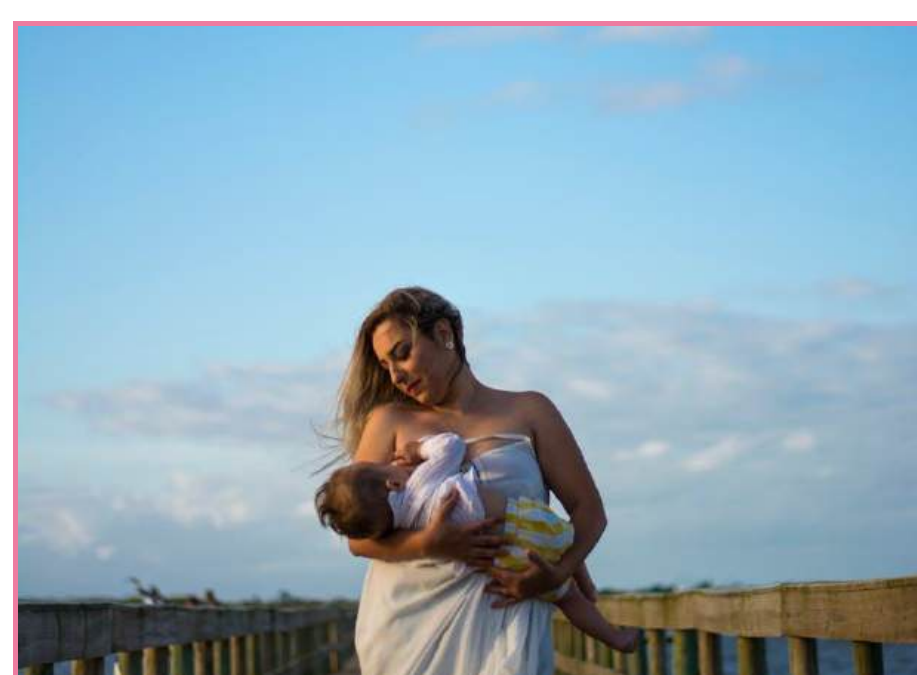
## 4. The Emotional Side: Confidence and Reassurance

It's easy to worry about whether you made the right choice when faced with something as personal as breastfeeding. But remember, breast surgery is often about reclaiming your confidence, comfort, and sense of self. You shouldn't feel guilty if breastfeeding doesn't go perfectly after surgery.



## 5. When Is the Best Time to Have Surgery If You Plan to Breastfeed?

If you know you want to have children in the future, timing your surgery thoughtfully can make a difference. Most surgeons recommend waiting at least until after breastfeeding is complete. However, if you're struggling with pain, posture issues, or discomfort from large breasts, you may want to move forward sooner.



## 6. Your Body, Your Journey

Whether your focus is on restoring youthfulness, relieving pain, or preparing for motherhood, you want your journey guided by expertise and empathy. You deserve results that empower you, in how you look and in how you feel about your body and choices.