

surgeon list

Surgeons by Country and State

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NORTH AMERICA

● UNITED STATES

Alabama

- Dr. Michael Beckenstein: Birmingham
 - User mymaya - I would give him 4.5/5 nstars, great office, very involved in my art recovery. Was approved by insurance same-day. He is a bit brusque and doesn't come off overly caring, but he is very attentive.
 - User alert_negotiation124 - 5/5 stars, very attentive with his patients. Called me the night after my surgery to see if I needed anything. Also advocated for insurance coverage. He doesn't use tubes and you can shower after your 24 hour follow up. He also does everything he can to optimize your recovery. Overall super happy with Dr. B and my lp results, though I am still early in recovery.
- Dr Abdelaziz Atwez
 - User ruck_full_of_peaches - 5/5 stars, took my state insurance no problem as well. Very attentive and makes sure you're comfortable and all your concerns are heard. I had an excellent experience, went from 32JJ - to what we think is a 32b/c(?), still in recovery lol though. FNG, no complications. I'm very happy with my results.
- Dr. William E. Alison Jr.: Huntsville (Dunagan, Yates, & Alison Plastic Surgery Center)
 - User graysnooman - 5/5 stars. He was super kind, and made me feel very comfortable every time we met. I ended up paying out of pocket because my breasts were more saggy than dense and full, and he said he did not feel comfortable taking out the amount that insurance required of him. He said he could tell I was struggling and was just dealt a bad hand and told me that he really wanted to help me, so he would do his badaest to crunch the numbers and give me the best price possible. I was super happy with the price he gave me, and it made sense to go ahead and pay out of pocket rather than trying to fight with insurance about trying to get it covered with less grams being taken out. Because I paid out of pocket, I had the surgery at their surgery center instead of my city's hospital. Every staff member was kind and personable, the facility was amazing, I was able to get my procedure scheduled in a very reasonable time frame—the entire experience leading up to the surgery was just amazing. The day of my surgery, I felt so at ease, and everything went very smoothly. The day after my surgery, a nurse called me from her personal cell number to check on me and to let me know that I can reach out to her at any time if I

have any questions or issues that I need help with. I did have a hematoma after my surgery, but I did not need surgery to resolve it, and the team was super attentive, and calming to my nerves once I brought it to their attention. All my follow-up appointments have been great, and so far I have been super happy with my results! I was a 30J/K pre-op and as of 5.5wpo I measured at a 30DD! I would absolutely recommend Dr. Alison.

Alaska

N/A

Arizona

- Dr. Randall Craft: Phoenix, Arizona.
 - 5/5 stars. Technique is top notch, knows how to get you covered by insurance, good bedside manner, amazing results. Able to reach him during my recovery. Excellent work. He has some bad reviews online, not sure why but I had the best possible experience. Went from a 36i- to a 36c. No FNG. My boobs look amazing
- Dr. Travis Holcombe: Phoenix, Arizona
 - User fabamy - 5/5 stars. Was trained on a method that doesn't require drain tubes, so he I am healing quickly; excellent bedside manner; wonderful staff who got me 100% insurance coverage; went from 36E to 36C. 1 week out, some sutures already removed. No Ace bandage required anymore, either. My back and neck pain is gone.
- Dr. Alvaro Testa Jr: Chandler/Mesa, Arizona
 - 1/5 stars. Absolutely horrible experience. The office was able to help me get it covered by my insurance and I would say that the office staff was great, but Testa barely paid me any attention during any of the follow-up visits. He didn't show me before and after pictures initially and I was ignored when I pointed out that there was a significant portion of breast tissue that appeared to be on the sides. I was told this would round out but it did not and during my last visit he claimed it was fat. I've lost weight, because his comments triggered my eating disorder (and was contacted by another person who was also treated badly for their weight so it might be a trend), but it remains so I'm pretty sure it's breast tissue. Either way he didn't offer anything to fix that before I got surgery. I was told that I could have the revision probably covered by my insurance, but they didn't actually submit this to the insurance so I heard nothing back except their estimate. He didn't offer to take on any of the price either. It's been a few years now and my breasts look horrible.

- Dr. Sergey Turin: Scottsdale, AZ (Tessler Plastic Surgery)
 - 5/5 He has amazing bedside manner and is so down to earth. Really nice to his staff and his staff are amazing. He made sure all the right forms were filled out to get insurance to cover it, from Day 1. I had a rough go in post op and he came back to speak with the nurses at the bedside to make sure everything was ok. He takes his time and does not rush his surgeries. I went from an F/G to a nice D. I'm only 4 days out but my breasts already look great! I highly recommend him.
 - Amazing surgeon. He clearly is very very skilled and I got an amazing result.
 - He mostly does various aesthetic plastic surgeries for women so you're hoping for FNG or NB surgery I'm not quite sure if he does that, never hurts to call the office though. I went from around 38HH > 36D. The office took my insurance and did what was needed to gain approval. Was super helpful with any comments or concerns. I really view him as a serious expert on breast surgery so I'd highly suggest him.

- Dr. Richard Brown: Scottsdale, AZ
 - Pros: Honest about how much/little he could take off (one of the reasons I picked him: honesty. The other was skill). Kind and understanding - I cried and was embarrassed during my consult and he was super kind, empathetic and asked his staff to see how their actions can make patients feel exposed and afraid He has very nice surgical facilities, I LOVED his anesthesiologist and bedside RN!!! He does not rush surgeries. Mine was 3.5 hours (30I/32H->30C/32B?). VERY quick to address my post-op needs while I was in PACU (1 nipple didn't pink up well and he was quick to Rx NitroBID and I ended up with a little necrosis and am recovering great!). I am super happy with my shape and size!!!
 - Cons: His office staff was attentive to my emails until after my procedure and then I was no longer a priority afterwards. I hope he gets new surgical coordinators because they're really his only bad part. Does not take insurance, so zero help with coverage if that's your path.

- Dr. Jennifer Geoghegan; Scottsdale, AZ (Gawley Plastic Surgery)
 - 5/5 stars. I really, really wanted/needed a female surgeon, so was very pleased from the beginning to find Dr. Geoghegan. Everyone was so nice and accommodating during my initial appointments (which only consisted of the initial consult and pre-op). This includes the care coordinator and the secretaries, and of course her surgical staff. I already knew that I was going out of pocket, but she did let me know that she does not take insurance. For any coverage needs, that would need to be handled after the surgery. So, essentially, the full amount would need to be paid up-front and hope for the insurance to kick some money back. I think I got lucky on the day of my surgery, but everyone on her team was a woman

(anesthesiologist, head nurse, etc.), which was also really up-lifting. The surgery did take a bit longer than planned (it was meant to be 3.5 hours and ran to 4/4.5, I believe). I am 4DPO, so can't say too much on the aftercare. I don't really get check-in calls, which is actually okay with me. But if I have questions, her nurse has always been available for me. I am so pleased with my results already and I can't wait to see them when they heal! I honestly can't recommend her enough. If you are able to afford out-of-pocket, I absolutely advise you to consult with her, at least.

Arkansas

- Dr. Gene Sloan: Little Rock, AR
 - User: intherapy1998 - 5/5 for this surgeon. He had a great bedside manner and was very kind, his staff were incredible, and my results were near perfect. He has years of experience. During my recovery, I had a period of three months fighting a small infection in one breast. He had to do another surgery to fix the infected area. I had a strong, intravenous antibiotic, Vancomycin, and it caused red man syndrome. He reacted quickly after noticing what was happening and it was fine after a day. He knows what he's doing and I went from an H to a perfect D.
- Dr. Melanie Prince: Little Rock AR
 - User queenofgumbo: 5/5 - Superb surgeon. Excellent bedside manner. Wonderful, attentive staff. No drains. Experienced with FNG. Very patient oriented. Pleased beyond measure.

California

- Dr. Hubert Shih, San Francisco, CA
 - user: kanyedbythebell -- 5/5 Insurance and logistics: SFHP through MediCal. I was referred to Dr. Shih through my PCP at NEMS, but as of 9/2024, he only practices out of his private office in Cupertino. Operation took place at CPMC Mission Bernal. Timeline: 11/17/23 -- PCP visit to talk about upper back pain, referral to general surgery made; 12/14/23 -- consult with Dr. Shih, diagnosis of macromastia and thorough explanation of risks and realistic results; early to mid Jan 2024 -- call from office with notice of surgery date made; 3/5/24 -- surgical pre-op including blood work and EKG (pre-surgery mandate by hospital); 3/15/24 -- surgery; 3/21/24 -- first in-person follow up; 4/8/24 -- follow up; 5/4/24 -- follow up; 10/4/2024 -- wrote this post Specs and results: 5'8" and about 205 lbs. Prior to surgery, I had been laboring under the delusion that I was a 38DDD. Clearly I'd been wearing the wrong bra size for years. Using ABTF, I measured a 36 D in 6/2024. Wise technique with anchor incisions, no FNG. Total of 3.4 lbs removed! 790 g from right, 750 g from left. No drains. Dressings were dissolvables under steristrips and glue. Gauze and padding under a wide ACE bandage, with emphasis on medializing the

breasts (surgeon recommendation). Zero complications. Pros: Dr. Shih is super super professional and willing to talk research and white papers, but also down to earth and easily able to explain in layman's. Good bedside and made sure I felt comfortable before and after. Super chill, excellent human being. Very upfront with risks. No concern with BMI nonsense, just asked if I planned to lose weight and explained how weight gain and loss can affect results. Very accessible for concerns post-op. Generous use of marcaine all over my torso kept me comfy for 48 hours+. Very detailed in explanations of process and post-op symptoms and healing. I'm so happy with their teardrop shape, the size of my areolas, and the fact that I literally breathe easier. Cons: No B&A pics on his website. Sparse info about his cosmetic surgery experience online. I think he might have prioritized proportionality more than I'd had in mind, as he emphasized not wanting to be completely flat. I'm a bit larger than I had hoped, BUT they really do look amazing in and out of clothes. There's no double takes by people I haven't seen in a while, I just look natural. The time between consult and approval was opaque and uncertain, but that's probably not within the office's control. Overall, Dr. Shih was the first and only surgeon I consulted with and I lucked out. He said that while he didn't perform reductions as often as other procedures, he considered it part of plastics' bread and butter. I could absolutely tell by his ease and confidence. I still had a couple of unanswered questions in the week or so leading up to the date, so his office scheduled a phone call. He answered all of my questions and quelled any anxiety. I wanted to make sure we were on the same page in terms of projection and size, so before he marked me up I showed him some reference pics. That final interaction made me feel 100% sure that he knew the vision I had in mind. Immediately after surgery, there was a snag with the pharmacy closing early, so my family was unable to get my post-op drugs that night. Hospital staff couldn't immediately reach him, but he called me back later that night, apologizing profusely and wanting to ensure I would be comfortable until morning. He left me his personal number, making sure to say that I should call back-to-back to bypass sleep mode. I highly recommend Dr. Shih for this procedure and my standards for medical professionals have been raised by my experience with him. I'm happy to chat more, feel free to reach out.

- Dr. James Anthony, San Francisco, CA
 - User Any_Row9293 - 5/5 - Dr. Anthony was awesome! Not only the cheapest of the 3 docs I consulted with but the one that made me feel the most comfortable, listened to, and was all around very experienced. I would say if you are trying to go A cup or basically flat he is probably not the doc for you but that wasn't my goal so he was perf for me. He emphasizes wanting to make your results "proportional" and natural looking so he really hammered home that I would not be going down to a

flat chest (again, not what I was going for). I went from ~36H to ~36D (still plenty of swelling though). No drains. Had a little seroma for about 2 weeks that resolved on its own. Results look great IMO. You get his personal phone # for post op Qs and he was so responsive during the recovery period - he literally responded in less than 2 mins when I texted him (on a holiday weekend!!!). Did not go through insurance with him and but they were very helpful with walking us through the process of reimbursement. They don't have a claims department though so they weren't in contact with any of my insurance - that was all on me. Overall I loved Dr. Anthony and would do it all over again with him.

- Dr. Gabriel Kind, San Francisco, CA
 - User CMPChik - 5/5 - (Blue Shield of CA) I went to Dr. Kind who is about 90-180 minutes away from where I live (depending on traffic ha ha) due to not having options for a surgeon who takes my insurance in my area who did not have BMI restrictions (feel free to read my post history about insurance hurdles, etc). I initially emailed Dr. Kind to make sure he did not use BMI alone as a factor and received a kind and helpful response from his P.A., Candace who assured me that would not disqualify me. Dr. Kind and Candace were both present for my consultation with my husband. They were warm, welcoming, and professional. Dr. Kind sat down at a table with us and gave us the history of breast reduction procedures and how they calculate what should be taken out for insurance, etc. He spoke directly to me and my husband as a couple as my husband was my main support person for surgery and recovery. He asked me about my history and I could tell he was making sure to check boxes so I could get insurance coverage! He also did not once bring up my weight/BMI. He and Candace displayed the same demeanor pre-surgery. We did FNG due to my size and shape and I am very happy with the results! The surgery was done at a Sutter hospital right next to his office and everyone there was warm and wonderful. I also had some questions once I got home from surgery and Candace has been quick and helpful to respond by email. I had my first post-op, which was with Candace based on my availability (I could have met with Dr. Kind on a different day, but I have so much faith in Candace's expertise). Also, a side note is they trusted my husband's ability to remove my drains at home to save us a trip back into SF just to have those removed. My husband was a paramedic and has lots of medical experience so he was able to remove them for me, no problem! At this point I am 2 weeks PO and I am healing wonderfully with no openings, infections, or problems! I would recommend anyone to Dr. Kind and Candace!
 - User PuzzleheadedHall9851 - 5/5 - (Anthem Blue Cross): I went to Dr Kind because I saw him recommended on this subreddit and he took my insurance. I couldn't have asked for a better surgeon or team. Every part

of the process, I felt so incredibly supported and heard. The girls in the office were incredibly helpful when I was dealing with my insurance before the surgery was approved, calling them on my behalf and jumping through hoops to make sure they got my insurance everything and more. Candace was such a warm and wonderful presence through the entire thing, so sweet and kind. Dr. Kind made me feel incredibly heard, especially about gender stuff (I'm nonbinary). The results are incredible. Now, nearly a year later, I've never been so happy and proud of how my chest looks. I went from a G to a B/C and everyone who sees them tells me how wonderfully they've healed and how good they look. They really look incredible. I'm so grateful for the kindness and care I received from Dr. Kind and his team during this emotional procedure. 1000000/10 would absolutely recommend. By far the best medical experience I've ever had and I'll be grateful to them forever.

- Dr. David Boudreault, Palo Alto, CA
 - User TheWatcher0425 - 4.75/5 Amazing bedside manner (warm, caring, considerate, meticulous). He was introduced to me by a handful of friends and I can see why he is so popular in the Palo Alto/Silicon Valley community. Really listened to what I wanted and was straightforward with what he could do for me (realistic expectations) after a very thorough consultation. The original consultation was scheduled for an hour long and I always felt that if I needed more time, he would have no problem rearranging his schedule to make sure all of my questions and concerns were addressed. The entire staff at Illuminate are worth their weight in gold and every appointment I've had (consult, pre-op, clearance, post-ops) is done with the most friendly and empathetic team. I was so nervous the day of my surgery but the surgery center location put me at ease; from the team that met me at check in, to the heated bed, and the state of the art surgical room. I was worried about pain and I was able to get a nerve block added to my procedure for additional ease and comfort. My husband was able to be with me while Dr. Boudreault marked me up and I walked into the room for surgery. Post surgical care does not disappoint as he is available by phone 24-7 (even on vacation).
- Dr. Melinda Costa: San Jose, CA
 - User kimberlykumar - 4.9/5 - Dr. Costa was very professional and is clearly very experienced in her work. I was deciding between her and another surgeon (Dr. Kristelle Lusby) who ended up being my attending surgeon! Dr. Costa specializes in the lollipop incision, and took me from a 30H to hopefully a 30C – I am currently 3WPO measuring in at a DD (abratthatfits) to a B cup depending on the website. She uses surgical glue, and answered all of my many many questions. I was able to go through insurance with her and get approved, and she told me that if they

denied me, she would talk to them personally and get approval, which was a huge plus in my opinion. She also is trained in the anchor incision, and we discussed that she would try to get me as small as she could, and that I might end up with a small anchor scar (max 2 inches in length) across the bottom, which I was fine with since I came into this whole process expecting a full anchor scar. I woke up with just the lollipop, no drains, and apart from the first ten minutes after waking up, no real pain! She is very busy, however, which sometimes gives you the feeling that she's itching to get to her next appointment, but I *did* rapid fire questions at her for a good hour so I understand why. She mostly does reductions on older women that are more of a lift than a reduction (meanwhile I'm in my early 20s asking to be as small as possible), so I took a bit of a risk by going with her, but she was totally the right surgeon as I wanted to ensure that I didn't lose my nipples and will most likely get full sensation back. (There is only one numb area about 3 inches in diameter on my right breast and again, I'm only 3 weeks out.) Healing has been super painless, they sent me home with everything I need, and have been responsive (less than 24h on text.) The only reason I haven't given her 5 stars is because of her office staff. They are quite disorganized. They measured me during my pre-op to order the post surgery garments, and we decided on a size S. Then, during my marking appointment (two weeks later) (the thursday before my surgery on monday) when I asked about them, my doctor was like??? You should have the garments?? Definitely by tomorrow?? And then on my way out, the receptionist asked to confirm which colors I picked, which confirmed that they had forgotten to order my garments in the two weeks prior, and had left it until *one business day* before my surgery. Then, when I came in on Friday to pick it up, they gave me a size M, and when I reminded her of my measurements, the receptionist said it would be fine. (For context, I measured at a 27, and a size S was 24-28, and a M was a 28-32, and this is supposed to be a compressive garment) Fast forward to three weeks PO, and it isn't the biggest deal, but I do now have my bras on the tightest hooks. The extra space was nice at first. The only other real offenses have been forgetting to print things out beforehand (when they told me they would), not responding to emails, not responding to all the questions asked in said emails, and submitting for insurance approval too early (was waiting on a signed letter to help my case, but it ended up fine bc I was approved anyways). They're very sweet and nice though!

- Dr. Lisa Jewell: Torrance, CA
 - User tn4ta - 5/5 - (Los Angeles County) - I was overwhelmed by the process of picking a surgeon, because I've noticed so many doctors (especially in LA) either have fake reviews or a lack of price-transparency. Dr. Jewell was the second surgeon I met for a consultation and ended up

choosing her because I was super impressed by the before and after pictures. She also made me feel super comfortable/informed during the pre-op appointments and answered any questions I had. As a college student, I needed to get the surgery in the summer, which they were super accommodating of and able to book me just a month after my consultation. The procedure and recovery have been so smooth! At most, pain has been a 1 or 2/10, no need to take the tramadol pain meds she prescribed (though I generally have a high pain tolerance). I was able to get back to my regular routine within a few days (sometimes walking 10k+ steps a day and some light travel). I am so so happy with how they look, which was my biggest concern. Went from approx 36G to 36C? She used anchor incisions and drains, which I had for 6 days. My one criticism is that they ALWAYS call and ask to reschedule my appointments. I have a very flexible schedule so that was fine with me but something to consider. Please DM any questions!!

- Dr. Michael Cedars, Oakland, CA
 - User [lonefiresthename](#) - 4.75/5 Excellent surgeon, went from a 32HH to a C (he took about 4.5lbs out, including some axilla tissue). Super happy to answer any questions I had and really went into detail about exactly what was going to happen, and what to look out for post-op. He also made sure I knew what the limits were - the smaller we went, the more likely a chance of permanent nerve damage, etc. His staff was also excellent, Kim did an amazing job of making sure I knew what was going on every step of the way and was only a text away if I ever needed anything. He also highly recommended getting the tissue sent for inspection (which I was going to do anyway), and his office handled that all for me. The only dings I have were that it came down to the wire for insurance approval (not his fault though, it was the insurance losing the images his office sent three times, but only getting the approval three days in advance was nerve wracking), his office tends to run about 15-20 minutes late on their appointments, and the elevators in the building he's in (11th floor) have been broken a bunch lately (which while not his fault, is very tiring and could be an issue for handicapped folks).
 - Update: The surgery center he worked with (San Leandro Surgery center) forgot to bill me for my co-insurance so I had to actually call up and make sure they billed me. Again, not his fault, but just a thing to note.
 - +1 to Dr Cedars! 4.5/5
 - I had a great experience with him, he checked up on my almost daily my first week and his patient coordinator was available at any time to ask questions or send pics/updates to. During the pre-op he reviewed photos with me so that he could show me if he understood my ideal size/shape while also being realistic

about what they could look like. The insurance approval took a few months (maybe it was my insurance) but I didn't mind (others might, or it might not take them as long). Also as mention above, sometimes the appointments are running ~15-30 min late.

- Dr. Chen Yan: Oakland, CA
 - User person_31905 - easy 5 stars, I went to the Kaiser hospital in Oakland and the whole process was pretty smooth and easy, surgery went as planned and during the prep when he was drawing the guide lines on my breasts we had a pretty cool conversation about the new zelda game (tears of the kingdom) that just came out, he also recommended me some shows to binge while in recovery lol, overall he was very kind and very respectful, never made me feel uncomfortable or nervous. He was also very up front about any and everything he was doing a why, and didn't mind having to explain things over again. I'm still only a few days post op but the recovery has been very smooth, little pain and the painkillers I was given have been helping, there's absolutely no signs of infection or anything going wrong and my breasts themselves look perfect, considering that there's still swelling and bruising and tape over the stitches and stuff, but just looking at the overall shape and size and nipple placement, I'm very happy with the results. im not sure the exact size yet but before the surgery he said itd likely be a D (i was a G) and looking at them id say thats accurate. I would definitely recommend this surgeon for anyone else, especially if ur going through Kaiser because from what I've heard Kaiser tends to be slightly lacking in quality care (not my experience just what I've heard)
- Dr. Kevin Ruhge : Pasadena, CA
 - User: alwasysleppy98 - 5/5 I did a Breast Reduction with lift and liposuction. The consult was free and easy to schedule, staff is very nice and accommodating. At the consult he took his time to explain the procedure and took my measurements to see if I was a candidate for the procedure. Upon confirming, he agreed we can go down from a 34 G/H to a 34 C/D. His website showed a lot of before and afters within that range and i loved how they looked. At preop he answered all my questions, no matter how silly or repetitive it seemed (anxiety amirite). Surgery date he was very in the zone, and very reassuring about how everything was going to turn out. Writing this review 7dpo as a super happy patient. He truly is an amazing surgeon and gave me my dream boobies. He listened to what I wanted, and called me the night of surgery to make sure everything was okay. So far, we are following up in person every week to make sure im meeting the right healing milestones and I feel so well taken care of. Definitely an excellent experience so far and cant recommend him enough!

- Dr. Nima Naghshineh: Pasadena/Los Angeles, CA
 - User: aromatic-maximum4117 - 5/5, writing 5dpo. Reduction with side lipo, 32G to 32B/C. Listened so well to what I wanted and clearly explained the medical side of things simply, which helped me understand my options. Very exact and has a great sense of aesthetics, which is something I needed. Answered all my questions in all appointments and made me feel really safe. His assistant is super on top of insurance stuff and willing to fight for you. I brought in before/after photos and he was clear about what was possible for me. Great bedside manner, very friendly, saw me in the operation center before surgery and reassured me. Sees you at 1dpo, 1wpo, 2wpo, and 1mpo to ensure healing. Loving my experience so far!

- Dr. Kelly Killeen: Beverly Hills, CA
 - User guccigurl18 - 5/5 (Located at Cassileth Plastic Surgery) I had the Breast Reduction with liposuction to the axilla. Dr. Killeen was great--to see her in action, watch Dr. 90210 on E! She and her PA were super attentive, answered every question I had (which was a lot) and made me feel super comfortable. I didn't have too many interactions with her (aside from initial consultation, pre-op, pre-surgery and my post-op appointments) but they were all extremely positive. My results are GREAT. I'm so so happy with them. I went from a 30G to I think a 30C/D. I'd envision going down to a B, but I think my size right now fits me perfectly. Liposuction, though, is brutal--don't underestimate it. Part of the surgery package is scar treatment (microneedling, lasers, etc) since their office has a med spa services, etc--def looking forward to this! But I want to give a special shout out to her team--Jade, the Patient Coordinator, and Dee, the nurse. I think these two individuals really made my experience so strong. Jade went out of her way to answer my numerous questions on cost, insurance, etc even before I'd committed to surgery with Dr. Killeen. I'd originally planned to go to an in-network surgeon (funnily located in the same building) but due to their lack of professionalism even during the consultation/insurance process, I decided against it. The stark difference between the treatment I received with Dr. Killeen and the other doctor sealed the deal for me. Since I needed insurance coverage and Dr. Killeen was out-of-network, Jade worked with me on cost and helped bring it down to a level that was affordable for me/my family (pre-insurance). She was also able to get my insurance to cover a good portion of the surgery as well. Dee, the aftercare nurse, is just so incredibly nice. She is always there to answer my questions and quell my fears by simply texting her. I'm truly grateful for the professionalism, service and experience with Dr. Killeen and her staff at Cassileth Plastic Surgery and would highly recommend it! Feel free to DM :)

- +1 for Dr. Killeen: User Agreeable-Demand-312: 5/5 - I 100% agree with everything above. Working with everyone at Cassileth has been incredible! I had my surgery about 12 days ago (April 2024), and they have been very helpful, both before and after. I was adamant about choosing a female-led surgery team, which is what first led me to Cassileth. Green flag #1: When I was researching surgeons, her office was the only who would answer some basic questions I had before scheduling an in-person consultation (which costs a few hundred dollars, so understandable if I need a little info before I commit). Every other place I called refused to talk to me unless I paid for a consultation. Green flag #2: The pre-op consultation was incredibly thorough. Dr. Killeen walked through the steps of the surgery, what to expect before/after the surgery, showed me a bunch of before and after photos of her work, and took 3D images to provide me an estimate of how much tissue she could remove. I loved her vibe; she was frank, down to earth, and so easy to talk to. It was an assuring confidence. They use the online platform Klara for all communication, which they set up for me soon after the consult, through which i could ask as many questions as i wanted, all of which were patiently answered by her patient coordinator, Sasha. After all that, it was a no brainer to choose Dr. Killeen as my surgeon. The actual surgery was seamless; she chatted with me before walking me into the OR, so I felt super comfortable. Afterwards I chose to stay the night at Aura Aftercare which she recommended, which was so great. They took care of me that first night, and the next morning Dr Killeen's nurse came to see me at Aura to check my incisions before i went home.
- Dr. George Rudkin: Brentwood, CA
 - User hzlidgrl - 5/5 - Office is at UCLA. Experienced, attentive, responsive, kind. Note: he has an assistant that you need to communicate thru for some things. I had my initial call with her to schedule my consultation. She was incredibly kind and patient with all of my questions. I had a post-op concern and they were able to see me that day. The only hiccup has been getting my EDD/ disability completed quickly. But for insurance, they were able to confirm quickly. Consult was pre-COVID and surgery was at the end of September. With the gap between the original approval and actual surgery date, they were able to easily confirm with my insurance that it was still covered. Overall positive experience. Please feel free to DM :)
- Dr. Mary H. McGrath: San Francisco, CA (Retired as of 2020)
 - User chelseapearl - 4.75/5 stars - Office is at UCSF Parnassus Campus. Very happy with my experience with Dr. McGrath. She has 4 decades of plastic surgery experience and she immediately saw the severity of my 32J size situation during our consultation. She also immediately noticed my severe asymmetry of 2 cup sizes. She knew what insurance would be

looking for in a case and I clearly had all the signs of macromastia, like bra strap indents on shoulders, heavy dense tissue, stretch marks, enlarged nipples, back pain, and so on. Her patient coordinator was also very helpful with getting my case sent to insurance and answering my follow-up questions along the way, which was not the case with another private plastic surgery practice I had a consult with prior. I had been denied coverage several times before so the process was very tiresome, but the team was able to get my case looked at and approved rather quickly. My surgery went smoothly. Her surgeries require a 1 night overnight stay and 1 week of drains. I only had 2 in-person follow up visits because COVID struck right after my Feb 2020 surgery. I had 1 phone call follow up and recovery has been pretty smooth, aside from a small skin infection which Dr. McGrath's office got me antibiotics for. I'm almost 1 year post op and I'd love to see Dr. McGrath in person just 1 more time to look at the scars to see if the underarm portion is slightly dog eared or if that's just normal healing texture that'll flatten over time. My final size is about a D, but not totally sure because in-store bra fittings aren't happening during current COVID times.

- Dr. Lee L Pu: Sacramento
 - 2/5 - Dr. Pu did not give me what I wanted or what we discussed. He gave me a breast lift with unnaturally high nipples, rather than the radical reduction I wanted. I only dropped 2 cupsizes, and was left at a D cup when I asked for an A or B. He for some reason also changed the incision pattern into lollipop rather than anchor without ever discussing it with me.
 - 5/5 - Dr. Pu is incredible! Had breast reduction surgery in March 2021 and my experience was very good. From my initial consultation to surgery day, Dr. Pu was extremely professional and knowledgeable. He is very well-published and much of his work is on maintaining nipple/breast sensitivity. In a typical office appointment, I would first meet with a nurse/surgery assistant, then one of his assistant surgeons or a surgical PA, and then always with Dr. Pu at the end so he could answer any lingering questions and speak with me directly about his approach. Admittedly, I was nervous about seeing a male surgeon for this procedure as I am a woman in my 20s that wanted a 2-3 cup size reduction; however, the nurses and medical staff all spoke very highly of Dr. Pu without me even asking for their thoughts. The assistant surgeon said he is the person he would urge his wife to go to, and the nurses that were prepping me on surgery day all had lovely things to say about him. I'm very happy with my results and healing process so far.

and truly feel that Dr. Pu has been very attentive to my recovery process. Highly recommended!

- Dr. Christopher Reid, UC San Diego
 - user stephwren12 - 4.9/5 - I'm giving .1 of a point off solely because I only spoke with him and met him for probably 5 minutes between the 2 consults pre-op, and before the surgery while he was drawing everything on. He seemed really nice, and literally EVERYONE in his office and the Koman surgery center was absolutely amazing, but I do wish I was able to talk to him more- it just kind of seemed like he was in a rush all the time and not worried about specifics. He also doesn't have ANY before/ after photos or reviews... I searched literally everywhere and even asked him and his reasoning was that UCSD won't let him make them public?? I also believe he only began this career in 2019 so that may explain it. Going in blind was quite a risk, but I don't have any regrets. As for surgery results- I am 1WPO but as far as I can tell, he really did go as small as I asked, and everything is going very well!! The staff at UCSD's plastic surgery office are seriously so sweet, helpful, and friendly- Blake was the first person I had my consult with and she really made sure to word my referral letter so my insurance would approve it, per her words "we all hate insurance here and we're making it sound like you're dying so they have to approve this procedure." I've been seeing Azucena for my post-op appointments and it has been a really lovely experience.
- Dr. Stephanie Rowan, Kaiser Permanente: San Jose, CA
 - User askmrscience - 5/5 - The major difference between Dr. Rowan and the other surgeons I spoke to is that she really listened and considered me as an individual. After evaluating me, she contradicted a previous surgeon and said I was NOT a good candidate for liposuction because all my tissue was glandular, not fatty. I was starting from a 32HH (32L U.S.) and "only" wanted to drop 5-6 cup sizes, not all the way back to a C/D cup. The other surgeons I spoke to seemed to think that meant I didn't really need a reduction and was just there for vanity. Dr. Rowan validated me, respected my wishes, and I got a size and appearance I'm very happy with. At my pre-op consultation, she was patient and answered my questions for an hour, with no sign of being in a rush. She is also kind and has a sense of humor. Dr. Rowan prefers not to use drains, but will put them in if an individual case calls for it. She has developed a steri-strip taping technique that avoids taping over the T

junction opening, which improves healing outcomes. **Not recommended:** Dr. James Ormond, Dr. Timothy Santoro (KP Santa Clara, CA) - both dismissive, paternalistic, and with a God complex.

- Dr. Darrell Brooks, Kaiser Permanente, San Jose CA
 - 4.5/5. Great surgeon. Quiet, but really listens - good bedside manner. Takes his time with you to answer your questions, and I never felt rushed. Scheduler called to schedule surgery with me, and I didn't have to wait long at all for a date, approx. two-to-three weeks. He doesn't use drains unless necessary. Gave me exactly what I asked for (38G/H to 38C. Asked him to get me as close to a C cup as possible, without (hopefully) impacting nerves/nipple sensation). Really pleased with the result. Can highly recommend. Outpatient, day surgery procedure. Checked-in early morning, home by early afternoon. ½ point off because while he's thorough and answers all questions, he didn't offer any additional information at all, so I feel if I'd forgotten to ask anything, I would have had to call or message after surgery, which didn't actually happen. One follow-up appointment only, 2 or 3 days after surgery. He did make it clear that I should contact his office with any questions at all. Healing went very smoothly, so I never had to.
- Dr. Lauren Greenberg, Palo Alto CA
 - u/EmergencyEggo, 5/5 stars. Amazing surgeon, very straightforward and honest, explained her reasoning behind every decision and answers every question fully, has so much knowledgeable info and is constantly updating her blogs and researching for updates in the industry and what she can do better. She uses the lollipop in p scar and is very good at it- she has never in her practice used a different method and has never needed to, I love it because there isn't the underboob scar that rubs against underwire bras, and she has everyone buy a bra of their ideal size from Natori with an underwire to use as their surgical recovery bra. She rarely uses drains and didn't use any for my operation, I went from 30G->30C and the extra support from the underwire during recovery was very welcome. My incisions were taped and had no weeping and was cleared to shower 24 hours post-op. I was on vicodin for 24 hours and switched to tylenol, but was off all medications by the end of day 3 post-op, pretty much all of the pain was just from the axillary liposuction bruises. I had 4 follow-ups: next day, a week out, 3 weeks out, and 6 weeks out. Per my young age, I Had a

6-month gap between consult appointments where she used the Vectra 3D imaging system to ensure my breasts hadn't continued growing before approving me for a breast reduction. This is of course the bay area and everything is expensive, and she is a private practice so insurance didn't cover anything, and as for the demand, she is very popular and thus has very low availability! She is incredibly understanding and has a great sense of humor as well, but knows when to be serious and when to crack a joke. Was very open to attempting to work with my insurance even though my insurance sucks and didn't cover any of the costs. Cost was ~\$14,000 with everything included (OR, anesthesia, surgeon fee, scar treatments and consults + follow ups)

- +1 for Dr. Greenberg! I think her technique is superior and her results are amazing. Her staff is so kind and supportive and do their best to make you informed and comfortable. I had a small opening on one of my incisions and they squeezed me in 2 days in a row to get it cleaned and bandaged and assuaged all my fears. I will say if you feel like you want a maternal or nice surgeon, Dr. Greenberg is not that. She's no-nonsense and knows what she's talking about. She's an excellent surgeon, not your best friend. Which I think is worth it!

- Dr. Kamakshi Zeidler - Los Gatos, CA

- a really great surgeon, I love my results through and through and her and her entire team were great during the process. She was able to take my insurance and since I had paid most of my deductible for the year I only ended up paying 3k, but it would be more around 14-15k without insurance. She gave me a special type of incision that's like the anchor incision but the sides are shorter so I can still wear strappy bikinis and bralettes. She'll have you show her "wish pics" so she can make sure she's giving you the result you want. I initially wanted to go smaller, but in the end I think what she gave me suits my body very well and I'm very happy with the size. I had to wait a while after consultation (November 2020 until June 2021) but it was very worth it. I didn't have to use drains or anything, and instead of stitches she used skin glue. If you're wanting revisions after your surgery, she can do that as well as any additional scar treatment.

- Dr. Roderick Simonds, Kaiser Permanente, San Francisco CA (retired as of 2024 - confirmed with Kaiser as fo 11/5/25)

- User nymphetamines_: I had a gender affirming reduction fully paid for by Kaiser. I had to speak to an endocrinologist and gender therapist first and then was referred to Dr. Simonds. Pros: He is a very skilled and experienced surgeon who does reductions and full top surgery. His whole staff (I met Lady and Kat) are skilled and personable. Throughout the process they all talked to me about things with a focus on data, studies, evidence, backing up their claims and weighing averages against individuals with thoughtfulness and consideration. Dr. Simonds was respectful and entirely focused on meeting my goals, with no interest in discussing proportionality or attractiveness. He was also thorough at my follow-up. Cons: he uses drains for all patients and is strict about when he'll remove them. He also uses dissolvable stitches, but if you know you have a bad reaction to those, you can discuss alternatives. Finally, he prefers a rather long scar technique in order to get the best shape possible, which is a trade-off you'll have to discuss with him. Kaiser also doesn't provide compression bras or many post-op supplies at all, you'll need to buy your own. Feel free to contact me with questions and I also posted B&As.
- Dr. Anne Peled, Premiera (Blue Cross Blue Shield), San Francisco CA
 - (u/skittlecollector) 5/5 with some caveats This was my second time trying to cover the procedure with my new insurance plan. (Previously tried to go through Aetna) I went to my primary doctor, Richard DiBella at Sutter Health, who was very understanding and seemed like he actually wanted to help build a case for me to present to the surgeon and my insurance. I told him about Dr. Peled since I already had her in mind, and thankfully he was able to pull her up in the system to give me a referral at the very first appointment I had with him. The consultation took a while to get to—I was originally booked three months out, but was able to get in early through someone else's cancellation. I met with Nicole Daoud for the first time. I wasn't able to actually meet Dr. Peled until the surgery date—which felt odd
- Dr. Hossein Masoomi: Harbor City, CA (Kaiser Permanente)
 - (User DelayOk857) - I would give him 5/5 stars. Dr. Masoomi is compassionate, honest, and attentive. I saw him about twice before my surgery. When I set goals for losing weight prior to the surgery, but my chronic illness prevented me from meeting those goals, Dr. Masoomi understood and moved forward regardless. He expressed that the BMI requirements are

insurance-mandated bullshit, and said that what mattered most was whether I was staying healthy and active before and after the surgery to prevent blood clots and assorted impediments to healing. He has been prompt in answering my messages in the app. My surgery was done well; I was under for about 4-5 hours to go from a G/H cup to a C/D cup. I had a full nipple graft. He used two sets of dissolving stitches beneath the skin, then glue and steri-tape on top. I had a drain on each side for 5 days, then he removed them. I removed the tape at home around the 2 week mark. Everything looks even and symmetrical and is healing well. Surgery was performed on 6/23/23.

- Dr. Ginger Slack, UCLA, Los Angeles (West side)
 - User wumberry - 5 out of 5 stars. Going to copy and paste my yelp review: I'm very grateful for Dr. Slack! She did my breast reduction + chest wall axillary lipo. The process was easy, convenient, and relatively painless! Her assistants, Casey and Allyn, are also great and very communicative. I am roughly 1 week post-op and will update this review in 6 months or so, but as of now, I feel amazing. My chest looks exactly like the reference photo I brought and they look perky but natural. Surgery was performed on 7/4/25.
- Dr. Dong-Joon Lee, Kaiser Permanente, Los Angeles/Harbor City
 - User sharkfrog lizard - 2 out of 5 stars, although I've healed well, he did not perform the reduction I wanted and admitted he decided I needed to be more proportional. Would not recommend for trans or non-binary folks, or folks looking for a radical reduction for certain, but maybe not to anyone! See below. In the initial consultation, I explained I would like to go as small as possible without FNG or large risk of losing nipple sensation for gender affirmation, and he seemed to understand and agree. I also asked several of the questions recommended in the group, until he told me to "stop worrying, I'll take care of the surgery." I also restated my goal on the day of surgery and the nurse wrote it on the whiteboard in my room. I waited a full year to see what my results would be, although I suspected I would be too big after 6 months, and I was, although I've healed well and with minimal scarring. I went in for a revision consultation where Dr. Lee did the following:
 - Told me I didn't know what size I really was, even after I explained how I'd measured

- Blamed my size on weight gain. I have dense breasts, and they're exactly the size he made them, despite gaining weight.
- Admitted that he didn't take off as much as he could have, because it would not have looked proportional, while also claiming he didn't understand what I wanted
- In discussing a more mastectomy-like revision, referred to the result as "an overweight guy's boobs" in a disgusted tone
- Asked for my pronouns during the consultation session, and then misgendered me in his visit notes

- Dr. John Paro: Dublin, CA (Sutter Health)

- User jazzespe510 - I would give him 4/5 stars overall with caveats. Pros: Dr. Paro was great with the initial and post-op appointments - he answered all of my questions, and had good bedside manner. He didn't require physical therapy or any other preventative measures to pre-authorize my claim, and I could tell he was gathering info to make a good case for medical necessity for insurance. My claim was initially denied, but he appealed and also did a peer to peer which led to approval. Post-op he scheduled regular follow ups and also did a small in-office revision of dog ears with no charge. Cons: During all my pre-surgery consults, I told him that I wanted to reduce as much as possible, and I showed him pictures multiple times pre-surgery, and also the day of the surgery when he marked me up. I asked to email pictures beforehand, but couldn't because no one in the office responded. At one year post op, I still have neck pain and headaches. But Dr. Paro is extremely hesitant to do a revision/2nd surgery - he gaslit me and said that reduction surgery for large breasts like mine doesn't completely solve neck and back problems. He referred me to physical therapy (and also insinuated that he did me a "favor" by not requiring this pre-surgery, which is odd). This forces me to find a new surgeon for a 2nd surgery. Also, his nurse is really weird - she was friendly during my initial consult (ie showing before/after pictures, saying how much she loved her reduction), but after that first consult, she was cold and distant - in many appointments, she was visibly irritated when she asked what was the reason for my visit Overall I definitely would recommend Dr Paro if you want a proportional and slightly busty reduction, or a surgeon who is conservative in the amount taken out. If you need a radical or large reduction, he is not the right surgeon

- Khashayar Mohebbali MD: Corte Madera, CA
 - User ScarletLilith—two and a half out of five stars. Very poor communication. Spoke with me for no more than 30 minutes before my day of surgery. Only one real meeting. Never asked me what I hoped to look like, bra size etc. Only looked at my breasts from one angle. When I tried to tell him about my strange boobs he said I didn't look that different from the people he usually sees. I know that isn't true. Medically the surgery seems to have come out ok but I don't think I got the results I wanted.

Colorado

- Dr. Justin Cohen, Highlands Ranch, CO
 - (user - decentwriter) 4.5/5 I have nothing but good things to say about my experience with this surgical team and surgeon. He operates out of the UC Health hospital system, which I go to for all of my physicians and everything from appointment scheduling to communicating with office staff is easy to accomplish through their app. I went to all of my pre and post-ops at the Highlands Ranch hospital, while the actual surgery was performed at Anschutz in Aurora. While I did opt for a hospital surgery, due to HIPAA guidelines I was unable to see my surgeon's post-op pictures on other womxn prior to getting my surgery. This made me slightly uncomfortable, but not so much so that I didn't trust him. At the end of the day I wanted to get my surgery done through a hospital system and not an outpatient plastic surgery center. Day of surgery was quick, easy and painless, and everyone was great. Dr. Cohen is very soft-spoken but has a great sense of humor and made me feel really comfortable. He didn't do lipo on my sides, which I still don't know how I feel about that, but size and shape in general I am totally happy with. Recovery has been pain-free and easy. (Update 4 months post-op - I have no complaints about the fact that I did not get lipo, my breasts fell into their natural shape perfectly fine without it!)
 - (user - missy498) 4/5 (consult only) I just had a consult with Dr. Cohen and LOVED him. I've met with a total of four surgeons and he was the most knowledgeable, thorough, and realistic. As just one example, when I asked him about the potential for scarring and wound opening at the T juncture, he walked me through the reasons why that sometimes happens and the steps he takes for preventing it and the options I have if it occurs. He took a long time chatting with me and nothing about the visit felt rushed. I have selected him for my procedure. The only reason

I'm not giving 5 stars is because he only has one assistant and she's not at all responsive. Their phone always goes to voicemail and Kacey always takes at least three days to call me back, if she calls me back at all. For the surgery, I plan on asking Dr. Cohen for a way to directly contact him.

- Dr. Nick Slenkovich: Littleton, CO
 - (User - missy498) 0/5 stars (consult only): I HATED the consultation and I'm unsure how Dr. Slenkovich has such good ratings online. He felt like a used car salesman rather than a doctor. He didn't wear scrubs or a coat, but instead a shiny suit and jewelry. He was cavalier and dismissive. He touched my breasts just way more than needed. The staff there made me feel like I was at a timeshare pitch. It was high pressure sales tactics ("commit right now and we'll give you a discount" or "what can I say to get you to commit today"). On top of that, his rates were almost double that of others in the area (I met with three other surgeons in Denver and one in Atlanta). Truly, avoid at all costs.
- Dr. Joyce Aycock: Denver, CO

User snoopy_dancer 0/5 I had the experience that everyone here fears. I went in as a 32E, asked for a 32C and was told it was attainable. I brought multiple post-op results pics, a bra in my desired size, and told her how much reduction I was looking for. She only reduced me to a 32DD. Her post op paper work showed that she was targeting the wrong size (D cup). She told me it was her mistake, and apologized multiple times, but only offered an in-office revision that she could not give quantifiable expectations on additional size reduction. She compared what I was going through to her own difficulties with a contractor at her house, and suggested I read a self-help book. Do not go here.

 - User bregle - (12dpo at time of review) 5/5 Her bedside manner isn't the best, consult was brief and to the point but not rushed. My preop went well and she took her time to answer all of my questions. She has detailed preop and post op instructions and videos in her patient portal which were really helpful. I was a 30J (US) prior to surgery and asked for a 50-60% reduction which by my math would land me around 30D/DD and she absolutely delivered- I am currently measuring 32DD and still swollen. From my conversations with Dr Aycock, I got the feeling that she prefers to discuss reductions in terms of % of volume reduced rather than use cup size or photos for reference. Healing great so far, I love their shape and the way they look. She is also experienced with top surgery. Does not typically use drains. Works with insurance. No before and after photos on her

website, but she has a lot she can show during consult (they all looked fabulous).

- Dr. : Parker, CO
 - User bregle - (consult only) 4/5 stars. Very kind and thorough in his consult. Decided not to move forward with him because he only wanted to remove 150g from each of my breasts (30GG UK/30J US) and said insurance wouldn't cover. He also said he would do lollipop or J incisions on me instead of anchor, which I was not comfortable with. Quoted \$9100 to do privately. He does work with insurance, though.
- Dr. Nathan Roesner: Boulder, CO
 - User bregle - (consult only) 4/5 stars. Friendly and very thorough. I liked his personality but did not like his methods. He suggested FNG as a possibility though my breasts are not all that large (30GG UK/30J US) and have little to no ptosis. He requires overnight hospital stay with a catheter all night so you don't have to get up to pee (most surgeons I talked to said it's good to move around to avoid blood clots, so this didn't make sense to me); he also told me he always uses drains for at least 7 dpo. Works with insurance, but I was a little mad at his office because they reached out to my insurance for approval after I explicitly asked them not to since I had not decided on a surgeon yet.
 - User Avocadotoastt - (consult review, see below for post surgery) 5/5 stars. I was referred to him by my regular doctor (also in Boulder) who said he does incredible work. My consultation with him was extremely thorough, he drew pictures on a whiteboard and made me feel like I completely understood everything. He's willing to take me as small as possible and did not make me feel like I had to beg. His office seems super attentive and everyone I've interacted with there has been great. He is also weight neutral and very understanding of eating disorders. I explained my past eating disorders with him and he said he doesn't care about a patient's weight as long as it's mentally and physically healthy for them. I don't have large breasts—mostly just ptosis— so he said that my surgery will be more of a lift with some reduction. He said that my surgery will most likely be outpatient and that I may or may not have drains (but most likely I will not). I don't have anything to say about insurance since he said my insurance will not touch me because I don't have enough tissue to remove for them to cover it. He quoted \$7,800. **UPDATE:** I had surgery with him in March 2022,

it's currently July 2023. I LOVE my results. He did exactly what I wanted and my scars have healed beautifully. I'm an athlete and I have 0 pain or weirdness. My surgery was outpatient. He was extremely kind before/after surgery, was extremely available (gave me his cell number) after surgery, and overall fantastic. He said it was unlikely I would need drains and I did end up with them, but not the worst thing ever. It was worth 7 days of drains for the incredible results I have now. Definitely a 5/5 experience and I would recommend him to anyone!!! I did not use insurance so I can't comment on that.

- User Audaxls- 5/5 great bedside manner and listening to goals. I'm only 3 day post op but so happy with my results and he definitely followed my wishes (which were a B/C from a starting 34E), no FNG. Was supportive of working with insurance.
- User Twoshift - 5/5 - so happy that Dr Roesner was my surgeon. He is kind, responsive, and his work is beautiful. I am thrilled with my results. When I was at the hospital, several members of my care team mentioned that Dr Roesner is the go-to surgeon for people who work there and for their family members, which was comforting (and not surprising after my own experience) Other deets: outpatient surgery, no FNG, yes drains (but worth it), full nipple sensation post op, I used insurance and the process was easy, his staff is also amazing. Recommended without hesitation.
- 4 / 5 - Nov 2024 - Consult Only - I paid the \$100 consultation fee because of all the recommendations here despite hesitations. Overall I had a good experience with Dr Roesner himself, he explained things clearly and was clearly very knowledgeable and took great care to listen to my specific needs. That said, I thought he was prematurely dismissive of insurance. He said I would likely not be covered so they would not be submitting anything, I thought that was odd they didn't even offer to at least try, especially since his reasoning was that they would deny anything under 300g which is different per provider, mine didn't specify gram amounts for coverage. So I was a little put off by that. Additionally his office billed my insurance \$337 for the consult then sent me a bill for what they didn't cover (\$187), I called and they said it was a mistake and reversed it but still. Not necessarily dealbreakers but this is why I'm rating 4 out of 5, I would have felt comfortable picking him for the surgery, I think it was worth the consultation fee to compare my other consultations with a highly recommended surgeon, but ultimately went with another one that I liked just as

much and was much closer to home (15 min vs. 45 min) (Dr. Freeman at the Center for Cosmetic Surgery for reference)

- 2/5 - Consult Only - I had a fairly weird experience with Dr. Roesner when I met him. What first left a bad taste in my mouth was the wait to get in for a consultation, which was over a month out from when I called. I could tell he wanted to be personable, but felt he made some unnecessary comments– he asked if I had nipple sensation now and mentioned that that might go away, but they had “served that one purpose” up until now and would serve a different purpose post-surgery (I felt he was suggesting I got sexual pleasure from my nipple sensation, when I had not said that, and didn’t see how it’s relevant/appropriate). When we took before photos he also had me pull my hair to the side; I assumed this was to maybe see the indentations of my bra straps, but he did that to show me in photos the hump of my back from slouching (something I’m sure a lot of us deal with) and said, “people will look at your breasts regardless of their size, so you should sit up straight.” I also mentioned being nervous about pain killers afterwards and he made a pretty dismissive claim about opiates that “the people who abused them weren’t taking them as directed” which from my knowledge of Oxycontin and the opioid epidemic, a very ignorant statement. He was also the only doctor I had talked to who said I should do side lipo (an uncovered up-charge of like \$2,000) and who said he would do drains no matter what. I did my surgery in WY (Dr. Looby) and didn’t do side lipo or need drains, and am happy thus far with my results. The office also didn’t seem like they’d be especially helpful in getting insurance coverage, or offering guidance on what to gather. I would’ve felt nervous if I hadn’t already gotten good advice from the surgeon I ended up going with. Similar to another reviewer, too, they sent a request to my insurance for the surgery without my approval/final indication I chose them. I felt he knew what he was talking about and would do the surgery well, and I liked the example breasts he showed as where he thought he could get me to, but I didn’t feel comfortable interacting with him after this, and feel he was motivated by financial gain rather than helping women. If you’re in Northern CO– look at Dr. Looby in WY.

- Dr. Teresa Cunningham: Denver, CO
 - User bregle - (consult only) 3.5/5 stars. She was 40 min late to my appointment and then rushed through a powerpoint presentation that explained the surgery and risks, I didn’t really

get to ask any questions. Wasn't super stoked on her portfolio, nipple placement seemed a little odd and high to me. Works with insurance.

- Dr. Debra Ma: Lafayette, CO
 - User bregle - (consult only) 2/5 stars. Very experienced and primarily does breast surgery. She was condescending after she asked what my bra size was (30GG UK/30J US) and told me I was a DD. She said she didn't like to get hung up on bra sizes and then got hung up on my bra size and kept bringing it up. Disappointed because her before and after photos were good. She is not a good surgeon if you are looking to go small, she likes to do what she thinks is "proportionate". Works with insurance.
 - User Audaxls 3/5 consult only. Does not do radical reductions or top surgery but if that's not what you need, seems solid. I would caution against folks wanting to go very small, even if not radical, as she made some comments about wanting make sure I stayed feminine, whatever that means. Runs her own practice, 20 years experience (mostly breast work). Works with insurance. Very supportive of non-narcotic pain management for those in recovery. Does not use drains or glue. Very good aftercare instructions provided during consult. For 34 band she was comfortable targeting b/c (~450g removal in this case). Bedside manner is ok, pretty direct and arrogant
 - User Kind_Big9003 ½ (Consult only) Dr. Ma is very experienced (and she will let you know don't worry). She runs her own clinic and has her dog in the office area. Now I love dogs, but for a medical clinic I was very grossed out. She was very direct and arrogant "you aren't that big, and I won't submit to insurance because if I say it won't be covered it won't". (she was right on that I am paying out of pocket elsewhere). Gown was a paper shirt like at the OB, she just grabbed my breasts and started manhandling them. She proceeded to tell me how she brings all her own team and she wouldn't want to have surgery with just any OR team. Quoted me \$17,500 out of pocket. I said I'd think on it, it's a lot of money and we need a new car. She said, "oh you can't get a car for that much." Her photos looked good. But I hadn't even got back to the lobby when she said, "so do you think you want to go ahead?" Rubbed me the wrong way big time. I will review the surgeon I chose after surgery. I will say her post-op instructions are amazingly thorough and I kept them even though I'm not using her. She does not use drains and said

that drains are antiquated and she can't believe anyone uses them still.

- User spacelunacor, 5/5 stars. I can say so many good things about Dr Ma, she is amazing! I reached out to her office in December 2023, and would have been able to get a consult within a week. I booked consult for January 29, 2024, she said I was good to go, sent info to insurance (Cigna) and was approved within 2.5 weeks. Had surgery on March 28, 2024, started at 38HH and had 5.5 lb removed and am healing great. P.S. I have had so many surgeons refuse to submit my info to insurance because of my weight since I was way over a BMI of 36 (I think she said her limit was BMI 50)
- Dr. Aaron Smith: Colorado Springs, CO
 - User bregle - have not been to him personally, but he was recommended highly in another group I am in. He has a large portfolio on his website with beautiful results. Over 6 month wait for a consult. Does not take insurance.
- Dr. Andrew Wolfe: Golden, CO
 - User bregle - have not been to him personally, but he is highly rated and well known in the area. Over 6 month wait just to get a consult. Beautiful results, he has a large portfolio online. Does not take insurance.
- Dr. Matthew Freeman: Golden, CO
 - 5/5 User inifitis - same practice as Dr. Wolfe. Very good communicator and willing to go small/listen to patients. Does require drains for all reductions. Great aftercare instructions, responsive to any questions. Limited portfolio online, but showed a lot of examples during consultations. Hilarious before surgery, and very good at cal'ming anxiety. Does not take insurance.
 - 5/5 - Dec 2024 - (consult and surgery) Really positive experience overall. Offers free consults. All consults, medical, and surgeries are done in the same facility and owned by The Center for Cosmetic Surgery which makes everything easier and in my opinion should ensure better consistency. The facility itself is a step above your average offices, it's very nice and the whole experience feels more bespoke/high end down to the information package you're sent home with. It was definitely the most in depth and helpful with pre and post-op care out of others. Dr Freeman himself is very knowledgeable, good communicator, and incredibly skilled. My acupuncturist (who

has 10+ years experience with post-surgery care specifically) said the incisions and overall work were among one of the most incredibly well done she's seen, she just kept saying how skilled of a surgeon he was when examining the incisions. I was told to expect drains but didn't end up needing them (so I think drains are on a case by case basis not always required). It's my understanding that all procedures are outpatient, I went home same day. The entire staff was amazing pre-and-post opp, I felt very well taken care of. The info packet was super helpful, it even had graph to showcase typical pain, swelling, emotional/mood, and energy levels the first two weeks which I found helped manage expectations and was fairly accurate. Very glad I went with him and would recommend him or at least this office. Does NOT work with insurance, but their office staff was super helpful and worked with me to ensure I had all necessary information and documentation to submit things myself (providing codes, notes, etc).

- Dr. Christine Rodgers: Denver, CO
 - User dumpletown (consult only) 1/5 stars. Very organized intake and office system, sent an informational and helpful confirmation email, asked if I wanted to be added to the cancelation list and ended up having me come in for a consultation two weeks earlier than originally scheduled. However, Dr. Rogers herself is like your rich grandmother who knows best for everyone. I paid \$100 for this consultation with no medical history taken over the phone, but within five minutes of our meeting Dr. Rodgers told me she wouldn't operate on me until I was under 200 pounds. Not even BMI, just under 200 (I am six feet tall). She also delivered a lecture about ADHD meds that seemed out of touch, equating them to diet pills, and I had to stop her and redirect when she got to the Weight Watchers and cutting carbs part of her speech. The one star is for her admin operation.
- Dr. Jacob Rouch, Boulder, CO
 - User Kind_Big9003. 5/5 stars. I was very happy with Dr. Rouch, he also does gender affirming surgery so there was no pressure to "stay proportional." I am thrilled with my results and the care I received from Boulder Plastic Surgery. The surgery center is in the same building. I had a minor complication (Seroma) and they were responsive, and got me in when needed for follow up care. I did not meet my insurance requirements but they do work with insurance. I had no drains and recovery was a breeze. I was able

to get in for my initial consult within a couple weeks. They do take care credit.

- Dr. Linda Huang, Denver, CO
 - User rockies2626. 2/5 stars (consult only). I was initially very excited for the consultation as this doctor was recommended by my GYN, and their before/after pics online looked great. It was \$150 to book the appointment a month in advance (soonest available). The doctor called me in on time, took me into her office, began her spiel about why she favors the lollipop incision, and showed me some pictures. After about 15 minutes, she took me into an examining room. She took some photos and measurements, and then finally gave me some time to ask questions. Throughout this, she was on her phone and not giving me her full attention. Her answers were not very thorough, and sometimes lighthearted (ie “How long would you suggest having another person assist me post-op?” aka my mom, and she said, “Forever” without actually giving me a realistic answer). At no point did she ask why I wanted surgery, what pains I may be experiencing, or what my goals were (whether physically, emotionally, etc). She gave me about 30 minutes of her time before I was passed over to the billing person where they quoted me for around \$13,200. She has a dedicated nurse/anesthesiologist that follows her to whichever hospital/accredited center the patient chooses. They do not accept insurance.

Connecticut

- Dr. Gregory Brucato: Ridgefield, CT
 - 5/5 stars. Amazing local guy! Knows what /he’s doing! Knows how to get you covered by insurance. Is in association with Danbury Hospital. Every patient of his has had no complaints, including me. I was a size G pushing an H and he brought me down to a C with a beautiful lift. Highly recommend!
- Dr. Mari Rebane-Mazzotta: Middletown, CT
 - Haven’t had surgery with her yet but so far, so good. She is associated with Middlesex Hospital. She and her staff have been very communicative, she has a good portfolio of results, and listened to all my concerns. Staff was great about collecting paperwork and submitting it to my insurance, for which I was approved (Anthem BCBS CT). I will update when I have had my surgery.

- Dr. Heather Erhard (Greenwich, also has offices in New York)
 - Amazing experience start to finish, really happy with my results and Dr. Erhard was an amazing advocate and partner throughout the journey. She also does reconstructions for folks who have had breast cancer.

- Dr. Orlando Delucia: Offices in Torrington, Hartford & Farmington, CT
 - 5/5 stars & affiliated with Hartford Healthcare. A fellow user on r/reduction recommended him, and he was amazing from the first consultation to the post-op visits. He is a personable, caring and highly talented surgeon with 25 years specializing in breast surgery. I went from having heavy, sagging H-cup breasts to a perky and beautiful result. He is truly an artist in the operating room and I cannot recommend him enough for his talent and excellent bedside manner. (He also does top surgery!)

- Dr. Beth Collins: Mystic, CT and Guilford, CT
 - 4.5/5 stars. Does not accept insurance, which is a bummer, but offers payment plans and financing for surgery. Patient is responsible for anesthesia and hospital fees up front (roughly \$2k). If I had chosen to pay for the entirety of the surgery outright, it would've been around \$11k with anesthesia and hospital fees included. Dr. Collins specializes in breast surgeries which is evident by the beautiful results she achieved for me. I went from around a 32H to a 32DD/34C with roughly 550g removed from each breast. She is a perfectionist but also personable. I am taking a half point off because her office staff can come off as a bit unfriendly and stuffy, and her first consultation with me was slightly rushed. I opted to have my surgery performed at River Valley Ambulatory Surgical Center in Norwich CT, which is associated with Backus Hospital, and was more than pleased with the extremely friendly staff there. I highly recommend Dr. Collins!

- Dr. Brian Allen, Plainville, CT
 - Dr. Allen and his PA Kaitlin Salkeld are so great! Dr. Allen accepts HUSKY, but out of pocket it comes out to about \$4k. He has a very laid back, chill demeanor. I wasn't really able to reach Dr. Allen directly, he has a "scheduler" that handles basically anything, so if I had questions I would call her and she would ask a nurse or something, or answer the question herself if she was able. She's very much a "get the job done" with little time for pleasantries-type, but nice enough. I am loving my results, and Kaitlin the PA is handling my follow up

appointments. She is also super nice and more outgoing, and answered all my questions at follow-up. I'm still pretty swollen, but I was a 32G/H (depending) and I think when the swelling goes down I might be a C or small D! Definitely recommend!

- Dr. Samuel Buonocore, Hartford CT (Trinity Health)
 - Dr. Buonocore and the entire Plastic Surgery office at St. Francis was fantastic. They helped me get insurance approval (Anthem BCBS) which was great. I didn't have a ton of direct interaction with Buonocore which was okay as I was able to contact the office with any questions. When I did speak with him on my surgery day, he explained the process and when I told him I wanted to go down from a 38H to a C cup, he told me he would try but it would depend on the nipple and if it was safe to do so. He kept my boyfriend updated when I was taken out of surgery and let him know how everything went. Despite saying he wasn't sure that he could get me as small as I'd like, it does appear that he was able to (I'm still quite swollen). He removed 766g from one side and 416g from the other. The incisions are also so clean and I don't have dog ears or anything. I also didn't need drains. Overall, I felt like I couldn't have a better experience. The follow-up care has also been awesome and I feel as though my opinions have been heard and respected. If I ever need the surgery again for some reason, I will definitely go back.

Delaware

- Dr. Stephanie Caterson
 - I saw her years ago when she was at Brigham and Women's Hospital in Boston. She listened to everything I said during our initial consult and was the first doctor to say that my reduction surgery was worse than the minimum requirement. I went from an E cup to a B/C cup. I have minimal scarring and she was able to save my nipples. I don't have children but she was very up front with the likelihood breastfeeding wouldn't be possible. I very much appreciated z. She's affiliated with Christiana Hospital in Newark, DE. I would 100% see her again if I needed to.
<https://doctors.christianacare.org/provider/Stephanie+A.+Caterson/1224790>

District of Columbia (DC)

- Dr. Kenneth Fan: Georgetown Medstar
 - 5/5 stars. The whole process from consultation to post-op care was so professional and everyone made me feel comforted at all

times. The office had some long wait times but were able to schedule my surgery about a month out from getting insurance approval, and I've had no problems with post-op appointments. The staff (nurses, anesthesiologists, pharmacists) at the hospital for the surgery were some of the nicest people I've ever met and made everything so easy. There was a doctor or nurse on-call 24/7 if I had post-op questions and could message the office in the portal. Highly highly recommend Dr. Fan, Georgetown medstar, and getting your surgery done through a hospital!!

- Dr. Ximena Pinell: Da Vinci Plastic Surgery, DC
 - 4.9/5 stars. I'm very happy with my results and overall experience. The Da Vinci office staff and medical assistants are so sweet and patient. Dr. Pinell hasn't been in practice for as long as some surgeons but is clearly very skilled. So far I am very happy with my results; the shape is great, the incisions are neat and I think the scars will be relatively minimal. I was aiming to be as small as possible from a G/H cup, and I think that was a more radical reduction than she usually does. If you're trying to get really small (A/B) I would consider someone experienced in top surgery, but I felt like Dr. Pinell really listened to me about what size I wanted and did a great job getting me to a B/C cup. I'm giving 4.9 instead of 5 stars only because I think Dr. Pinell tends to rush through the consultation a bit, but overall I highly recommend her.
 - 4.8/5 stars. I'm super pleased with the shape, size, and incisions. I chose her because I thought she did really great work and her results were generally the shape I wanted. I was nervous that my reduction would leave them looking squarish, but they look perfectly round and are a great size for my body. I was a J cup and went down to a D (I think). I took off of my rating a little because I do think her/her office tend to rush you a bit, and you have to ask the questions to get answers, rather than them telling you everything you might want to know – for example I had to ask via email after my follow up when I would be cleared to do different things, rather than her telling me during the appointment. I wish they were a little more thoughtful in that respect. However, they are responsive. Dr Pinell is very kind and wants to get you the best result, and she has the skills to do so.
- Dr Catherine Hannan and Dr Lauren Patrick: [West End Plastic Surgery](#), DC

- 5/5 stars. I'm thrilled with my results. Dr Hannan and Dr Patrick work as a team, which meant my surgery was much shorter. Whichever surgeon you see will be your lead; I've never met Dr Patrick. They split their time between West End and working at the VA, which speaks highly of them and their desire to truly help improve lives and serve their patients. They don't take insurance, but they will work with you to submit as out of network. Dr Hannan is a fast talker, so be sure to write down all your questions to help pace the conversation. I didn't have any drains, I had full range of movement afterwards, and I'm thrilled with my resultsh. Amanda, the patient care coordinator, is also outstanding. She answered all my questions, was proactive in getting back to me, and was so helpful at every stage. Highly recommend Drs Hannan and Patrick! A friend had hers done with Dr Ruff and her enthusiastic recommendation of him is what helped finalize my decision. You'll be in great hands with West End Plastic Sugery!
- I second Dr. Lauren Patrick and 5/5. I had Dr. Patrick as my lead surgeon — can't say enough good things. She is kind, talented and incredibly caring. My surgery was a few days before Christmas and when I had a question/concern on Christmas morning, I left a voicemail with the office. Dr. Patrick immediately texted me on her personal phone to answer my question. The surgery itself felt like a luxury experience — they have the surgical suite in their office. The OR nurse and nurse anesthetist were incredible. I felt so relaxed... there was music playing and my hospital gown, blanket— even the operating table— were heated! Everyone involved was a pro. I didn't even have time to get worried. In addition to the incredible bedside manner, I am THRILLED with my results. I was nervous about the outcome, but Dr. Patrick brought my vision to life. I truly feel that I went to the “best of the best.” And I love how both Dr. Patrick and Dr. Hannan are working moms — they are just the coolest! Highly highly highly recommend
- I can third this, like 10000/5 stars!! Dr. Patrick was absolutely amazing through every step of the journey. They were so welcoming and so quick to answer every question I had (and I had a lot of questions). I was also wanting to go pretty small, like from a DDD to a B cup, and they got me there easily! There's something so reassuring about having an almost entirely female medical team for this procedure. Another benefit is they have both surgeons working on you at the same time so it will cut your surgery time (and your time under anesthesia) in half! So my breast reduction took about 1.5 hours when it usually

takes upwards of 4. Day of surgery I felt so comfortable and it was performed in a private suite and not a hospital which I loved, and Dr. Patrick even called me later that day to check in on me. Recovery has been amazing and I have never felt more confident thanks to Dr. Patrick and the whole team! The only downside would be they do not deal with insurance at all, but I will say you get your money's worth choosing to go private with this team!

Florida

- Dr. Harry Salinas: Miami, FL
 - 5/5 stars. I can't say enough good things. He is kind, talented and incredibly caring. He is very down to earth & answers all questions you may have. I went from a 34 HH to a 34C with no issues & very minimal scarring. Had sensitivity in areolas immediately. No drains were placed & had full range of motion immediately after. I used insurance but he no longer takes it. I believe his team will help with paperwork to submit afterwards. If I had to pay myself I would've for him. His work is exceptional & his specialty is working with breasts & breast cancer patients!
- Dr Fakh
- Dr. Dana Goldberg: Jupiter, FL
 - 5/5 stars. u/akatingrass. One of the kindest and loveliest doctors I have ever had the pleasure to work with, as either a patient or clinician. She is very conversational and down to earth, taking the time to listen to every concern and explain things. She is collaborative and will cater to your wishes as best as she can, telling you ahead of time ways in which she might be limited medically [e.g., I said a D or a C, but would defer to her based on my frame (felt comfy enough already with her to trust her judgement!)], and she explained the pros and cons of both and we agreed on a full C down from a 36G). I have also appreciated that both pre-op and post-op care seems to integrate cutting edge techniques (like platelet rich plasma injections for healing) with standards of practice and alternative medicine (they gave me arnica tablets to take before and after to help with bruising and swelling). This integration seems to reflect Dr. Goldberg's open-minded nature and focus on excellence. The entire staff is female (from front desk to the anesthesiologist) and absolutely lovely. There are several people you can reach out to with

questions throughout the process, including a surgical coordinator and the pre-op/post-op nurse that will take care of you on the day of surgery. Everything is in the office (the third floor is dedicated to surgery) and I went home after a short recovery in post-op then returned the following day for a check-up. I was a bit anxious on the day of surgery and everyone took the time to talk with me and reassure me. They have a tv set up in the pre-op room so you can get cozy and I put on the Great British Baking Show; when Dr. Dana came in to measure and mark me we ended up chatting about the show which was very fun and sweet. Post-op I had some bruising she was a bit concerned about and she gave me her cell phone number so I could continue texting her pictures and asking any questions I had. She had me come into the office an extra time out of an abundance of caution and told me it was her job to be cautious and take care of me, which was so sweet and, again, assuring. I paid out of pocket (she doesn't take insurance, but is happy to provide documentation if you want to submit for reimbursement)– \$12k including all the surgical fees, anesthesia, platelet rich plasma injections (they help with healing and scarring), post-op office visits, and a post-surgical garment. I am 100% pleased with the results and am not surprised considering she describes herself as a “breast perfectionist.” If I wasn't, she has cosmetic insurance to cover revisions on her end without any cost to me. I would recommend her to anyone and see her again in an instant if I ever needed to.

- Dr. Luis Vinas (L.A Vinas M.D):West Palm Beach, FL
 - 5/5 stars. Not just a surgeon. I believe he is a perfectionist and an artist. I paid out of pocket, because I wanted HIM and no one else after I saw his work on his Instagram page, but I used a system like Care Credit so I can pay off a big chunk of it over a year. His pricing is fair and I'm not kidding when I say his work is that of an artist. I went from a 32GG to about a 34D. He saw a slight imperfection in the symmetry after 4 months post op and decided on his own to fix it. I couldn't be happier!
- Dr. Tutu Cheng: Davenport, FL
 - 4/5 stars. The reason I'm not giving her 5 stars is because I ended up being much larger than what I expected. She told me while she couldn't guarantee breast size, she said the majority of her patients end up a large B or small C cup and I was very excited about that. However, I ended up a 34 E/F. I started as a 34 GG/H, so the pain relief has been incredible, but I wish I

would have gotten everything I wanted out of the surgery. She accepts all major insurance, however I paid out of pocket since my employer's plan did not cover the surgery (~\$6500). Also, she has BMI cut off of 35, and is hesitant to operate on BMI 32-34. (My BMI was 34 at time of consult and surgery.)

- Dr. Richard Arabitg, Orlando, FL
 - 2.5/5 stars. He definitely is good at what he does. My reduction went smoothly, except I'm a bit bigger than I wanted to be. It was done in office, so it was a bit cheaper. He didn't completely listen to what I wanted. I told him not to make the areolas smaller but he did. As a person, he's just not very nice to be around. He's very very egotistical and "know it all" . I know there's a stereotype among plastic surgeons but Jesus Christ! He also made many inappropriate remarks about me. He was telling me how great my reduction looked and said, "it looks like you got an augmentation done!" really :/ He asked me to take off my mask so he can see my smile, pinching my belly and telling me he can do lipo, and rudely pointing out my self harm scars. Another big issue is that he denies COVID-19 as a problem, he says the flu is worse. None of his staff wear masks (except in surgery of course). This is very concerning considering he is a doctor operating on patients. I wouldn't have gone to him, but I already paid before I found out about this. I paid \$6,400 out of pocket.
- Dr. Charles Newman: orlando, florida
 - 4 out of 5 stars. Natural looking results. Proportional but not even areolas. I paid out of pocket and it was \$9k because I also had to pay the anesthesiologist. I got my surgery scheduled quickly but the date was changed about 3 times before they ultimately settled for the original date once again. He is a big egotistical and condescending, often treating me like didn't know what I was talking about. I did not originally like my results so I had to press him for a revision. After 6 months I received one in the clinic without general anesthesia (at no extra cost) but it was pretty painful do not recommend doing that. However my results are lovely now and I'm glad I did it despite the pain.
- Dr. Brian Derby: Sarasota, Florida
 - User: Osusars. 5/5 stars. He has beautiful, natural looking results. After consulting with many insurance approved doctors in my area, I decided to pay out of pocket to get the best results. He's a bit more expensive, but that's also due to my

weight (286 lbs, bmi 49) and large reduction (40H → 40DD) so my surgery was longer than most. He made an exception to his normal BMI cutoff (35) due to medical concerns I was experiencing at the time that were thought to be caused by overly large breasts. I have had some complications post op that were somewhat expected due to weight/amount of reduction. Dr. Derby was available Christmas day and since then for video chats/calls/texts to work through concerns and got me in the office asap. Very professional and friendly. He communicates his goal, expected results, and any pros/cons thoroughly prior to surgery. Cost was \$12,500 for everything (out of pocket) as he does not work with insurance.

- Dr Joshua Kreithen: Sarasota, FL
 - 5/5 stars. Although h the office does not do insurance prior authorizations for breast reductions, I am incredibly happy with the care and results I received. I paid ~\$7500 out of pocket through CareCredit. Facility includes an in-office OR. Dr Kreithen and his staff all have an excellent bedside manner; they are incredibly easy to talk to and caring. They made sure I was comfortable during the whole process. Dr Kreithen is realistic about size expectations, and does not push for you to be a specific size. I went from a 34J to ~34DDD 1mo post-op. They fit my body perfectly now. I have had no complications so far since undergoing the breast reduction. The only issue that arose was an allergic reaction to an antibiotic over the first weekend. Dr Kreithen was very quick to respond for me to discontinue the antibiotic. Overall I'm so thankful for being under his care. Items provided: post-op bra, and silicone cream.
- Dr. Lisa J. Learn: Fort Lauderdale, FL
 - 5/5 stars. I'm not sure if her office takes insurance, as I was self-pay. I paid about 10k in 2023. Dr. Learn is super knowledgeable and gave me a lot of confidence in her abilities. The staff is great as well, especially the nurses. Dr. Learn was able to take me from a 40H to a C/D without having to do a free nipple graft, and she says she rarely has to do an FNG even though my breasts were super saggy. I showed her reference pictures and asked her to keep me proportional and she nailed it, I am loving my results. She is super quick to respond when I text her any questions during my recovery. She also can do most of her follow up appointments virtually (I drove down from Orlando). She also has lots of photos of black and brown patients, which gave me the confidence to book with her. I'm

about 2WPO and have no complications so far. She works with higher BMI patients too - my BMI is 38.6 and my weight never came up in our consultations. I believe her BMI limit is 40 but I can't remember, you can call the office to ask. Items provided: post-op bra, scar cream (from her practice's brand)

- Dr. Faeza Kazmier, Lakeland , FL
 - 4.5/5 stars. Not giving full 5 stars due to insurance issues with pre approval. I was apprehensive at first due to having consultation with the PA and not the surgeon. Didn't meet dr. Kazmier until preop. The insurance stuff was handled by the office and it took forever. I had to contact them and insurance multiple times due to insurance not receiving the paperwork but the clinic insisting they sent it. Once i got it figured out (6 weeks after consult), it took 1.5 week for insurance to approve. I was scheduled within a few days and surgery was about a month after insurance approval. She listened to me regarding the size as i was worried she would have left me too big (36H and quoted 600g of removal) i kept reminding her and the PA that i wanted to be as small as possible and she delivered. The woman is an artist. She took out 1089g on the left and 1177 g on the right for what looks like it will be a 36C. They are even as far as size and nipple placement and look like twins. Could not be happier. They checked in with me via phone on day 1 and day 2, in office at 1wpo, via phone 3wpo and have an office appointment to see the surgeon again since surgery at 6wpo. She was in network and so far the anesthesiologist and clinic fees processed for a total of \$2407 patient responsibility but still waiting to see what the surgeon's fee will end up being my responsibility. 20% coinsurance kicked in so i don't think it'll be insane and i already assumed I'd be spending my 3k deductible out of pocket. Would highly recommend.

Georgia

- Dr. Nirav Patel: Atlanta, GA
 - Accepts insurance
- Dr. Varun Gupta: Sandy Springs (Atlanta area)
 - user: couverland1 Surgery Date: 6/16/25 INCREDIBLE experience. Dr. Gupta advocated for me to help me get the surgery covered by Kaiser Permanente, and it worked! I paid a \$100 copay, but that was it. Dr. Gupta was polite and attentive and receptive to my concerns from our first meeting. He was always professional but warm, and I felt like I was in very good

hands. Most importantly of all, my results are nothing short of amazing. He took me down from a DDD to a B cup. Swelling and fluid leakage were almost nonexistent, and I had nipple sensation back at just shy of 4 weeks post-op. Scarring is very minimal. Frankly, nothing about the procedure could have been easier or more painless.

- Dr. Gregory Mackay: Atlanta, GA
 - User crzymamak81. Surgery: January 4th, 2024 Review Written: May 13th, 2024 5 out of 5 stars! I had an amazing experience in every single way. I was referred to Dr. Mackay through a friend who raved about him. I was even about to book my surgery with another doctor but figured one more consultation wouldn't hurt. I'm so glad I did because he and his entire office were fantastic! His experience and expertise are what really sold me. He's been practicing for decades and was a general surgeon for a lot of that time. Made me feel very comfortable knowing he knows how to fix anything that may go wrong! I felt like I was in very capable hands. His office staff is warm, friendly, knowledgeable and made me feel so comfortable. Both in my consultations and the day of surgery. After care and post-ops were also so well done and I was given all the information needed. In fact, I'm 4 months post-op and have a little issue with one of my incisions that I'd like checked out. I called this morning and they're seeing me today. Got me in right away to double check it. Price is also reasonable. I paid just over \$7k, out of pocket. My consultations ranged from \$6-15k so he was on the lower end of that price range but that's not why I picked him. In this case you are not sacrificing safety or quality of surgeon. In fact, I see other people's pictures and I think my scars and incisions are so much better done than a lot. He's very skilled at what he does!
- Dr. James Parker: Athens, GA
 - User mymaya: 5/5 stars, but should be noted that I had top surgery with him, not a reduction. His office was amazing to deal with, everyone was so nice and made me feel very welcome. He was a very good listener and basically did what I asked him, never tried to push a specific look or aesthetic on me. Everything is done at his clinic (he has an OR there and it is really really nice), not in a hospital, and it was outpatient. Paid out of pocket at it was \$6500 for everything.
- Dr. Matthew McLeod: Savannah, GA
 - User uberrapidash: 5/5 stars. Review written Jan 2021. Incredible bedside manner. Really seems to care about his patients. Did a fantastic job with me. Consultation: I thought I

would have to go into a consultation and build a case for why I wanted/needed a reduction, but after filling out a simple one-sided worksheet to list why I wanted the reduction, that was really all that was needed. I went prepared with notes to back myself up, but when I got to talk to him I felt kinda aimless because it turned out that I didn't need to explain it to him -- he told me that patients have already been through enough by the time they get to him, and he is there to advocate for us. My procedure was approved by insurance on the first go, so Dr. McLeod didn't have to go fight for it like he said he would if they didn't approve it. Size: I was clear about wanting to go very small, and he was all for it. At the second appointment (the one after the consultation) he told me that if I was afraid to tell him that I wanted to go completely flat-chested at the consultation to no longer be afraid because it had already been approved by insurance. This made me feel very comfortable as I am agender. (I did not go flat-chested, but it was so liberating to feel seen and to know that it was an option.) Post-op: My healing has been a bumpy road because of some unrelated health issues, and he has been very reachable and available for the whole road so far (3 months post-op at time of writing this). Whenever I go to see him, he always asks about my back pain and rib issues (because that is why I wanted the surgery), and he says less and less about "how good I look" as time goes on as he is getting to know me better (I really don't want to hear about how I look! So this is a good thing haha). I feel understood, I feel seen.

- Dr. Tom Hagopian: Atlanta, GA
 - User slambamcam - (sorry if this is not allowed, but I just called his office to get information and found out he no longer accepts insurance for this procedure. I feel this is important to note, as he took insurance in the past) Called on 7/12/24 to inquire about a consultation and was told he no longer takes insurance for breast reductions. The consultation was a non-refundable \$100 that went towards the cost of the procedure if I chose to proceed. I did not end up scheduling a consultation.
 - User shrimpcoat. 5/5 stars. Review written April 2022 (approximately 7.5 weeks post op). Consultation/Pre-Op - I was able to get in pretty quickly from my initial phone call to his office (less than 2 weeks). At the time I didn't know all the questions to ask, but the appointment was still very thorough regarding my particular potential complications and concerns. I was also overweight, but there was no mention of losing weight or my BMI. His office handled the insurance approval and they

were incredible. My insurance was changing shortly after my consultation, and that added a lot of complications and delay, but they submitted the paperwork the minute I had all my updated information. The pre-op was scheduled just a few days before surgery and felt a little rushed, but there were no major red flags. I didn't come prepared with many images to share of my desired size and shape, but was able to give a little insight into what I wanted based on previous patients. Surgery - the surgery was at a fantastic outpatient surgical center. It lasted about 2.5 to 3 hours and I went from around UK 32HH to approx a D cup. I did not see Dr. Hagopian after surgery but I'm not sure if this is unusual. I did have a dedicated nurse who sat with me while I recovered and was able to speak to the anesthesiologist about some post op concerns.

Post-op/Recovery - He does not use drains which I really appreciate. I had follow up appts at 1 week, 3 weeks, 6 weeks, and will have another at 3 months. I have seen him at each appointment, not a nurse or a PA, and he always takes the time to answer questions and do an examination. I had some minor complications and his office has been very responsive with questions, concerns, etc. I also have his nurse's direct email address which has been incredibly helpful. So far, I am thrilled with my shape and size and am so grateful to him and his staff for the wonderful experience.

- user - JustCheesecakes 5/5 stars. reviewed 6wpo Every single thing with Dr. Hagopian has been wonderful. I felt like he truly listened to me and understood my concerns. I had 5 handwritten pages of questions and he went through and answered every single one of them at my consultation. I am a shy person, however every single time I had to show him my chest I felt completely comfortable despite initially not wanting a male surgeon at ALL. The surgery day was smooth, I saw him before to get marked up and then I don't think I saw him after, however I was a little druggy and he was have spoken to who I brought with me. He kept my family updated by calling them from the OR and that made my nervous family more comfortable. I was also covered by insurance and his office had no issues getting that done for me. My results look amazing, almost exactly like my reference photos, only better. I am beyond happy with how I look and I think Dr. Hagopian must have magic hands when it comes to breast reductions. I am 6wpo and the closest thing I've had to any healing complications is not knowing what a spitting stitch looked/felt

like and freaking out a little. His office is so nice and the nurse that I have been seeing for my post-ops is wonderful and very funny. She gave me her personal email in case anything comes up but I don't stress about future post-op appointments because I know she will make it easy and lowkey.

- **Dr. Stephanie Farber (Astra Plastic Surgery), Atlanta GA**
 - Seriously, 5/5 stars. My breast reduction with Dr. Farber was my first surgery. I'm still in high school and I was previously denied by another surgeon purely because of my age. I went in for my consultation with Dr. Farber with low expectations, and I walked out knowing they were going to contact insurance. I never thought a breast reduction would be possible for me right now, and I'm now three months post op. Dr. Farber was so kind and patient throughout everything. Since I'm still a teenager, my dad was at the pre-op appointments with me. He always said she should go to the larger side if necessary. I always said smaller, I was a sixteen year old with a G cup. At my consultation, I told her I wanted to be as small as possible. She remembered that up until surgery day. She was doing my markings and she asked something along the lines of "If I have to decide between bigger or smaller, what do you want me to do?" And I told her smaller, and that's exactly what she did. She was in the OR for an extra 30ish minutes correcting the size because she took the time to actually talk to me and understand what I wanted. I'm now a C and I seriously couldn't be happier with my results. Dr. Farber took the time to get to know me as a person, too. We've had the basic small talk, but she always asks me about how [specific extracurricular] is going whenever I see her. I'm excited to see her for my 3 month post op appointment, but I'm a little sad too. Dr. Farber is truly such a kind, patient, and talented person and surgeon.

Hawaii

- Dr. Robert Peterson: Honolulu, HI
 - I would give 4.5/5 stars. Had my operation done last year I love the shape of my breasts. I am wondering if my incisions could have been done cleaner, but I am happy. I had to follow up every week after. Be sure to specify if you want to go small because I feel he tends to go on the bigger side. Great office and nurses. I paid about \$7.5k.
- Dr Peter Deptula, Honolulu HI, Queen's Surgery Center.

- Amazing surgeon for augmentation, reduction, and top surgery for transgender patients. Very attentive and friendly, bedside manner is absolutely the best I've encountered in his field. He's quite knowledgeable in the latest techniques. Takes some insurance. Check with their office before booking.

Idaho

Nothing here yet

Illinois

- Dr. Alison Shore (Advocate Healthcare), Chicago, IL
 - u/highfatbutter 3/9/24 at 3dpo: Dr. Shore has a great reputation locally, particularly for her work with trans and nb clients. I personally went to her for a significant breast lift, small reduction, and ended up getting side and back lipo. Will update weeksout when I can actually tell my results! Her bedside manner was pretty much why I decided to go with her: After doing a consult with Dr. Iteld, who made me feel like a nameless medical subject, Dr. Shore was affirming, helpful, and let me talk and ask questions for as long as I needed. She treated the whole process with such care that let me know she deeply understands what an emotional decision a breast reduction can be. Her office manager, Giselle, also deserves an award for how impressively responsive and personable she is. I waited a year and a half between my consult and my surgery and it was like no time had passed at all. A friend of mine did their top surgery with Dr. Shore and also had a great experience.
 - Appointments included a consult, pre-op checkin, 1dpo checkin, and soon 1wpo checkin - plus more to follow.
 - She doesn't always use drains, but I ended up with them and will get them off after a week.
 - I'm (prematurely) estimating myself at a size D, down from G. No nipple graft.
 - I had a meltdown the night after my surgery, left her a message, and she called me back in seconds and helped calm me down. A true angel and great surgeon.
 - As of early 2024, reduction/lift + side lipo quoted at \$11k.
 - Back lipo added \$4k for a total of \$15k (back lipo is more complicated and requires an hour+ longer surgery).
 - Accepts surgery, but unsure what - I was self pay.
- Dr. Marco Ellis, Northwestern Medicine, Chicago IL

- A review:
 - Takes BCBS; his staff handled the submission to get it approved.
 - Great bedside manner and listener
 - My surgery went great
 - I had a free nipple graft because I wanted a drastic reduction (36J to 36C)
 - His staff is really really great too
- 08/01/2023: I received an email they don't accept insurance and a consultation is \$250.
- 5/5 stars - User RaChaChaRaChaCha: Surgery on 10/19/2023
 Dr Marco Ellis at Northwestern was awesome. He's a straight shooter but has great bedside manners, doesn't rush you and explains everything (pros,cons, different options, etc). I asked for a small C, he made sure that we were on the same page the whole way through and I think he got me there. I haven't measured myself but I'm 10 wpo and I wear a very small bralette made for C cups. I paid out of pocket. It was around \$9600 (\$6300 for the surgery and the rest to NW). I just paid with my HSA account. The nurses are amazing as well and respond super fast. Like within minutes. They also go out of their way to check on you. Meaning they messaged me multiple times after my surgery to make sure I was doing okay and to let me know that they were there if I needed them.
- Dr. Galiano: Chicago, IL
 - @smallsmarty | Located at Northwestern hospital's plastic surgery department. I received my reduction/lipo from him 9/2020. I give him 4.5/5 stars, I can't think of anything I didn't like, BUT he does have strong opinions about what'll look "attractive" as he likes to say. I am VERY happy with my end result but the day of the surgery I showed him some photos from myself of what I was going for and he didn't agree that it would look right on me. He assured me he knew I wanted to be as small as possible and he was going to make them look as good as possible. Dr Galiano is a busy guy but I always felt like he was paying attention when we spoke. He's a quick talker and moves fast but I believe that comes from a LOT of experience. His team assured me that out of all the doctors at that practice, he does the most reductions which is nice to know — they have a non compete and can't tell you those things until AFTER you select your surgeon at their practice. He is kind of quirky, soft

spoken, a little nerdy — I don't know how else to describe him but I never felt uncomfortable or not secure in my decision to choose him. He also secured the procedure via peer to peer review after I was denied the first time.

- Dr. Michael DeWolfe: La Grange, IL
 - User jacklaudia - Practices on his own with his wife/nurse, Kelly. I had to schedule surgery 5 months after my consultation and they didn't do the insurance authorization until 1 month pre-op. But everything went smoothly. He does microsurgery too, so a breast reduction is not a big deal to him. I had a drain for a week and the only stitches that needed to be removed were near that. Everything else dissolved on its own. My follow ups (drain removal after 1 week, tape removal a week after that, and final check/pictures two months later) were with Kelly. I didn't get much handholding, but I was comfortable with the team and the results look good.
- Dr. Iteld: Chicago, IL
 - Even though I completed information pre-consultation that would have told them my BMI, they still had me come in only for him to tell me I would have to lose 25ish pounds. The medical literature doesn't support all the BMI discrimination and many surgeons will do the surgery regardless of BMI. Yes, there is some marginal increase in complications but it's mostly wound healing stuff that sorts itself out and the rates are still pretty low regardless of BMI. I was very annoyed to have to pay the co-pay for that waste of my time. ALSO, he pushed back on me wanting to go smaller than he believed was "proportional." So that's a no. He has great reviews and great before/after photos. He does a ton of surgeries so he may be great for you. Even if I lost all the weight he required I would not go back. Oh, he also mentioned that he is a professor at Rush (I think) so he said they might have a Resident (or maybe a fellow?) help with the surgery.
 - 1/5 stars: Agree - had an awful experience with Dr. Iteld. While he does accept insurance, he and the office push back on it *hard*, and will do nearly anything to get you to pay out of pocket. Claim to be gender inclusive but have strong (binary) ideas about what looks "attractive." Dismissed my pain and gender dysphoria as not enough for insurance coverage. Fraudulently billed my insurance, were negligent in submitting my documentation, and openly shared my medical history around the office. Billing dept. asked me inappropriate questions.

Patient coordinator gaslit me when my benefits coordinator and I gently gave feedback around how to be more compassionate + current standards around pain *and* gender insurance coverage for the procedures. Happy I went elsewhere.

- I had a consultation with Dr. Iteld and he dismissed me due to BMI and told me to lose 30 pounds and come back. I understand concerns about weight and health in surgery but I had literally just had a hysterectomy a year before and there was never any concern from my doctors/surgeon about my weight then. Practice is very focused on looks (I regularly got emails from their office after for random beauty procedures) and his manner was very off putting. The office staff is as warm as an ice pack. Hard pass. Never went back.
- Dr. Thomas A. Mustoe: Chicago, IL
 - Works at Northwestern or affiliated with Northwestern. Office staff are great and very knowledgeable about the insurance process. He is very knowledgeable (he publishes and teaches). He is kind and did not make me feel rushed even though I had a lot of questions. He has a lot of before/after pics on RealSelf and also a whole big album of pictures at the office that I was able to look at during my consultation. I originally did a consultation a few years ago but it turned out BR was excluded from my insurance policy. I have different insurance now so I'm starting the process again with Dr. Mustoe. They're having me start physical therapy and meeting the criteria for Aetna before they send in the pre-approval to insurance. They also asked me to provide a referral letter from my PCP and to mention in it that I'm in PT.
- Dr. Clark Schierle, Northwestern Specialists in Plastic Surgery: Chicago, IL
 - u/deciduoustree: surgery date 2/17/22. Dr. Schierle deserves 5/5 stars and then some. On a personal level he is kind of a genius (started college at 12, went to Harvard for his MD/PhD at 16, speaks German and Mandarin) but he also has FANTASTIC interpersonal skills. I work in healthcare and believe me, I've met some surgeons with terrible bedside manner. This was not the case here. I actually had three different consults scheduled, one with Dr. Schierle's office, and two others with female surgeons, but after meeting Dr. Schierle, his PA Monika, and his office staff, I canceled the others. This staff is highly professional, made me feel super comfortable, provided thorough information and answered lots of my questions I had before I even got the

chance to ask, and most importantly, understood exactly the kind of results I was hoping for and made me feel confident that they'd be able to deliver it. I felt that they truly cared about me, end of our initial meeting - just a minor thing but it really stuck in and Dr. Schierle told me "I look forward to helping you" at the my mind in a good way. I was 32H pre-op and a physically active person (running, dancing, HIIT) and Dr. Schierle said he could definitely give me the smaller, more proportional boobs I wanted, to match the rest of my more lean/athletic physique. Surgery day was super easy and recovery has gone great. I did not need drains. It's too soon to know my final size, but I feel close to 32C/D, as I'd hoped for. Chicago area people should stop looking elsewhere and schedule a consultation with Dr. Schierle! The office manager was also great about helping w/ insurance coverage (got approved in a little over 2 weeks), submitting FMLA papers to my work, and generally being available by email for any questions I had. My insurance covered it and I had a \$1,000 copay.

- u/oleander_claire: surgery date Feb 3, 2023. Dr. Schierle deserves every star. I saw the above review^^ when looking for a surgeon and reached out to his office. They called minutes later and got me in for a consultation a few weeks after that. I wrote a glowing post about that, which you can read [here](#). Deciduoustree was right, his bedside manner is excellent. I was seeking gender-affirming care (non-binary top surgery, no nipples), and I was SO encouraged and affirmed by Dr. Schierle and his staff. They were great about pronouns and my recovery is going well. I had drains for 5 days. My pain was minimal and I only took pain meds for one or two days, after that I was able to handle the soreness with Aleve. At one point I had more swelling in my left boob than my right, and after reaching out to his office, Dr. Schierle called me on his cell phone and was like "this is my cell number, you can call me with more questions." That made me feel super safe. I think I only called him once the next day, but it felt really good having a doctor who was so accessible. I can't recommend Dr. Schierle enough, if you have any questions, please feel free to DM me!! Also, I have BCBS and my insurance covered 100% of my surgery (because I was seeking gender-affirming care and had a letter from a WPATH-certified psychologist diagnosing me with gender dysphoria, insurance had to cover me, otherwise it's considered discrimination). I didn't even have a co-pay, since it was outpatient.

- u/ByeByeBoobage - 2/1/24: I have a consult appt with Dr. Schierle on Monday 2/5. Their office had an online questionnaire that had to be submitted prior to being able to make a consult appointment. I saw that another user who saw Dr. Fine in the same office had a BMI over 30 without issue so I gave it a shot, and even though my BMI is in the 40s, they have me coming in, so that's a good sign. I will update post-consult, as if everything goes well, I intend on going forward with Dr. Schierle. Update 2/5/24: My consult went well! I really appreciated that there was no discussion of my weight whatsoever, and when talking about size, my preference was requested instead of me having to bring it up. Dr. Schierle advised he does not use drains and that I'd likely need a FNG because of my size. In discussing the FNG he asked if sensation and breast feeding were important to me and didn't make assumptions about anything, unlike another surgeon I met with. I felt like I had autonomy throughout the appointment and I left feeling great. The insurance coordinator in the office (Barb) gave me her card and said I can email her anything I had in terms of documentation. I emailed her a screenshot from the r/ABraThatFits calculator, an email from Ewa Michalak saying they don't make my size, and some additional photos. She responded very quickly and I ended up getting a notification of approval from my insurance (UHC) at the end of the day. I couldn't be more thrilled with how everything went today and am looking forward to scheduling the surgery.
- u/news29: Surgery Date: 3/15/24 - 5/5 Everything everyone above said is 1000% true and I've had an incredible experience since the beginning. Dr. Schierle, his whole staff, and everyone I've interacted with at Northwestern have been kind and amazing. They've answered all of my questions and concerns thoughtfully, demonstrated clear and consistent communication through the whole process, and made me feel confident I was making the right choice for me. Dr. Schierle answered my questions very clearly and concisely, was extremely knowledgeable, and had great bedside manner every step of the way. My husband and aunt were with me and were just as impressed/comforted. I cannot recommend Dr. Schierle enough.
- u/yrant: Surgery Date 10/11/24- 5/5 I instantly felt comfortable with Dr Schierle at my consult. He was kind, informative, and I felt at ease. At first I was a bit put off by his assistant (not his PA) because she talks really fast and I wasn't sure if that's how the entire experience would be. Barb who runs the administrative side of things was very helpful submitting for approval for my insurance (BCBS) and setting a surgery date.

Now that I've been in a few times, I'm used to the routine and her demeanor has grown on me. I had planned to get a second opinion just to cover my bases, but at my routine mammogram before my surgery, I found out I had breast cancer. Dr. Schierle's office was able to coordinate with my breast surgeon to do my markings before my lumpectomy to minimize incisions and scarring. Dr. Fine did the markings and he was very kind. He also told me how he'd changed his plan slightly to accommodate for my radiation leaving the cancer side slightly larger to offset shrinkage from radiation. Everything went very smoothly with my surgery, it was covered by insurance so it was at Northwestern; they also have a medspa for non-insurance procedures. I've been for a few post op visits and most everything on the healing front went smoothly. Dr Schierle didn't use drains and uses an ace bandage instead of a surgical bra. They sent me home with enough to make it to my first post-op. The only hiccup I had was being allergic to the lanolin in Aquaphor. Monika, his PA was great and quickly diagnosed the issue via MyChart and got me meds to address the itchy eczema that it caused all over my chest. I had a few extra follows because I needed to be cleared for radiation and they wanted to see me a few weeks after I finished radiation. Overall, I couldn't be happier both with my results and well supported I felt once I was diagnosed with breast cancer.

- Dr. Christina Tragos: Chicago, IL
- Dr Neil Fine– Northwestern Specialists in Plastic Surgery
 - [u/anannyrb](#): 5/5, I had a reduction done by Dr. Fine in March 2023. Same practice as Dr. Clark Schierle. Dr. Fine was recommended by my family doc and this was my first and only consultation. Dr. Fine's office was very helpful in working with my insurance on approvals, and they were very thorough about answering all my pre-op questions. Dr Fine clearly communicated that he could reduce my size by about half. No drains, and my recovery has been smooth with the exception of a couple small openings that took longer to heal. I followed up with Dr. Fine and his PA Lexi several times while my openings were healing, in person and sending photos via email, and they were both quick to respond and very reassuring. At the time of my consult and surgery, my BMI was >30, which was never an issue.
- Dr. Julius Few, the Few Institute of Chicago

- 5/5: Incredibly kind, professional, and made me feel super comfortable (I had never had any surgery before). Wonderful results, and answered my questions honestly and patiently.
- Dr. Ava Chappell: Chicago, IL
 - 5/5: She was chief resident when she performed my surgery at Northwestern in 2022. I wanted a pretty small size (from about 500cc cup volume to about half that) and I didn't get any judgment or unwanted advice about it. She gave me what I asked for, the result looks beautiful, and healed well. (I wish I'd asked for smaller, but that's on me.)
- Dr. Lisa J. Peters | Forest Park, IL
 - u/? :
 - Takes BCBS
 - Insurance covered my surgery, but I paid about \$600 out-of-pocket for anesthesia, etc.
 - From what the nurses told me, she's very particular and OCD about her work (which I loved to hear, obviously). Everyone I came across at the hospital said I was in very good hands!
 - Nice, clean office. Great staff! The surgery is done in Downers Grove, IL.
 - Dr. Peters explains everything perfectly and is honest about her work, possible complications, etc.
 - **You can't choose your exact bra size**, but instead you choose between small, medium and large. I was a little nervous about this, however, she has a large picture book of women with different body types and what size they chose. After looking in the book for a bit, you get an idea of what you want. *I chose small and I was taken from a 34H to a B cup.*
 - Typically drains are only in for 24 hours. You will have an appointment the very next day and you will most likely get your drains removed. Does not hurt at all. Steri strips stay on for 2 weeks and you can remove them yourself on day 14. Next appointment is 2 weeks after surgery.
 - u/ok-seeyou: 5/5 stars, strong recommendation for anyone seeking a female surgeon in the midwest USA. Surgery date was June 13, 2023. I am not from Illinois; I traveled about 4 hours to see Dr. Peters and she was my first and only

consultation after scrutinizing portfolios from multiple different states.

- **Impressions of Dr. Peters:** She's not exactly a comforting type but she's extremely upfront, confident, and realistic while still being kind. I always felt like I was in good hands with her and didn't feel the need to seek alternative options after my consult. Breast reductions seem to be her specialty; she told me that she really enjoys performing them and finds them among the most rewarding procedures to do. She is apparently a bit of a destination surgeon for reductions specifically (and I'm proof of that)!
- **Consultation/scheduling:** I called to set up a consultation in January 2023. Consultation was on March 16, 2023. She laid out the various options for incision patterns at my consultation and we agreed to go with the Wise-anchor pattern with a superomedial pedicle. She mentioned that I was borderline for lollipop but that she could get better results in terms of shape with the full anchor incision. When I called to schedule the following day, the earliest date available was May 10 but I went for a June date instead.
- **Sizing and aesthetics:** We discussed that I wanted to be as small as possible without being flat, with minimal overhang. She does not use specific cup sizes when discussing desired outcomes. She was upfront and told me that zero overhang may not be realistic with the location of my inframammary fold but she would do her best. I started at a 34G and though it's still extremely early in my healing process, I feel like she delivered exactly what I had in mind.
 - If you are looking for a truly radical reduction to flat or nearly flat, I think you may be better off with a different surgeon as it seems like Dr. Peters tends to only go as small as she can while maintaining a breast-like and "attractive" shape.
 - I expressed that I was afraid of ending up with nipples that were unnaturally high due to "bottoming out" during recovery. She said that the superomedial pedicle technique can help avoid this and assured me that she would do everything she could to avoid this outcome. No

final outcomes to report yet, but right now, I'm very happy with my nipple placement.

- **Pricing:** I paid out of pocket for my procedure. \$9300 total (\$100 consult fee, \$900 deposit to reserve a date, \$8300 due at my pre-op). I never entertained the idea of going through insurance as I had none of the medical qualifications required by my provider.
 - **Location:** My procedure was performed in their operating room at their Forest Park, IL office. My surgery was on Tuesday and I stayed in an Airbnb very close by from Sunday through Wednesday. I believe they perform self-pay/cosmetic procedures in Forest Park and their insurance/medical procedures in Downer's Grove.
 - **Staff:** Their office coordinator Stephanie is a star, very quick to respond to pre-surgery questions. I was also very impressed with the bedside manner of their surgical nurses, Elicia and Martina. Everyone was very kind and seemed truly excited for me. They use a group of anesthesiologists out of the Good Samaritan hospital system nearby.
 - **Follow-ups:** After surgery, appointments are with nurse practitioners at one day post-op (for drain removal and discharge instructions), two weeks (for steristrip removal and checkup), and three months (for after photos and final questions, with Dr. Peters present).
 - **Other notes:** Though Dr. Peters does use drains, she said they are almost always removed at one day post-op. I will say that I was very nervous about the drains—they did make me woozy when they needed to be emptied, but the removal was a breeze and overall it was not an issue at all. I would note that another user on the sub did have a negative experience with her during their consultation; if you would like their perspective you can search the sub for "archery" or "Forest Park."
- Dr. Nada Berry | Springfield, IL
 - 4.5/5 - She's an incredible surgeon and I'm so so satisfied with the outcome. The first couple appts I was meeting with her nursing staff and only saw Dr. Berry for a few minutes – this was a little jarring for me and I felt like I wanted her to be more involved but after I got insurance approval I scheduled an appt w her and she answered all of my questions (Just saying all of this bc if u have a lot of questions and want more time w the

surgeon it's def something you need to push for, they won't just offer - but I was really glad I asked for it). Also, I was very worried abt size and def had to push for her to give me even a slight estimate, but she really took my preference into consideration and told me what sizes would and wouldn't be achievable etc. They won't let you schedule your surgery until you get insurance approval but I would ask how far out they're scheduling surgery – when I scheduled mine they were scheduling 4 months out and my insurance approval would've expired (I believe it's only for 3ish months) Now that I've had surgery I'm very satisfied with the frequency of follow up appts, I feel like she does a great job answering my questions, easing some of my worries abt recovery, etc. and I'd def recommend

- Dr. Deana Shenaq | Rush University Medical | Chicago, IL
 - [u/ByeByeBoobage - 2/1/24](#): I am adding this info in case anyone else can find it useful. Dr. Shenaq is associated with/located at Rush and they have a call center for making appointments. After gathering my info for ~10 minutes, we finally got to the appointment screen and I was told that I can't even make a consultation appointment for a reduction because my BMI is over 35. If yours is too, don't bother with any surgeon out of Rush.
 - I was also denied an appointment at Rush in April '24 due to BMI. When scheduling an appointment I was asked for height and weight and when I said I didn't know my weight I was made to give one or we could not move forward because they needed to know my BMI. I was initially told that the cutoff was 40 but then was told I would need to "go to the nutritionist" and "get it to 34" before they would allow me to schedule an appointment.
- Dr. Mamtha Raj | Rush University Medical | Oak Park (West Chicago), IL
 - [u/wrecklesswitchcraft - 8/23/24](#): I had high hopes for this surgeon based on the consultation. I came into the appointment with relatively realistic expectations based on what others have experienced.
 - **What I liked:** She didn't think my BMI (33.5) was an issue for surgery, and didn't give any opinions about what breast size is 'desireable' etc. Her office staff was friendly, making jokes to make me feel better, and I genuinely trusted her based on bedside manner
 - **Why I am going with someone else:** I had my consultation on 6/24/24, if that tells you how long I've had to wait on one opinion. The office never submitted

for pre-auth to my insurance after my consultation, I had to call 4 weeks later to ask what the delay was. They submitted it a day later.

- After Aetna denied me, they assured me they would do an appeal or peer-to-peer review. This never happened, and nobody followed up with me.
 - This made me lose confidence in having a major procedure that requires lost of hand holding, follow up appointments, and insurance involvement.
 - I hope you have a different experience, and maybe if you have better insurance than I do, it will be more seamless for you. I cannot comment on her surgical skills, just administrative issues.
-
- Dr. Todd A. Baker | Lutheran General | Park Ridge, IL
 - u/ByeByeBoobage - 2/1/24: I had a consult with Dr. Baker on 1/29/24. I would rate it a 3/5. One huge positive is that he specifically noted that BMI is not a factor in being a candidate for the surgery and mine is in the 40s.
 - What I didn't like: I have been actively losing weight, and when I mentioned that, he said I should get bariatric surgery prior to the reduction. I said I wasn't interested in doing that, and he said that if I lost weight after the reduction, I'd lose volume in my chest and my only options then would be a lift, fat transfer, or implants. I stressed earlier in the appointment that I want them to be as small as is safely possible, I never expressed concern over having them stay bigger, look perky, or look perfect, so this *really* rubbed me the wrong way.
 - I also did not like that when I mentioned my desire to have them as small as is safely possible (I currently measure at 40PP/Q UK on the r/ABraThatFits calculator), he said that they focus on proportion with your body. I again stressed my desire, but after sleeping on it, I was concerned that they'd still be too big because of the "proportion" focus if I decided to go through with having him do the surgery.
 - I am trying to use insurance and the hospital/surgeons are in the UnitedHealthcare network.

- Dr. Mark Sisco | Evanston Hospital | Endeavor Health office in Northbrook
 - u/DonutCrawl14 11/22/24
 - Practice accepts insurance and will attempt a claim-PCP provided referral b/c I was hoping to go through insurance for billing.
 - Dr. Sisco is very professional, and office staff is very friendly and helpful. My consultation was very to-the-point. I came in as a 34F, and asked for a B/C if possible; he shared that going too small may affect the shape of the finished breast, but he would strive for my size. He was able to schedule within a couple of months, though I needed to plan around my job for scheduling purposes.
 - Day-of was very comfortable and easy, especially considering it's a hospital and not a private clinic.
 - So far (8 DPO), very impressed with the look and the healing so far. Dr. Sisco used a combination of lollipop and anchor incisions, and a quick judgement appears that he was able to achieve around my cup size request, though I won't know for sure for a bit.

Indiana

- Dr. Christine Kelley: Indianapolis/Carmel, IN
 - User eaperk - 5/5 highly recommended, overall very nice office, took care of all of the insurance verification, allowed me to schedule a surgery time at my consultation to avoid extra waiting after insurance came back. She explained her technique, why she uses it, the other teery day until my first follow up appt to see how I was feeling, any questions, any complications. Dr called the day after to check in on me and see if there were any questions. As of 10/19/20 - 1 month post-op and super happy with my results.
 - Has BMI requirement techniques available, any possible complications. (A nurse) called evs! Must be BMI 36 or under to have surgery at this center. :(:(
- Dr. Debra Bergman: Indianapolis/Carmel, IN
 - User ittybittythetitties: 5/5, Highly recommended. Office and staff were very nice, Dr. Bergman spent a lot of time with me during my consultation and was very clear about all of the risks/options. Submitted to insurance right away, and got approval when other doctors I considered wouldn't think about sending into insurance without a few more months of PT. My

consultation was 2/3/21, and surgery (with complete insurance coverage) was 4/1/21. Surgery center used was very good as well- I was able to bring someone with me even with COVID, and have no complaints about any part of the team. The office called the next day to check in, and I've had several post-op appointments to make sure everything is continuing smoothly. I had 500g taken from each side using anchor incisions, and had no complications whatsoever during the healing process. I am now 2.5 months out and love them! One is still a bit boxy, but has been settling better and better over time, and even if I froze them now I'd be happy. Only issue is that I wish I would have gone smaller- I asked for a C/D because I still wanted some cleavage, and I think I'll settle bigger than that, but I was scared of being left too small so that may reflect more on me. Also has BMI requirements - prefers BMI of 30 but will accept BMI of 31.

- Dr. Janet Turkle: Carmel, Indiana
 - User abandonhope444: 5/5! Absolutely love my surgeon and she is a woman along with almost all of her staff, which doesn't matter to all but it does matter to me. There are no BMI requirements that I am aware of, and she does gender affirming surgery as well. I went from around an H to a small C and had an FNG as well. I'm healing great so far and my nipples look very good. When you go in for the surgery, you can bring reference photos for her to look at and she will get as close to the photo as possible. She is available 24/7 if you have any emergencies; she will text with you if need be. They don't accept insurance. Definitely recommend!
 - During my consultation she was very thorough in explaining what can be done as far as incision types and what my breasts might look like after the surgery. All follow-up appointments were great quality as well.
- Dr. Jason Vonderhaar, IU Plastic Surgery in Carmel
 - User supersusbutamus: ¾. At our first consult he was very dismissive of my questions and wouldn't share any photos of his results, just told me to look online for what it generally looks like. At our second consultation 2yrs later he let me show him examples of what I wanted though. He seemed to learn some better bedside manner between visits. Approval process was smooth but covid backlog meant a 2y wait, hence the time before the second consult. The nurses were absolutely wonderful to work with. NP who I saw for follow up was dismissive of my complications and gave me dangerous advice

(told me to resume nsaids when I was having an active bleed that was caused me a trip to the ER). After a few months I'm still pretty happy with my results. I really do feel like they let a resident do my left side though. They look like 2 totally different people did them and the left side had so many complications. I probably wouldn't go back to him if I had

- the choice between different Drs but I would still go through if he was the only option. He was the only one the hospital let me schedule with. I had asked for other Drs that I had researched and they said I can only schedule with him. He was a new surgeon with no info online about him. He'll probably be good one day but right now (2023) his patients are like guinea pigs. I went from a 34J to approx a 34D/DD (so far). I asked for a B or small C at most but I do still have some healing left.

Iowa

- Dr. Kelly Ledbetter, University of Iowa Hospitals and Clinics, Iowa City, IA
 - User TheAnemily: Her schedule is backed up due to covid, but she is fantastic. 5/5
- Dr. Michael Carlisle, Koch & Carlisle Plastic Surgery, Des Moines, IA
 - User reverseboobjob: 3/5 recommended, very knowledgeable and made me feel comfortable throughout. Communication afterwards was very flaky, and I think the clinic does not have good protocols regarding aftercare. Luckily, I personally didn't need much, but it was quite annoying. They worked with my insurance, and I had zero issues with getting covered (BCBS). I was able to get in for a consultation very quickly due to a cancellation, and I was able to schedule surgery for 3 months after that appointment. Feel free to message me on reddit with any questions! (Update: I healed very well overall, but scars need extra attention and am now getting laser scar treatment.)

Kansas

- Dr. Michelle De Souza: Kansas City, KS
 - User Republic-of-Books: 5/5 Highly recommended. She was an immensely talented, personable, efficient and attentive surgeon. Insurance approval was simple, entirely handled by her, and it was no problem getting my date extended a couple months so I could wait until classes were finished. She went out of her way to make me as comfortable as possible before and after the process. Her staff are likewise kind and helpful. She took out as much as possible around 12 pounds making me a B cup now,

just as I had asked her to, and I'm extremely satisfied with the shape and size. I had a wound vac, no drains. She said she doesn't commonly use a wound vac, but mine was a particularly difficult surgery so she decided to, and it was a great call when the seal was removed. I got a revision around 6 months later to remove some extra skin at my surgery site too, which was a breeze. 1 year post op as of 01/02/2021.

- Dr. Kenton Schoonover, Kansas Plastic Surgery, Wichita, KS
 - User Appropriate_Fix414: 5/5 Highly recommended. I got a consultation about 2 months out from when I called. I was approved by insurance about 2-3 weeks later- his office did all the work sending documentation to insurance and getting it approved. His staff was great. He works out of Kansas Surgery or Cypress Surgery Center (where I had mine done Dec 2021). His PA answered all of my questions I had a couple weeks before my surgery. I had my consultation in July but didn't have surgery until December (personal decision) so I had forgotten a lot of things during that time. Took out over 850g from each side, no FNG or drains. Had one small opening at T junction (said was very very normal) and released me at 1 month to go back to normal/what was comfortable. It seemed like he was late to my surgery start time- spent a lot of time in pre-op and nurses kept asking if I'd seen him :) But that made no difference to me. He came in and marked me up and made sure we were on the same page about final look/amount and communicated well with my husband in post-op.
 - User: TricksterSprials: He is so nice! He is covered by state insurance (United Healthcare from KS). I was only 18 when I first saw him he was super nice to me and the staff there is AMAZING. Consult was great. He took in everything I said. Took pictures for insurance with a nurse. They did all the hard work and I got a surgery date for 3 months later. Scheduled me early in the morning. He was a little late due to prior surgery but he apologize. Got mine done at the cypress center. Don't worry everyone at the cypress center is super nice too. Had a small opening on my left side at the T-point, and he gives everyone his after hours # so I texted him photos and he told me what to do and after it didn't close he scheduled me for in-office to stitch it up. Saw me a month later and he released me to the world! My friend (who is the same age) also saw him and had pretty much the same exp. Big recommend 10/10
- Dr Scarlett Aldrich, Lawrence KS

- User Redheadfae: 5/5 At my consultation, she was immediately kind and compassionate and understood what I wanted. Her nurses were also top notch. I expressed wanting to go “small as possible” and she made sure I understood what that would entail, how close she thought she could get to my ideal, the possibility of an FNG, what it would look like. I was given a comprehensive packet with release/consent forms, and a very thorough pre- and post- op packet of things to get, after-care, what to expect at every step. We met again where I brought “ideal” photos and she asked me questions to find out what it was I liked and my preferences. All my appts were then scheduled. Her nurses were always prompt to answer my patient portal questions. Day of surgery, she answered final questions, marked me, and made sure my nerve compression concerns were relayed to the team and anesthesiologist. My results at 10 weeks post-op can only be described as amazing. I have pretty, small breasts I never even had as a teen. She was able to take me from a 34H/I to a 32D/34C (still “settling in size” at this point) *without* a FNG. She cut excess from under my arms as well, hence the smaller band. My appearance matches one of the “ideal” pics I brought in. She is a skilled surgeon, I had hardly any bruising with drains for 7 days, no complications or openings. She’s also very knowledgeable about after-care and up-to-date on the best scar care results (taping and silicone tape, nothing complicated or expensive). At four weeks I was cleared to wear “whatever bra I wanted that was comfortable” and at six weeks I could start PT and listen to my body for getting back into lifting and activity. I cannot stop recommending her, and the LMH West Surgical Center team were excellent in getting me comfortable, prepared, and ready to go home.
- User Largebreasthaver: 5/5 - She did my mother’s mastectomy 3 years ago and my mom liked her and recommended her to me. I had a consultation with Aldrich in January and had my reduction in May. I met with her for the consultation, pre-op, and day of surgery (then three times post-op). She did an amazing job and told me this is the most common surgery she does, that she often does multiple a week. I couldn’t find any pictures of her work online which I didn’t like much but she showed a book of her patients at the pre-op. She’s very straightforward, almost robotic. You can tell she enjoys her craft and what she does. All of my appointments with her (except for the consultation) lasted less than maybe 10 minutes. She did answer all of my questions well. She also asked me at the appointments what size I wanted

and asked me for my final decision as she came to mark me up on the day of surgery. I told her I wanted a C and ended up with a perfect C. I appreciated this and not the vagueness that some surgeons use, stating that they don't go by cup sizes, but of course she did say that she cannot guarantee a size. She seems to mostly care about fixing your boobs, your safety, and getting you the results that you want, not much about getting to know you - not to say that she doesn't care about her patients, she's just very clean cut and like I said straightforward. If you want a surgeon that you can build a relationship with and have full conversations with then she may not be the one for you, but you will miss out on her wonderful work! She did some magic with my boobs. She also gave me her number right after surgery in case I had any concerns.

- Dr Scott Thellman, Lawrence KS
 - User Belldam: 4/5
 - Excellent bedside manner and very personable surgeon with a great staff. My only complaint is that we didn't talk much about the results that I wanted, but I also didn't prepare much about what results I wanted or bring much to him about that, so a different patient may have a different experience. I am very happy with my results regardless. Follow up appointments are quick and you'll need to be direct and proactive about asking questions.
 - Most importantly for me, Thellman was willing to operate on me despite my "high BMI" when no one else was. He's very experienced with patients with "high BMI" and mentioned having a particular technique, which made me feel like I was in very competent hands and the results show it. I live in Missouri and couldn't find a surgeon, but Thellman was also in network for Blue Cross Blue Shield Kansas City.
 - I'm also trans and nonbinary, which I never mentioned to him, but he was very respectful to me (I grow a full beard which he never mentioned. I didn't feel it necessary to come out to him bc I didn't want a radical reduction but he at least never seemed put off by my gender non-conformity)

Kentucky

- Dr. Juan Quintero, Louisville KY

- User: FluffyCow15: 5/5!!! Literally the best experience. The staff was so amazing, and the surgeon was even more amazing. He is so kind, so supportive, so knowledgeable, and so chill and fun. He is super super skilled in this area, and has performed SO many reductions. The hospital he sends you to is the Women's Hospital, which has the kindest, most attentive and skilled staff. JQ Plastics helped answer all of my many questions, helped prepare me for what to expect, provided me with some scar cream and medicine to take before and after, and got my prescriptions filled so fast. They also have such an attentive recovery plan, and are working so hard to make sure I am comfortable and happy with my results. Genuinely such a great experience, I cannot recommend him enough.
- Dr. Ashley Kerekes, Elizabethtown, KY
 - User Taytalitarian: 5/5. Highly recommended. Very nice office, kind and personable staff, always helpful with scheduling appointments and know me on sight. Helped a lot with getting the right information (especially pictures) to get the surgery covered by insurance. Answered all my questions, discussed techniques, etc. In general, she just has a great personality and helped me feel way more comfortable through the whole process. Surgery was 12/16/20 so no long-term results yet, but she saw me 2 days post-op, 1 wk post-op, and will see me again at 1 month, 3 months, and 6 months just to make sure everything is going well.
- Dr. F. Ryan Wermeling, Louisville, KY
 - User itzrlryo: 5/5. I can not recommend Dr. Wermeling enough! He is a younger guy, but incredibly respectful, knowledgeable and answers all questions thoroughly. He generally has a soothing presence. As the nurses were wheeling me back for surgery they took a moment to whisper that I had made a great choice to work with Dr. Wermeling and that "he's so fantastic". My surgery was on 5/11/21 - so no long term results yet, so far I am incredibly pleased with the size, shape and recovery. I had a question/issue just before the two week mark. He returned my after-hours call, sent in a prescription for me and had me make an appt to see him the next day. His office staff is kind and efficient. Feel free to reach out with any questions that I can answer.

Louisiana

- Dr. Hendrick , New Orleans, LA (New Orleans Center for Aesthetics and Plastic Surgery)
 - User [deleted account]: 5/5 - could not recommend more highly. I had a radical reduction in October 2021 (going from 32K US (ABTF) to a very small size (about 32C) using inferior pedicle) - he typically does superior pedicle, but made a change to get me smaller. Dr. Hendrick is one of 3 doctors in the practice, but he specializes in body plastic surgery, and does a LOT of breast reductions. Office was not taking insurance at the time, so paid out of pocket. I consulted elsewhere in New Orleans (Ali Sadeghi) and didn't feel good about him or his office staff, so came to this consult a little guarded. However, I need not have worried. I knew I was in good hands immediately. The office is a relaxing space, with very friendly, professional and caring staff. Appointments have always been on time and they are really on top of everything. Initial consult was long, and all with the doctor, who was patient and compassionate and let me ask a lot of questions. I did not feel pressured, no hard sell. Having photos taken was a little stressful for me at the other consult I went to, but Dr. Hendrick took the photos himself, and at my preop (not in that initial meeting). Dr. Hendrick is in his early 40s, kind, personable and really put me at ease throughout the process. And he heard me when I said I wanted to be as small as possible. The evening of surgery day, dr called to check on me, and was very responsive to questions via text in the following days and office staff have been equally responsive and kind. You are in the very best hands with NOCAPS and Dr. Hendrick. Everyone at the hospital told me how great he was and that he does fantastic work. Overall a wonderful and truly life-changing experience with a really gifted surgeon who cares about his patients and takes pride in his work.
- Dr. Ali Sadeghi: New Orleans, LA
 - User SchrodingersMinou - This surgeon recorded and shared videos of unconsenting, nude, unconscious patients and [was charged with video voyeurism](#). He got off on the charges because [the prosecution was unable to prove that the intent of the videos was sexual](#). I don't know how his work is; I just read the news.
- Dr. Trey Sands: New Orleans, LA
 - User SchrodingersMinou - Jury is still out on the final result but the experience overall was good. He takes insurance; the only

other surgeon in New Orleans who takes insurance is Dr. Babycos (I had a consult with him but it was a no for me). He is a plastic surgeon who does mostly cosmetic procedures. I mostly talk to the nurse who is nice and answers my texts after hours. I asked a lot of pre op questions and she answered all of them patiently. Most of my prescriptions were called in ahead of time and then on the day of surgery they gave me one for Tramadol, which I had a friend fill for me. Getting the first appointment took a long time (like 6 months?) but after that things moved quickly and they called me just a couple of weeks later to schedule it. I could have had my surgery two weeks out from that date. He doesn't use drains or tape; my stitches were sealed up with surgical glue which I had to peel off at the 3 week appointment. He offers lipo. Follow up appointments are at Day 2 (next morning after surgery), then after 1 week, 3 weeks, 6 weeks, and 3 months postop. (Not sure about what happens after that yet.) I will update after I have healed some more but feel free to send me any questions.

- Dr. Christopher R. Babycos, New Orleans, LA
 - I had a consult with him but I chose to go with Dr. Sands instead. These are the only two docs in New Orleans who take insurance as of 2023. Dr. Babycos is not a plastic surgeon; he works at the breast center at Ochsner. He is definitely experienced with insurance coverage. He did not seem to care much about the aesthetic results and told me that there was no way to do a reduction without really bad scarring. He also uses drains for all reduction procedures. (This is why I went with someone else.) He seemed nice though?
- Dr. Michael Hanemann: Baton Rouge, LA
 - User kneaditgood - 5/5, can't think of anything I would improve. I had a "mini" anchor where the horizontal incision is very short and just right underneath each breast, not going into the sides. Dr. Hanemann usually does lollipops but I told him I wanted to go very small, so he brought up this option. He also does side lipo, if needed. He doesn't use drains on reductions. He doesn't accept insurance and he does the surgery in his own surgery suite, so there are no \$ surprises and it's convenient. I paid around \$8,600. A \$500 deposit is due when booking the surgery and then the remainder is due at preop. At preop, they give you prescriptions (antibiotics, something for nerve pain, and pain meds) so you can get them filled ahead of time, which was convenient. There's a postop appt at 1 week where they remove

tape and most of the external stitches from the areola. At the 2 week post op, they remove the last external stitch. There's one final post op at 3 months. I felt like Dr. Hanemann really heard me about what I wanted, and I'm beyond happy. I now have petite, self-supporting, no overhang boobs (starting out at 32JJ UK), exactly like I asked for. I didn't have any scares during recovery - I didn't have to think "Well, don't worry, once it heals it will look better" - they just looked great from the beginning. Incisions are very even and thin. One thing I'll mention is that the RN said my breasts would be back to "normal," all swelling gone, "this is how they'll look forever" at 3 weeks which is just wrong. I just ignored that. At the time of writing I'm at 3 months post op and there are still settling a bit and look dramatically different than they did at 3 weeks. Feel free to message me with any questions!

Maine

- Dr. Katharine Connolly: South Portland, ME
 - User wafflerun - 5/5. Accepted my BCBS Anthem insurance. I believe Plastic and Hand accepts other insurance. Surgery takes place in the surgery center, not in a hospital. Anchor method reduction. I had a lot of side breast tissue removed (not fat, so not lipo) so my scars go further along my side. This was discussed beforehand. I did not get drains. Was given my pain med prescription ahead of time so I could fill it a week before surgery. Three postop appointments: 1 week with Dr. Connolly and 2 week with the NP who was also in my surgery, 3 month with Dr. Connolly. Everything healed well, though I had a lot of swelling for the first 4 months before they went down fully. Very happy with what I got, though at times I wish that I went even smaller, though that probably would have necessitated a FNG. Wearing much smaller bras and running is so much easier! Went from 40F/G according to ABTF to 40C at 6 months postop. Felt listened to and that she explained things well. I am overweight (5'4" 175 pounds) and that was not an issue with getting the surgery. Did have to wait two months for a consultation and then a few more months for surgery appointment, but that was fine. Highly recommend.

Maryland

- Dr. Adam Basner, Lutherville Timonium, MD. (The Plastic Surgery Center of Maryland)
 - User Entertainer-Lucky – 5/5 highly recommend!! Out of all the surgeons I looked at in the MD area, his gallery had the most consistent looking before and afters. At my consultation he was super reassuring and validating of my own feelings. I really felt like he listened to me and my concerns which was namely avoiding a FNG and he was confident I wouldn't need it. Come the day of surgery I had a lot of anxiety in general and was nervous and he was comforting in that sense as well. Throughout the consultation and the day of surgery he seemed genuinely excited to do the surgery and also talked about how he loves to do breast reductions due to the satisfaction rate. The staff is very kind and supportive as well. I didn't have to worry about the insurance approval process at all because they handled the whole thing seamlessly. He was able to get me down to as small as I wanted without needing a FNG and the results are truly phenomenal, I felt like the entire breast has been reshaped. Only downfall is that his schedule seems to be super busy - I had to wait about 14 weeks for my consultation and 13 weeks for my surgery. It was a longer timeline than I wanted but it was surely worth the wait
 - **User u/cactisoap- 4.5/5 stars!** Overall, I highly recommend Dr. Basner & his office staff. If my rating were based solely off my results, I would absolutely give him 5/5 stars. The guy did a wonderful job and his confidence + self-assuredness helped a looooot of with my anxiety on surgery day. His staff & anesthesiologist are wonderful and so comforting. The reason I deducted 0.5 stars was based on a few factors pertaining to my office visits that, albeit annoying, I could live with in exchange with my awesome new boobs. I shall list them below:
 - **Con #1)** The in-office Wait time for appointments and surgery was not at all short. For example, on surgery day, I was originally scheduled to arrive no later than 9:40am, but they didn't roll me back until Noon, and because they kept me in the recovery room for 2.5 hours, so my mom and i didn't end up leaving until 5pm. (This is more of a con for whoever is accompanying you on surgery day. Make sure they know they are expected to wait elsewhere while you're in surgery & the recovery room. The office will contact them when they are to retrieve you and get care instructions.)

- **Con #2.) Rushed post-op visits.** Dr. B appeared to have just gotten out of surgery on both of my post-op appointments so far, so they were brief so he gave rapid-fire instructions and quickly took a look at how my boobs were lookin. The nurse/CRNA who comes in after him may also need to be reminded to give you surgical tape you need to cover your incisions. Make sure you take notes and don't be afraid to ask the staff for something you think they may have missed! They are kind about it. Overall, pretty minor cons but useful to know about in advance!
- Dr. Brent C Birely - Baltimore, MD (Artistry in Plastic Surgery)
 - user sheerest_of_folly: 0/5 stars. Would give less if the scale allowed. Reduction date: April 4 2024. This was scheduled in January, and I moved to SC later that month. Birely was super pleasant. Then I went for the pre-consult in March, and brought my boyfriend. He gave me the contract and told me to sign it. When I started reading it, he asked "What, you don't trust me?" I continued reading and I had a question. He said "Sign the contract first, and then I'll answer." We argued a bit. He wouldn't give me any answers. His secretary Tracey came in and answered my questions instead. When I signed, Birely joked, "Finally. I thought you'd forgotten your signature." I asked if I needed any physicals before surgery. He said no. Fast-forward to literally 3 days before my boyfriend and I drove up to get the reduction. Tracey emailed that my physicals were never received and I had 48 hours to get them in or the surgery would be canceled. It was afternoon and places were closed. By the time I got the physicals and labs done, I had under 24 hours to spare. Miraculously they were faxed in time. The day of surgery, Birely refused to let any nurse in the room while he drew on my chest because "I'm trustworthy. You don't need a witness." And then before I passed out from anesthesia, I was crying. Birely said to an attending nurse, "She's such a baby. I'm about to change her life for the better, and she's crying like I'm about to kill her." (The attending nurse replied "I think she's brave"). Barely had given my boyfriend his number for questions, and apparently butt-dialed him during the surgery. My boyfriend said he heard the heart monitor and mumbling. Then at the 6-day post-op consult, Birely ripped off the Steri-stitches and I bled. He told me "Shut up, it's not a big deal, I know what I'm doing." My boyfriend mentioned that I had not pooped. Birely said that I should have been taking laxatives and that was in my discharge notes. Boyfriend said "I brought the discharge notes. Please

show me where it says that.” Birely couldn’t find it and decided to rip the notes and throw them out, accusing me of faking a new document. He asked when I could come back the next week to get the staples removed. I told him we were going back to SC the next day; Birely himself had OK’d that at the pre-op. Birely said “I don’t remember that.” I told him it was written in my file. He looked, and it was in fact there. He said “I don’t read the files. That’s the receptionist’s job, this is her fault. That’s fine though, I’ll just pull them out a week early.” He came at me with the tool. I screamed for him to stop but he only stopped when my boyfriend yelled “Stop it, she said stop, dumbass!” Birely then told us to get the hell out of his office. We did, and went back to South Carolina. I found a surgeon there (Jason Ulm) to remove my staples. He was amazing. Later we found out that one of the medicines I was prescribed contained an active ingredient I was allergic to. We tried to reach out only to find that the office had my and my boyfriend’s email and number blacklisted. My boyfriend’s mom tried to call. As soon as she said my name (when they asked who this was for), we were hung up on. Insurance covered 100% of my reduction, but I ended up spending just shy of \$8k in ER visits due to complications. And that’s after insurance... Again, 0/5 star experience. I really should have Googled his reviews.

- User: reduction-throwaway - absolutely 0/5 stars. I wish I found this subreddit sooner because the review above me really says it all. Except I didn’t have insurance. I am 18 but was 17 during the consults, this is important later. Birely was very pleasant during the consultation. My mother and I both liked him. He said that the procedure would be \$7k. I was happy because I had saved \$10k for this. He was very polite and all. I paid \$2k down payment. At the consult a week before the surgery, he asked for the remainder of the money and gave me a phone number to pay with. I did it later that same week. The surgery itself went fine, no hitches. He took the tape off on day 5 post op and took the staples out day 11. I developed black spots, I showed Birely pictures and he said it was normal and said “if you’re taking the meds I prescribed properly, this wouldn’t be an issue.” I was taking them as directed on the bottle. The black spots started oozing blood and pus one night and he wasn’t responding to texts and the office was closed, so I had to go to the ER. They said I had nipple necrosis and it was lucky I came in when I did. They had to cut a bunch of stuff off. The ER bill was \$9k AFTER itemization. I only had \$3k left of savings so I asked my mom for \$6k to pay her back later. She gave it to me, she’s awesome. I

told Birely that it was necrosis and that I went to the ER. He never responded. I emailed, and the secretary responded that she'd let him know but I haven't heard back since until.... That was in early through mid May. It's early August now and I just got a bill for \$5k for "unpaid surgery costs". I have already paid the \$7k on the contract plus \$9k in hospital bills. Plus I'll probably get more bills because I had to go in a bunch to make sure the necrosis healed right. Haven't gotten those bills yet. I called billing to ask what it was, they said it was part of the surgical procedure, no elaboration, and that if I don't pay it'll be sent to collections and affect my credit score. The results ended up fine but it was a huge hit to my wallet and stress.

- Dr. Behnaz Fayazi - Chevy Chase, MD (also has an office in Greenbelt)
 - User marbledviper - overall very good experience and I am extremely happy with my results. Dr. Fayazi accepts a lot of insurances and works with a lot of insurance-covered patients for reductions. Bedside manner is a bit short but she answers all your questions as long as you have them prepared. Front desk staff is pretty awful (sent me the wrong paperwork, not very attentive or friendly in person). The office had a quick turnaround time, which was great for me as my insurance coverage was ending soon. For reference, I scheduled my consultation in July, had the consultation in August and was able to get surgery in November. Before the surgery, I told her I didn't want to go small (just manageable), I didn't want my nips too high, and I didn't want an FNG. She delivered on all accounts! I went from a 38M to a 38I (~2000g), but most people would probably assume I'm a DD/E/F because of the misconceptions around bra sizing. Nip placement is perfect and I did not have an FNG. The day of surgery, she was very reassuring about the whole process. She gave me an email that was monitored that I was able to contact if I had any concerns after surgery. I did end up emailing her as I was concerned about infection and she followed up with a phone call within an mdpahour (on Thanksgiving!!!). I healed relatively well and I am very happy with my results. I would highly recommend Dr. Fayazi especially if you are working with insurance.
 - User frostbirt - overall good experience with Dr. Fayazi. She didn't quite get as small as I would've liked but she did warn me before the surgery that she probably wouldn't be able to do so safely. I did start out smaller than most of her patients. Def recommend her if you're going through insurance, her office got me the pre-auth really quickly. I ended up not being able to use insurance and had to pay out of pocket because I was too small

for the insurance to cover. Dr. Fayazi did walk me through the issue with the insurance, and basically she would've had to take like 80% out of each breast for insurance to cover it. I called my insurance and was able to corroborate what she told me. I did get a bit blind-sided by this though, as I only found this out during my appointment with her three weeks before the surgery. Out of pocket only cost about \$7k total (including anesthesia and facility fee). Agree with user marbledviper in that her manner can be a little short but not rude and she will answer any questions you have so I recommend going with a list of questions ready. Her office was able to help me when I had complications (I had an allergic reaction to the surgical tape). As of June 2024 she no longer uses the office in Greenbelt, only the one in Chevy Chase. ALSO I highly recommend setting your appointments with her in the morning. The two times I had an afternoon appointment, I didn't see the doctor until over an hour after my scheduled appointment time. Haven't had an issue with morning appointments. Overall, other than it not being quite as small as I wanted, I've been pretty happy with my results. My back pain has diminished significantly (which is why I was doing it, despite my insurance being dumb and saying I didn't need it :/) and I did not have an FNG. **Edit 8/28/2024** - I started getting random bills that I had not expected and contacted Dr. Fayazi's office about it. After getting the run around from the hospital, I found out the doctor went just barely over the allotted surgery time so I had an extra bill from the hospital and the anesthesiologist because of that. Dr. Fayazi's office paid both of those extra bills in full. 10/10 customer service there. Thought that was worth adding to my initial review.

- Dr. Kathy Huang (Plastic Surgery Institute of Washington) North Bethesda, MD
 - User missskittyfantastico - 5/5 stars, can't say enough positive things about Dr. Huang. Went to her after she did my best friend's reduction, and now my sister has hers scheduled with Dr. Huang as well. She's extremely
 - knowledgeable and has always taken the time to explain things to me, I feel like I learned a lot during this process. She does not take insurance but is very knowledgeable about the process and willing to provide whatever's needed to pursue a claim for reimbursement after the surgery if desired. I have not been through that part of the process and may or may not pursue the insurance claim so I can't speak any further on that. She was very attentive to my desired aesthetic and cup size outcome and

my lifestyle (very active) as well as to making sure the surgery didn't close any doors for me (preserving milk ducts). I really highly recommend her!

Massachusetts

- Boston, Massachusetts. Dr. Brian Labow. UNDER 25 y/o only! Boston Children's Hospital Adolescent Breast Clinic
 - User iknitblankets- 100/10, amazing staff, VERY respectful and took my concerns into consideration. I was 20 at the time and wanted to preserve the ability to breastfeed, so he did the surgery in a way that will increase my chances of successfully breastfeeding. Scars/healing were great. Follow up care was thorough and I will go back if I ever have any issues. He and his office staff were great about getting the insurance company to cover it (BCBS). I am also part of a research study because he is actively doing a lot of research about breast surgery in teens and young 20-somethings. He is the head of the Adolescent Breast Clinic at Children's and is one of the forefront docs doing this surgery on young people. He was very careful to make me feel comfortable at all times. There are a few videos of him on youtube if you search his name.
- Hyannis, MA./ Plymouth, MA. Dr. Michael Loffredo, Cape & Islands Plastic Surgery.
 - User MsPost - 5/5. Highly recommended by a friend, then the staff at the hospital who did my intake were excited to share that the Dr. did their reductions too! Great office staff. Dr. made me feel very comfortable during my exams and was very supportive/available after the surgery. The results look amazing and I have full nipple sensation. I qualified to reduce under my insurance because my size (GG) was causing back problems and the Dr. took care of the communication with the insurance company. He also specializes in post-mastectomy reconstruction and in pre-emptive mastectomies for those who have the BRCA gene.
- Boston, MA. Dr. Justin Michael Broyles, Brigham & Womens Faulkner Hospital (Jamaica Plain)
 - User sambalmatah - 5/5. Currently 2WPO. Was recommended to Dr. Broyles by my primary care provider when I first came in about my back pain. Dr. Broyles specializes in breast reconstruction/cancer. He has excellent credentials and an impressive background (teaches at Harvard Med, spent his

residency at Johns Hopkins, cancer research). On top of his credentials, he was very informative/detail oriented, SUPER reassuring and gentle which made me comfortable about the surgery. I highly recommend him, his PA, the surgical staff and nurses – oddly enough, I had a blast at the hospital, they took really excellent care of me & made me laugh while I was loopy.

- Boston, MA Dr. Ryan Cauley, Beth Israel Deaconess Medical Center (BIDMC)
 - User iateapizza - 5/5. Really wonderful from my first consultation. I was worried that he would be dismissive and tell me to lose weight first but he immediately told me that I was a great candidate. Walked me through everything. Great staff - on the day of my surgery, in the office, and responding to my many many many voicemails. Very pleased with my results and how my life has already changed because of this procedure.
- Brookline, MA Dr. Derek Reformat, Longwood Plastic Surgery (affiliated for admissions, records, testing with BIDMC)
 - User angrierlsem -4.5/5 Definitely listened, explained options, answered questions. No discussion of “you should lose weight” or “you shouldn’t have the size you want.” Just said evaluated my 36Js and agreed that shooting for C-D cups was a good plan–I’m 3wp0 and currently at a 36D and still have some swelling. Scarring and shape look good so far. Office is very efficient, which is great for logistical stuff like just making my insurance approval happen painlessly, but can result in quite brief visits–very matter of fact which might not be the best bedside manner for everyone, but suited me well. Office staff was amazing. Super kind and helpful–repeatedly and kindly answered a bunch of my questions when I was worried about infection afterwards. Also, the anesthesiologist they used was AWESOME. I’ve never had someone put an IV in without me feeling it.
- Brookline, MA: Dr. Donald J. Morris, Longwood Plastic Surgery (affiliated with BIDMC)
 - User SeparateAd4641 - 4.5/5. Was referred by my PCP. I’m 4 months post op and am happy with my results. My anchor (horizontal) incisions are only ~2 in! However, one breast has cleaner incisions than the other and I’ve noticed hypertrophic scarring in the more jagged incisions (could also be my genetics). I have some fat necrosis (harmless lumps) and loss of sensation in a few small areas (nipples still have feeling but are

less sensitive), but those were risks I knew beforehand and was willing to take. Overall, I had a great experience with him, the office and surgical staff, PAs, and NPs (same info as above review!) With the office's help, insurance approval was easy. They also have a 24/7 on-call physician, and I spoke to Dr. Reformat (above) a few times about my healing questions - he was very attentive and helpful. Post op appointments go until 6 months unless otherwise communicated. Last thing - Dr. Morris found abnormal tissue in my initial screening and immediately referred me to a top BIDMC Oncologist for prevention/treatment.

- User Palpitation_Lopsided - 5/5. Was referred by my PCP. I'm 2 weeks postop and I am so happy with my results so far and with my experience with Dr. Morris and his staff. I wanted a pretty radical reduction because my reason was significant arthritis in the cervical spine with pain, but I also wanted an aesthetically appealing result and they delivered. Dr. Morris is very no-nonsense. He is focused on the surgery and the results, and his staff are great at answering general questions about recovery and other issues. The day of surgery I was so nervous and the nurses were so incredibly supportive and helped me feel confident and secure. Dr. Morris and the anaestheologist were also extremely good on the day of surgery itself. I called the nurse line once early in my recovery and they were extremely responsive and I felt listened to and cared for. My followup appointment was very positive. I have another one upcoming. I have never had surgery before and I am so glad I ended up using Dr. Morris for this surgery.
- Cambridge,
 - User u/3rdMarlena: Fantastic experience with both Dr. Silver and her team. Well-versed in the Boston Modified Robertson Technique, which works without a vertical incision. My experience is detailed [in this post](#).
 - User idk_alaska: 5/5. I was blown away by how smooth it all was. Had a consultation and was in surgery not even a week later because they had a cancellation. They handled my insurance, didn't give me anything about my weight (my BMI is "obese" and I had many other doctors bring this up), no drains and I didn't even have to spend a night in the hospital. I'm about five years post op and my scars have healed beautifully. Like the user above said, there is no vertical line, so there are some angles that you can't even tell I have scars. Dr Silver was kind

and considerate. Really appreciated how easy she made the experience for me.

- Longmeadow, MA. Dr. Glen Brooks at Spa on the Green
 - User u/cornboner: 5/5 100% recommend. All the Doctors, PAs and nurses are incredibly kind and honest. They are all very knowledgeable and willing to explain the whole procedure to you in as much detail as needed. I had cosmetic surgery (meaning I paid, no insurance) so I don't know how differently the surgery would be if I had a medical surgery. Because I had cosmetic surgery, I was given scarring tape and gel for free as well as lasering for scars for no cost. I also was a referred customer and Dr. Brooks gave me a great discount.
 - I actually do not recommend Dr Brooks. I have heard several testimonies in real life, including my own mother and aunt, and they were not satisfied. He left their breasts larger than they had discussed. And after going through menopause years later, their breasts were causing the same issues that prompted the reduction in the first place.
- Longmeadow, MA Dr. Melissa Johnson @ Pioneer Valley Plastic Surgery
 - So far, I have only made my consultation appointment with Dr. Johnson, but the process was simple and incredibly educational. The man who booked my appointment explained everything I needed to know, as well as things I didn't realize I needed to know. I will update my review after my appointment. I have spoken with multiple women who have seen Dr. Johnson in years past and are still saying "it's the best thing I ever did!"
- Cambridge, MA Dr. Helena Taylor @ Taylor & Sullivan Plastic Surgery located at Mt. Auburn Hospital
 - User actual-badger-3079: 4/5. With my insurance I did not need a referral so I did a ton of research on Boston surgeons. I liked what I saw on Dr.Taylor's website so I set up a consultation. We chatted for probably a half hour about why I wanted the surgery. I had back pain, skin on skin contact causing rashes, couldn't work out basically all the classic reasons. Within 2 minutes of examining me she said "oh yeah this would change your life." That alone sold me. She didn't question me, she didn't diminish my feelings, she knew that this was right. After getting approved they had an opening 2 weeks later but I pushed it to Sept due to a bunch of things. When I told her I didn't care that much about size but wanted to be proportionate but on the smaller side she said ok. Again she never once tried to change my mind. I had

decided to do the side lipo ahead of time and then day surgery she said she would do it at my arm pit line too so I could wear strapless dresses. The whole team at the hospital was awesome and Dr. Taylor's PA Selena is amazing. I've had a rough recovery with some pretty big open wounds at the T-Junction and Selena has answered my many emails with quick phone calls and has talked me off the ledge. The staff at Taylor & Sullivan is amazing. My only note is she is somewhat nonchalant about the process and kinda undersells the recovery and potential complications (like the wounds I'm dealing with were not something I was prepared for to the level I have them. I knew I could get them but all my paperwork is just "clean with soap/water they'll go away on their own") but it seems from everyone I've talked to and read on reddit a lot of surgeons do this. Dr. Taylor says she tends to not over explain things because everyone heals differently and she doesn't want to scare her patients. Even with that said, anytime I do have a more indepth question her team answers it fully and quickly.

- Worcester, MA: Dr Mustafa Akyure (at UMass Plastic Surgery)
 - User safetybagel 5/5. If you want gorgeous boobs, see Dr. Akyurek. If you have lots of questions and concerns and specifics and requests (which is totally fine), he may not be for you. I left my consultation a little discouraged because it lasted about 5 minutes and all he did was look at my boobs and tell me yeah, they're really big, and to not expect a B or C cup without a FNG (which he didn't think I was a good candidate for and explained why). I asked if he would just go as small as possible and he said he would (and I trust that he did). My experience with the rest of his team and the surgical staff was great, I had my procedure at a surgery center, and my recovery was very smooth. The technique he uses (small anchor incision) allowed me so much more bodily freedom than I expected to have after the surgery. I never had pain moving my arms because of the size and placement of my incisions. He is a perfectionist and I'm beyond thrilled with my results. I went from a 34J to a 34DD and they could not be more proportionate to my body and they are just so so beautiful. I'd strongly recommend Dr. Akyurek as long as you know that you won't have much control over his goals and technique.
- Dr. Dylan Perry, Burlington, MA (BIDMC/Lahey)
 - 10/10 would absolutely recommend. Dr. Perry was an amazing doctor from start to finish. He was very kind and listened to me from start to finish. Listened to me questions and concerns and answered them completely. When I told him I wanted to go

small he definitely understood the assignment. He took me from a J to a full B/C and didn't even have to use a nipple graft at all. Consultation was May 27th and surgery date was July 3rd. There really wasn't much of a pre op. Pre op was over the phone and it was a day before surgery but everything moved smoothly and quickly. Staff was extremely friendly from start to finish and made the surgery experience extremely pleasant. But the surgeon got the boobs to look amazing they are small, symmetrical, and perfectly round. I can say I am extremely happy with his work and have no regrets whatsoever.

Michigan

- Dr. Marissa Baca, Bingham Farms, MI (Metro Detroit)
 - User mp2297 - 5/5 highly recommended. Very kind, respectful doctor. Listened to my questions and concerns and answered them thoughtfully. I didn't feel rushed during the consultation. I did not use insurance but it may be an option. Consultation was May 8th, Pre Op apt was May 31st, and surgery was June 22nd. Things moved quickly, though I was able to pay upfront so I don't know what the process would have looked like if you need other financing options. Staff is very friendly and helpful. Post op, I am able to leave a message for Dr Baca directly with any concerns, and she calls back the same day, usually within a half hour. Very good experience!
- Dr. Jessica Hsu, Brighton, MI
 - User thatssoravens - 5/5 highly recommended. Very empathetic and respectful doctor. She was very responsive to my concerns and reassuring about my choice. I used insurance and she was very explicit about what she would do to advocate for the surgery to be covered. Consultation was May 8, insurance approval in August, pre-op on Sept 28, surgery on Oct 11. After scheduling surgery I wanted to talk more about size and her office responded and scheduled a video visit within a few hours of my message. I am 19 DPO and the incisions are healing very well with no openings. The shape already looks good too.
- Dr. Nossoni, DO | Ann Arbor, MI
 - He's a board-certified plastic surgeon in the Ann Arbor area. I felt so heard and validated by him. He's wonderful at listening, didn't 'splain to me at all, and he did an amazing job on my reduction. I only have one pucker, but other than that, my scars are so minimal that people haven't even noticed them until I've pointed them out. I'm very happy with the size and shape. He

also managed to get the side lipo covered by my insurance too. I wish I felt as comfortable with my GP's as I did with him. Wonderful surgeon.

- I want to Dr. Farid Nissoni as well after I saw this post. Everything above and more also got side lipo covered for me. I was 34 H and went down to a D cup. I even had a small complication with one of my nipples. It acted like an old charger that only wanted to charge (provide blood) if it was at the place it wanted to be. So after my day in surgery cleared went home started to see some gray discolored tissue around the edge so we immediately called there 24/7 emergency line and they had us back in the ER at 11:30 at night Dr.Nissoni himself was there by 11:40 helping me and I was out before 1 am. All of his staff at the Ann Arbor area are phenomenal. As I saw them for a little while my nipple adjusted. They gave me lots of dressing material and things required. Then after a week, he saw me again and worked to fit me into his schedule. My nipple is all fixed with super minimal scarring. Also small, he used on me what seemed to be a bra he and his surgery team constructed out of tape that is god damn magic. I didn't have to worry about my incisions or gravity it's something I had never heard of until then I would recommend him and his team 17000000000/10 times.

Minnesota

- Dr. Tracy Kayan, Minneapolis, MN
 - User JillianJo88 - 5/5 highly recommended. Office was very organized and responsive. Dr. Kayan was wonderful with listening to all my concerns and questions prior to surgery. Worked with Preferred One insurance, but was denied initially. The office was very prompt in completing the appeal process so my denial was overturned within a week. My results were excellent and as expected. Would work with Dr. Kayan again anytime.
 - User reine444 - 4.5/5 Dr. Kayan and her team were awesome. She was very attentive, answered all my questions, provided tons of information and made the insurance process effortless. I did end up with some asymmetry (the left one was bigger and now the right one is!) but I am so thrilled to have gone from a 36F to C.
- Dr. Jay Fowler, Duluth, MN
 - User virgeorge - 5/5. Dr. Fowler will perform BR on patients with BMI lower than 40. Is a good balance of cocky/confident and good listener. I felt heard and respected as a patient when I

pressed for other procedures. The nurse at the surgery center said he is a very particular surgeon, and is the only one at the practice who does drainless reductions. I felt like I was in good hands the whole time. Covered by insurance without hassle.

- Dr Jacqueline Luong - Edina, MN
 - 3/26/24 Submitted everything to insurance for approval, was approved in about a week and surgery scheduled for 3 months later. I've received excellent care from her and her team. The recovery has been very easy going & low maintenance. Most importantly my results are great!

Mississippi

- Dr. Dan Shell (Shell Plastic Surgery): Oxford, MS
 - User u/mjeeeee - 5/5. Fantastic results. Beyond what I could have hoped for. Caring nature and funny enough to take your mind off the scariness of the procedure. Answered any questions I had. Took off 5 lbs total without need for FNG. Minimal scarring and no complications.

Missouri

- Dr. Verbist: Columbia, MO
 - User seabeatea - 5/5. Very friendly, always made me feel at ease. He asked what size I wanted and I have great results. Very, very minimal scarring. EDIT: Dr. Verbist moved and lives in KY now.
- Dr. Caplin
 - User u/inthesehills - 4.5/5. Great results, he seems to be very well regarded in the field and I am extremely happy with my results. Recovery was super easy and I've been told by a few people that my scars look great. Took half a point off because he is very brief and isn't great about asking if you have questions (pre or post-op). Office has been very accessible though and the staff is very friendly as well.

Montana

- Dr. Stephanie Suprenant (Lift Plastic Surgery): Missoula, MT
 - u/lego_my_manchegeo - 5/5. Dr. Suprenant is AWESOME. She is attentive, positive, confident, and understanding. She really listened to me and what I was struggling with/what I wanted out of this reduction. Her staff were also all so supportive. As for Dr. Suprenant's technique: she draws out everything on paper with you in your consult/pre-op appointments so you can really get an idea of what is going to go down. She is very precise. She

knew I wanted to be as small as proportionately possible, but she also gave me a beautiful, natural shape. She does not use drains. My insurance approved the prior-authorization (took about 2 years to get there, but that's no fault of the surgeon), so in total I have a max of \$1,900 for this procedure. If you're in Western Montana, definitely hit up Dr. Suprenant!

- u/adultdisappointment I just wanted to add my accolades to this as someone who supported a patient of reconstructive surgery with Dr. Suprenant. She is SO SO great. I was caring for someone who underwent a procedure with her and I searched for her on this doc since I was so impressed by her bedside manner and going above and beyond. She is also SUPER trans inclusive and sensitive, so if you are a transgender person in Montana or nearby looking for care, she is worth the drive if you are from neighboring cities. We drove all the way from WA (Missoula is my hometown). When the anesthesiologist called out, she made sure we had our hotel covered for an extra couple of nights on the hospital. 12/10 stars.
- Dr. McDaniels: Bozeman, MT
 - u/gabrielane: 5/5. Located in a medical arts building near downtown (it's in the old hospital). Would highly recommend, as his private clinic has an on-site operating room. All staff are kind and caring, especially the doctor himself. His explanations of everything relating to the procedure were detailed and helpful. He does not use drains and only uses lollipop incisions. The cost of the surgery also covers 1 year of appointments and any corrective procedures that may need to be performed. I paid out of pocket with no insurance and everything totalled to \$8,500.
- Dr. Thomas Gallagher: Billings, MT
 - 5/5 Incredible. He is very patient and took the time to understand what I wanted, set expectations, and answer my concerns in an easy to understand manner. He was able to accurately describe how much he expected to remove, and how much would remain per my wishes by using sample implants I could actually hold and see the size of. He was very respectful of what I wanted and made sure to educate me about what was and wasn't realistic- however he had a focus on what I wanted and not what he would feel was a "proportional size" or what size he thought would look good for me. No drains and only lollipop incisions. Staff was amazing and I felt very comfortable in their care. Hope was my nurse and she made me feel so reassured and gave me great advice for taking care of my body

in recovery. Went from a 32H to what feels like a B or C and I couldn't be more satisfied- he really went above and beyond to make them as small as possible as per my preferences. \$11k out of pocket and includes 45 days of full coverage for any complications that may arise as a result of the surgery. They provided two front-close bralettes for recovery and do not recommend compression bras which is such a relief. You also have the option of getting the procedure done in the private practice or at the hospital (however the hospital would be slightly more \$\$\$)

Nebraska

Nevada

- Dr. Himansu Shah: *Las Vegas, NV*
 - User cinemacat99: 4/5, recommended, located in Henderson area, his office staff is very helpful except for his coordinator Sara (she doesn't seem to know anything except for paperwork stuff and she forgot to send in my rx), make sure to have a list of questions to ask, the office is very responsive, and the office itself is really nice (like, there's a waterfall) he is very professional and does good work, i think his bedside manner could have been better but it is co-vid times so i know he must be busy. He did use drains on me. I'm only one week post-op but I love my new boobs!
- Dr. Halbert from the VA hospital of las vegas
 - He is not a board certified plastic surgeon as I had researched into him. But he has 39 yrs experience in the medical field and does plastic surgery for the VA hospital. Although he has dry humor, I am happy with my size and results.

New Hampshire

New Jersey

- Dr. Norman Rowe: *Montclair, NJ*
 - (NYC and NJ, I saw him in both states) user: artcatswhiskey - 5/5. I'm sorry to hear about another poster's bad experience. Mine was setting up appointments with other doctors for the

necessary insurance approvals to sending a car service to bring me to the recommend them enough.

- Dr. Michael Gartner: *Paramus, NJ*
 - User: ifearnotrout - 2/5? Hard to say, I never went beyond the consultation. It was a virtual consultation and rather than letting me stand up and give a general sense of scale over video chat before sending detailed photos, he seemed to assume 36JJ was cartoonishly large and asked me if they 'were down to your knees? Or thighs?'. I wasn't thrilled with this, but continued with the consultation. However, when he was warning me that there was a limit to how much he could remove without making my chest look square (reasonable warning, no problem there), he continued on with describe the more squared shape as "like a man's chest, and I don't do those surgeries that turn men into women and women into men." 2 stars because the results in his photos looked really good, but no more than that because that was a really unpleasant experience and I'm concerned about how people not fitting his gender views might be treated.
- Dr. Renee Comizio: *Morristown, NJ*
 - User: squishysponges - 4.5/5 (UPDATED: 2.5/5)
UPDATED REVIEW: I left this review around a year ago and unfortunately insurance had denied my request multiple times after multiple appeals. Dr. Comizio's office did not make any effort to hospital to messangering medicines and supplies. Can't advocate for me as a patient despite my insistence and did not offer financing for me to pay out of pocket (nor did they ask if I wanted to after insurance rejected my appeals). I have decided I will not be utilizing her office as after the initial insurance denial any discussion with office staff led to dead ends and it was clear my concerns were not being listened to.
ORIGINAL REVIEW:
Just had a consultation recently and it went really well. Was set in a room to watch an informational video before the doctor came in, and though I already knew the information provided and have seen many before/after similar to what was shown, I appreciated that they wanted their patients to be informed. Dr. Comizio is a good listener and seemed to understand and empathize with all my concerns. She uses the pedicle technique primarily (for those of you who are concerned with breast feeding in the future) with an anchor scar and typically does not use drains, according to the surgical coordinator. I am a 32J (pendulous/projected, even fullness, short/narrow roots) and she

said that a B cup (I assume she meant visually, but we'll see once the surgery happens) is a reasonable expectation because of the shape of my breasts among other factors. She took the time to let me speak and address my concerns and all my questions and made sure to note that I am not worried about them being too small, if anything the smaller the better, and that being "proportional" or anyone else's opinion is not even on my list of concerns. Afterwards she told me all of the most common risks associated with surgery (wound healing, reduced ability to breastfeed) and how it is done in detail. Prior to surgery (30 days out or less) I was told I will need to get medical clearance from my PCP by means of an EKG and blood work, as well as a mental health clearance. I have **Aetna** insurance which Dr. Comizio is covered through as a specialist, the initial consultation was a \$40 co-pay. Be sure to ask them to **call** for the claim or use Availity for pre-certification of the surgery claim; my claim was put through Navinet twice, and Aetna does not use this anymore.

- **Rating: 5/5!!** User: livelovewell Surgery date was in May 2022. It has been almost 2 years since my surgery and I cannot say enough positive things about Dr. Comizio. Her and her staff made me feel **so** comfortable from my first appointment and she is an absolute artist at what she does. Almost immediately, I could tell that my results were as close to perfect as I could have imagined- very symmetrical, perfect size (I requested as small as possible and she gave me that, while still maintaining shape and integrity)- and I've healed very well over the years with minimal and smooth anchor scarring. You would barely know I had a reduction by looking at me. I had minimal pain or complications post-op, and the staff was very responsive and helpful when I had a (previously unknown) allergic reaction to an antiseptic they used. I drove over an hour to and from her office for each appointment and would travel from even farther away to have Dr. Comizio perform my reduction- she is truly amazing. Side note, I have Anthem BCBS and had no problems getting approved. Once I had my initial consult scheduled, the timeline moved quickly (just a few months) to surgery date. Dr. Comizio's 5 star google reviews speak for themselves and I'm so grateful that I found and chose her as my surgeon!
- Dr Comizio Morristown **5/5! - user: teacher_mom_traveler surgery 5/20/25** I just had my surgery yesterday so I'll update as time goes by. I really can't say enough good things about Dr. Comizio and her staff. I also watched the overview video which I found really helpful because there were some procedures shown

in that video where I said if that's how they're gonna do it I can't do the surgery. She listened to all my concerns and was so incredibly thorough in the first exam and in marking up for the surgery. The day of the surgery went really smoothly. Everyone at the surgical center that she uses has excellent staff. Incredibly caring nurses and assistants. I went back-and-forth for almost a decade over whether or not I wanted to have a breast reduction. I'm currently a 38F pre-surgery don't know what I will be exactly when the bandages come off. My goal was a C cup. I have wide set, pendulous and square breasts so I know we could not be 100 certain about the final shape. My insurance approved the procedure. I have Horizon Blue Cross Blue Shield of New Jersey and I'm a teacher so I think that made it easier to get approval. I also went to physical therapy for four months before I had my consultation with Dr. Comizio. My physical therapist sent his notes to the office so they could include that in the insurance Application. I wasn't making progress with Physical Therapy. I have thoracic outlet syndrome in both arms and my back and neck are really stiff and I don't have good muscle communication between my back muscles and my brain. Incredibly within a minute of standing up from the surgery, I could feel the difference. Dr Comizio's post surgical notes said that she measured and compared symmetry while I was lying down during the surgery and then they sat me up and adjusted for symmetry again. She is so meticulous and thorough and I know it's kind of funny, but she has the most adorable pink flower, gauze, and tape that she wraps you in when you are done. It's a cute little touch.

- Dr. Kutlu, Morristown, NJ
 - 0/5-he had horrific bedside manner. He was inappropriate, dismissive and rude. Made jokes about where the photos would be posted while taking them. Told me I was not an ideal candidate because I was still single and "would I want to be standing in front of a new boyfriend naked with my scars from the surgery showing?" Did not allow me to say what size I wanted to be, he said he knew best and would make me proportional. I left horrified and almost in tears. His physical exam was intrusive, long, and not appropriate in the slightest (different than your usual clinical breast exam). He kept asking me to reopen the gown so he could look at them again (whenever I asked a question)I reported him to the state.

- Dr. Naveen Ahuja at Plastic Surgery Arts of NJ
 - Offices near Princeton in Skillman and in New Brunswick. He is a participating doctor with Aetna and frequently works with a breast specialist on oncoplastic reconstructions. Wonderful experience meeting with him and his staff. After initial rejection, he was willing to do a peer to peer consultation/meeting with insurance doctors to get surgery covered by insurance. So far no complaints

New Mexico

- Dr. Kunkel: Albuquerque Plastic Surgery
 - User kspar - 5/5 He was amazing. He is a newer surgeon and only 1 of two plastic surgeons that takes insurance. He works in the same office as Dr. Lofty, who doesn't take insurance, but is known for being a great surgeon here in ABQ. The office staff is the best, especially the surgical coordinator, Caitlin, who did everything to get a prior authorization and get my surgery covered by insurance. The surgeon did a great job on the reduction and my boobs look great, with no drains! I have 4 post op appointments that were included. The MA there is also great and very informative.
 - her office to protect people's privacy (faces aren't in the pics fyi). I'm 2 years out now and my breasts still look great. She does a lot of normal PS too, so I think she values appearance/quality of the

New York

- Krishna Vyas, MD, PhD
 - Harvard trained, 2 aesthetic and breast fellowships, at Breast Surgery Group on 5th Avenue NYC - also specialized in nipple sensation, reductions, lifts, gender top, breast reconstruction, implants, reductions
- Dr. Ksenija Belsley- Midtown, NY
 - User. Willing-ride-9622- 5/5 I wanted a breast reduction and I got Dr. Belsley's name from a list provided by my insurance. She was extremely communicative. Her coordinator, Lisa, gave me a phone number that I had access to and could send pictures to and ask questions. Lisa coordinated with my insurance multiple times and made the process easier for me. I really liked the results on Dr. Belsley's website and I told her that I wanted to be

as small as possible while preserving my nipples. She made it possible and I'm so happy. Dr. Belsley believes in using drains for better healing so if you're not comfortable with that then you might not like her.

- Dr. Patricia Fox, MD, Fox & Schingo Plastic Surgery, Latham, NY
 - Username: mentalbabyvamp I had my breasts done here last year. I had heard the rumors about these two having botched cosmetic surgery patients. I even met one of them. I didn't listen. Now I am botched, too. In surgery, they did things that I did not consent to, like liposuction. I also did not know that Dr. Schingo, who I had never met, would be doing one breast, and Dr. Fox the other. Let's just say that they clearly have different visions of what looks good, because they do not look remotely similar. Now I have one breast that is too large, with a large areola, and an always-hard nipple that is pointing way off to the side. The other breast is two sizes smaller and has a tiny, flat nipple that points down. Then, underneath the breast that the one doctor did, the stitches completely unzipped, leaving a gaping, excruciating cavity in my breast. I was told by the opposite doctor that I had to go back into surgery to fix it, and I received no pain relief after. (Dr. Fox does not practice evidence-based pain management, which indicates that people heal more quickly from surgery when their pain is properly addressed.) Instead, she lied to me and made fun of me. I sought surgery because I wanted to look and feel better, but I'm so embarrassed about my breasts now. The experience was so traumatic that I had to get treatment for PTSD. I asked for a revision several times and they were not interested. They also never took "after" photos to go with the "before" photos, so they know they messed up. Stay away from these people, or you may end up with Frankenboobs or a Frankenface as well! (No complaints at all about the staff, who were always kind.)
- Dr. Eleonore Zetrenne (aka Dr Z)- upper east side, NY
 - User: yesitsmenana-I stumbled upon her profile on RealSelf by chance. I was instantly drawn to her charismatic personality and the clarity with which she elucidates the procedure. Her associate, Dr. Feyhey, is consistently accessible for any inquiries. Following a breast reduction (BR) and tummy tuck (TT), my recovery has been remarkable and devoid of discomfort. I wholeheartedly endorse her. Given her specialization in microsurgery, she's an excellent choice if scar visibility is a concern for you. Score: 5/5 - 100% Recommended

- Dr. Elizabeth Kiwanuka
 - User: IndependenceNo9747 - 5/5. Dr. K was amazing! Dr. Kiwanuka is absolutely amazing when it comes to breast reduction! I went to her after hearing tons of good stuff, and she did not disappoint. Dr K is very knowledgeable and she walked me through everything, making sure I knew what to expect every step of the way. The surgery itself was a breeze and the recovery was way easier than I thought it would be, hardly needed any pain meds. Honestly, going to her was the best decision. She's got this incredible way of making you feel at ease and totally taken care of. I would 100% would recommend her to anyone looking into breast reduction. She's got the magic touch!
 - User- Greensas. 5/5. RECOMMENDED I went to see Dr. K through the Breast Surgery Group after reading through her reviews online. Her and the whole BSG team was VERY communicative and answered all of my questions. I had A LOT of questions. I'm beyond happy with her and her care. I saw a few surgeons and she had the best bedside manner. The BSG was very very very lgbtq+ friendly. She can also do radical reductions! I went from a 32I and asked her for about a B/C. Bring pics for reference! The recovery has been pretty easy and I stopped all meds 2-3 days in. The surgery was at Midtown Surgery Center. Before consultation at BSG, you first speak with their billing team, so that's clear right from the start. They accept some insurances. I think she is starting her own practice now. I wholeheartedly recommend her for your reduction/top surgery!!!
- Dr. Susan Gannon - Albany, NY
 - User:Antique-Cut-8928 - 4.75/5. Recommended! I started looking into a breast reduction a few years ago after seeing several TikToks on the topic. I had severe, chronic back, neck and shoulder pain, in addition to rashes, poor posture, and never being able to find clothes that fit! Pre-op I was a 36I/J (US sizes). I started by talking to my primary care doctor, who sent me to physical therapy for a few months, which did nothing. She then referred me to a plastic surgeon that I never ended up contacting. I live in a rural area, so I would need to travel 2+ hours to find a good surgeon, so I chose to find one myself in Albany (closer to family) instead of where my doctor referred me to. I found Dr. Susan Gannon and a few other recommended surgeons on this sub, but ultimately Dr. Gannon was the only

office that I called that was currently accepting insurance patients. I had about a 6 month wait for a consultation, where she confirmed that I was a good candidate for the surgery, and her office put in an insurance approval request. My surgery was about 4 months after approval. All the nurses/assistants in her office were excellent, and answered all my questions. I was able to call her office post-op with questions and got answers quickly and with such compassion. My results are excellent (so symmetrical!), and I would absolutely go back to her in the future. I rated a 4.75/5 only because sometimes I felt rushed when talking to Dr. Gannon, so I think her bedside manner could be improved slightly, but overall excellent care!

- Note: She does not take fat people and her staff are very rude to fat people on the phone.
- Dr. Craig Fournier - Albany, NY
 - User; AdditionalRemote332 - 5/5 - Recommended. Dr. Fournier works with Dr. Gannon, initially I was referred to her by my orthopedist but her appointment would be months away, Dr. Fournier had a cancellation on the day after I called and I jumped in. As said before their office is one the of the few that still accepts insurance, I had shoulder problems with 6 months of PT. After my initial appointment it took me a week to decide if I wanted to go through the surgery. Insurance approved in about 45 days and I got my surgery a couple of months after that. Dr. Fournier is extremely attentive to details, listens to all my concerns and answers all my questions, he has a great bedside manner and I never feel rushed on my appointments. After my surgery one of the nurses told me he is extremely respectful with his female coworkers and he always checks on his patients on the post op to make sure they are ok. I brought pictures of what I wanted and he explained what could be done and what maybe couldn't depending on my body frame or anatomy. So far the results have exceeded my expectations, I went from DD to probably a C, still early but most it seems a very good size.
- Dr. Mihye Choi - New York, NY, NYU Langone
 - User: SessionGlad5818 - 5/5. HIGHLY recommended. I had been considering a breast reduction since I was a teenager (~20 years ago) and was always scared and had excuses not to (insurance, breast feeding one day, plastic surgery stigma, etc) so when I started exploring the possibility as a 36yo, I had a lot of requirements in my mind such as: insurance needed to cover it, wanting a female doctor, wanting it to be clinical facility more

than aesthetic, etc. First of all, NYU Langone is one of the best hospitals on the country. Secondly, Dr. Choi is an award-winning plastic surgeon many, many times over. I looked at her reviews online and all of them were glowing which is significant! Don't proceed with a surgeon without looking at reviews and what kind of national accolades (or lawsuits!!) they have received. Dr. Choi and her staff were phenomenal from day one! They were professional, incredibly informed, compassionate, empathic, and affirming. I never felt forced, pressured, or mislead. Instead, they acknowledged the huge life decision this would be and answered all of my questions. Through the NYU Langone app, I was able to ask questions in real-time ahead of and after my surgery. The surgical team was also fantastic! For such a major surgery, they were lighthearted but professional and put me at ease every step of the way. I was even laughing with the team in the OR minutes before they put me under, I wasn't the slightest bit nervous, and they were extremely attentive as I was in recovery. The work Dr. Choi did was nothing short of artistry – and that's how she's described herself: a surgeon and an artist. She's said that breast reductions are her favorite surgery to do because they make people so happy and it's true! I couldn't be happier with the whole experience and would highly recommend Dr. Choi and her team at NYU Langone!

- Dr. Melissa Doft: Manhattan
 - 5/5. She was amazing. I only wanted to see a woman doctor because of trauma associated with men. I think I saw maybe 5 PSs before seeing Dr. Doft. I was about to settle for someone who had good-enough reviews and produced meh looking breasts. But, Dr. Doft presented a gorgeous book of breasts after the reduction, and she told me it is only viewable at result a lot more than the other doctors I saw. In the follow ups, she made sure I was healing well and even gave me steroid injections for free to help with the scar healing. 100% recommend. She's fabulous in every way.
 - User Lensterzz - 5/5. I had surgery Nov. 2023. Only a couple weeks post-op but I can already tell that she did a fantastic job. No complications thus far. Her office manager Michelle is very kind and attentive. I paid up front but she's helping me submit to my insurance. I got my reduction to deal with gender dysphoria and back pain. Doft doesn't seem super well-versed in GAC, but she listened to me well and understood exactly what I was going for, so to speak. Her before and afters were the best of anyone I

could find around NYC. I would say if you are prioritizing aesthetics and achievement of a size that is conventionally “proportional” to your body, she’s a good fit.

- Dr. Norman Rowe : New York, NY
 - User makenzimouse - 5/5. I recommend for anyone looking to use insurance and having doubts about coverage. I was able to get my entire OR visit covered + just had to pay the surgeon fees out of pocket. I had a lot of complications (not from the surgery itself, but because of allergic reactions) and his team was constantly there for me. They called to check on me multiple times a day, had me seen ASAP, and were the best support system when something went wrong. I had a pretty radical reduction and was very straight forward with him the entire process that I wanted them as small as possible and I felt that he delivered on that. Im very happy with the process and I would highly recommend him and his team to anyone in the area!
 - User knownothijnffff - 0/5. DO NOT RECOMMEND. His office lied about me getting approved by my insurance. He left me large and lopsided - two completely different shaped boobs. I had to get a second reduction with a different doctor to correct the asymmetry. Check my posts for details and photos. My boobs looked terrible and he wanted to charge \$15,000 for a revision. I know every doctor has good and bad outcomes, but after going through this process twice, I now know it’s extremely important to have a doctor who can admit when the surgery went poorly and who genuinely wants to help fix the bad outcome. When I went to see him post op, instead of admitting my boobs are clearly two different sizes and shapes, he ASKED ME what I thought was wrong with them - putting me in the uncomfortable position of pointing out the obvious asymmetry. Check my photos; you would have to be blind to not see what was wrong with them.
- Dr. Finny, George: New York, New York
 - User unknown 5/5 - YES RECOMMEND. First off, he took my insurance which was amazing! Dr. George and the staff at LIPSG are all beyond amazing. I felt comfortable from the initial consultation through each post op appointment. No matter what time, day or night, no matter how many questions, Dr. George and his staff would keep in touch to make sure I was doing well during my recovery. My journey through the process has been life changing, I finally love my appearance again. There are not

enough words to express my gratitude. Dr. George's work is breathtaking and he changing my life.

- Dr. Gregory Baum: Syracuse, NY
 - User bluexjay - 4.5/5, definitely recommend. Still in the healing process and having some complications (allergies!) - but everything is symmetrical and exactly how I wanted, he's incredibly responsive, knows his shit. Got my insurance company to cover - and my insurance sucks! The office isn't my favorite and he comes off as quite distant, but the breast reduction itself has been great.
- Dr. Keith Blechman: New York, NY
 - User thecapitalofbulgaria - 5/5, definitely recommend. 1.5 years post-op as of 2/2020. Went from 32H to 32D in order to qualify for my insurance reimbursement, and he clearly explained as best he could what that volume difference would look like. The surgery was done in a surgical center, so no hospital. His staff (shout out Leah) are absolutely incredible. Post-op care was a cinch, absolutely no narcotics necessary. Some scar malformation that he very wisely urged me to be patient with, and it all resolved on its own without intervention.
- Dr. Ashley Amalfi: Rochester, NY
 - 5/5, an absolutely kind and compassionate surgeon, as was all of her staff. When my insurance initially denied coverage, her office (Quatela Center) fought for an appeal, which ultimately won! They were so communicative and caring at every step of the process, and are focused quite a bit on follow-up care to make sure that you get the best result possible. Would absolutely recommend to anyone and everyone considering the procedure. I am currently ~1.5 weeks post-op as of 1/2021. Went from size 32J to about 32C (maybe D, not totally sure of final size yet at this point). Also points for the fact that every employee I ever came into contact with here was a woman, which I loved.
- Dr. Sophie Bartsich: New York, NY (Manhattan)
 - 5/5, highly recommend. My consult was free and she met with me for about an hour, answered every question I had and explained the surgery/recovery process in detail, as well as showing me a ton of examples of past surgeries. She does not talk in cup sizes, rather emphasized that I go for what's proportional. When she determined what would look good on

me proportionally, she asked whether I'd want to go smaller or larger from her assessment (I went smaller). Her staff is kind & really knowledgeable about the insurance side of things, which was helpful to me, but if you go out of pocket, you can have the surgery done right in her office. Surgery day at the hospital was easy because Dr. Bartsich told me exactly what to expect at every step of the way. Post-op I didn't have any major complications, but Dr. Bartsich gave me her cell phone number and I was able to text her/send pictures when I had an allergic reaction to the steristrips, which she responded to within hours. I look fantastic 7 weeks post-op and it's all thanks to the doctor I chose. If you're based in NYC and want a thorough, no bullshit, caring surgeon who will give you the best results possible, run, don't walk to Dr. Bartsich's office.

- 5/5, also highly recommend Dr. Bartsich! Her office was always on top of things, making sure I had all the info I needed each step of the way. I didn't go the insurance route as I'd been denied in the past and the insurance I had didn't cover it under any circumstances. I'm in my 40s and had wanted the surgery since I was 16. It's over a year later and I have no regrets about having the surgery or my choice of surgeon. I also had a post-op reaction to the tape (sensitive skin) and she texted me back promptly and I had hydrocortisone cream within a day to help.
- Dr. Douglas Taranow: New York, NY
 - User WWLCD - I would give him 2/5 stars. I only saw him for a consult (my first). By all accounts (online and his book), he's very good at reductions and produces some really beautiful results. But his behavior was borderline misogynistic. He referred to his patients, his staff, and me as "girls;" he would describe various 'before' boobs in his book as "ugly" as a lead-in to saying how awesome he did with the 'afters'; he repeatedly called me a "bigger girl" (I'm pretty average-sized so I think he has some really model-ized ideas about bodies); and he said he really wanted to work on mine because my "boobs are really cross-eyed, which you don't see that often." I definitely did not feel like this was the surgeon for me, so I won't be going back. But if you have a thick skin and don't mind that type of commentary, I think he probably is a really good surgeon. Some more data points... surgeries are done in his office suite on the Upper East Side, not a hospital. He and his anesthesiologist are both board-certified. He does all stitching and stitch removal

himself; not a nurse or assistant. He doesn't use drains unless necessary (says he ends up putting them in 1-3 times per year). Quoted price was 18k for the reduction and lift; lipo (if needed) would be additional. He will work with insurance but said I wouldn't qualify. Consult was free.

- Dr. Marco Harmaty - New York, NY, Mt. Sinai Hospital
 - 5/5 experience! 25 yrs old, my boobs look amazing, I couldn't be happier. Dr. Harmaty and his staff were amazing to me throughout the whole process. I got a reduction, lift, and liposuction done in my sides. They were responsive, helpful, and filed all my insurance claims and documents, and told me everything I needed prior to surgery to get covered. Ultimately I was able to get 92% of my reduction covered by insurance.
 - I saw him for a consult and never felt belittled or made uncomfortable by anyone in his office, and they reassured me when I expressed concerns about "not being big enough" to get a reduction. After they took some photos for insurance, we sat down for an hour and looked at some before and after photos, talked about the reduction, staying proportional to my body, the risks, how exactly the surgery is performed and the incision options, and what to expect post-op. Very thorough and I was even able to schedule my surgery date the same day as my consult.
 - My surgery was done in Mt. Sinai's plastic surgery outpatient unit on East 98th st. It was a comfortable experience and I felt personally cared for by the nurses and staff. Everyone made sure I was okay, and checked in with me multiple times while I waited to go into the OR. The nurse who took care of me pre-op and post-op called a few hours after I got home to check in with me, and Dr. Harmaty and the nurse called again the day after surgery to check on me. I was feeling hesitant about showering, but he really encouraged me to shower 2 days post op to feel "less like a patient and more like a human," which I appreciated hearing. He uses surgical glue rather than steri-strips, and I saw him 1 week, 2 weeks, and 5 weeks post op (he peeled off the remaining glue at this appt), was very responsive to emails, and very quick to act with antibiotics and culture when I emailed him a photo concerned with what turned out to be an infection and opening. He acknowledged my frustrations and anxiety, and the overall mental aspect of everything. He also walked me through exactly what sort of movement and exercise I could do throughout recovery and after 6 weeks. He has been more on the lenient side of letting my body do its thing, and didn't

express any rigid restrictions during my initial 6 weeks except the general no lifting over 10 pounds, even encouraging some light movement for regaining range of motion.

- I'm 2mpo and over the moon with my results. My boobs look proportional, natural, I have full sensation in my nipples, and my incisions are healing really nicely even after an opening and infection. Overall, I couldn't have asked for a better experience or surgeon, and highly recommend Dr. Harmaty and his team at Mt. Sinai.
- 5/5 — I'm 30 years old and went in as a 34 HH. I'm going in for my first post-op tomorrow at Mt. Sinai. Dr. Harmaty is kind, gentle, and comforting. When I had to walk into the operating room with my open back gown, he made sure to cover my back for my modesty. He's an incredible communicator and has been very quick to respond when I had questions with healing. He's genuinely invested in what's best for you, personally.
- Dr. BINDU BAHULEYAN, Kings County
 - Was referred to her by my primary care physician and saw her for a consultation 11/2023. She told me to lose weight and was not encouraging at all. She said it makes it harder to do a good job when there's a lot of fat in the breasts. She said that if I had any comorbid conditions, she would refer me to someone else to get weight loss drugs, but that I'm perfectly healthy so she won't do that. Really discouraging and illogical, I would not recommend her.
- : Buffalo, NY
 - She's amazing! From the first consult she was professional, knowledgeable, and kind. She listened to my concerns and I never felt rushed. She was familiar with my insurance's requirements. She was realistic about the results based on my body. I had zero complications and I'm so pleased with the outcome. She takes insurance and works through Kaleida Health at the hospital Buffalo General Medical Center, Minimally Invasive Surgery Department.
- Dr. Hani Sbitany at Mount Sinai
 - 2023: From the consultation visit, when Dr.Sbitany explained and also gave me well prepared written material to take home with detailed explanation of reconstructive options for my double mastectomy, all further experience went from good to great. He was always available and would reply to my emails within 24h on any question I had. Since I had to go through

some additional testings requiring the expertise of other specialist, Dr.Sbitany not only recommended top colleagues in those fields but made sure these appointments were made fast through his office. I felt so secure in the ability of Dr. Sbitany and other two surgeons that going into 9 hours surgery (involving double mastectomy, total hysterectomy, and flap reconstruction) was without any fear or even trepidation. The reconstruction came better than I could imagine, healing went very well and smooth, and Dr.Sbitany and his team has been, in addition to high professional attitude, warm and caring throughout the whole process. Thank you is not enough to say how grateful I am having Dr.Sbitany as my doctor.

- Dr. Steven Sultan (Mount Sinai)
 - User: ncog_neat_o - 5/5. Dr. Sultan is incredible. I didn't meet him until the day of surgery, but felt instantly comfortable with him. He's quick to respond to emails and I healed very quickly and well (a doctor mentioned my scars looked better at one year post-op than some patients she'd seen at 20 years post-op). His office is wonderful too. Highly recommend. Update July 2024: I had a second reductionsion with Dr. Sultan after finding a lump (non-cancerous) in my left breast. He helped me get through the process quickly and my recommendation stands. Truly one of the best doctors I've ever worked with. You can tell he genuinely loves his work and takes it very seriously.
- Dr. Matthew Kilgo, Long Island
 - 1/5 -Did not spend time or effort before surgery, calls himself "the boob guy" and drives a Porsche, which is beyond cliché and hilarious. My pre-operative meeting was less than 10 minutes and he brushed off my questions, too busy for me. I felt very uneasy about where we netted out and I should have trusted my gut right then and there. Instead, he asked what size I wanted to be right before going into anesthesia on surgery day. Came in a 34H, left a 34G, sagging since day 1 since not enough was removed. Basically got a small lift even though I paid for a reduction. Asked me if I was wearing a supportive bra in my followup because they looked saggy (yes, every single minute of the day but you left them too big and heavy, sir). Dense breasts are heavy as hell, back pain still exists, can't buy off the rack. Took only 40% of what he said he would in initial consult. When I asked for a revision, gaslit me and said "why would you mess with them?" and that he would "put them on

instagram” and that “he never had to make anyone smaller” and coaxed me out of the second surgery. I am also asymmetrical. Awful, traumatic, invalidating and completely violating experience. Next time (I definitely have to get it done again), I’m going to a woman. Oh, and I paid out of pocket even though I was approved by insurance because he said he couldn't meet the requirement (given how big I am, and what he took off, I am sure he could have). I have been on two consults since and one has said “of course they are saggy, they are still so heavy,” the other has said they are asymmetrical. The one star is because my scars are pencil thin, nipple sensation is good and the recovery was physically easy. If you love being gaslit, and paying Huettner for surgery for the fun of it, Kilgo is the guy.

- Dr. Franziska
 - 5/5 - HIGHLY RECOMMEND Loved my experience with Dr. Huettner. She is no frills, straight to the point but also kind and responsive. Her team was truly so wonderful and helped me through a bunch of issues with insurance and also were very responsive in the recovery weeks when I gave myself a reaction with the padding. My results are amazing - I went from a 34I to a 36 DD and even though that still seems large, they took over 50% of my boobs out, and they now fit me perfectly and the scars are almost nonexistent somehow. The scars are also completely hidden underneath my breast, so I can wear low cut things, and the scars from the nipple downwards have healed so so well. She does not use drains, which I was dubious about but it was so nice not to have to worry about drains amidst all the other discomfort of the first few days post-op.
- Dr. KJ Singh | Buffalo, NY
 - User coldcoffee_hottea: 5/5! Started as 36H, looking like a C-D at 1MPO which is exactly what I asked for. Thorough, detailed, and confident in his approach. Consult did not feel rushed at all, he explained what technique he would use and why, repeatedly asked if I had any questions, and explained limitations and restrictions clearly. Took his time at pre-op measuring and marking my chest to get my requested size and maintain symmetry. Did not use drains and provided a nice post-surgery bra. Tape was removed 1WPO. 10lb lifting restriction until 4WPO, but no other restrictions. Sent home with nausea medication and narcotic pain meds, neither of which were needed. Very accessible through patient portal. His PA is extremely nice as well. Results are looking very symmetric and

nipple placement is good. My BMI was 33 and he did not discuss weight or ask me to lose weight prior to surgery. Consult was booked about a month out, surgery booked 2 months from insurance approval because of a cancellation, otherwise would've been 7 months out. He works out of Buffalo Medical Group and performs surgery at Millard Fillmore.

North Carolina

- Dr. Russell Stokes | Pinehurst, NC
 - Did surgery on an 18 year old. Would have done it at 17 if insurance conceded. Was very very sympathetic. Did an excellent job at retaining natural shape of breast and had excellent after-care advice. Located in Pinehurst NC.
- Dr. Lisa Renee David
 - My experience with her was a 6or7/10, I have no doubt she is has she does, she is the Chairman of plastic surgery at Atrium Health Wake Forest Baptist. She did my surgery three weeks ago. I am 19 and began this process at 18. She never doubted me when I told her I understood the risks and wanted the surgery regardless. She did make me cry after my first consultation with her. making comments about what I eat and my body (I am 5'3 and 129 lbs so I can't imagine how i would've gotten treated if I was overweight) I was also a bit taken back by a medical student in the room during our first consultation, I have trauma and just wasn't informed this was going to be the case- This isn't her fault obviously but it did add to my stress level and why I may have cried. Anyway, after my surgery: my scars are great, thin, and straight. My breasts have a nice shape. they're asymmetrical but not severely and most boobs are! However I am left feeling a bit sad about their size. I was told they were going to take off 340g from each breast to make me a small b size. she only took 239g from each breast, leaving me a bit bigger. I am so relieved to have any weight removed obviously but for a surgery that costs so much, I just thought I'd get exactly what I wanted. She is incredibly skilled though. I wish we would've talked about what I wanted a bit more.
- Dr. Stepien at Duke
 - was great! He's newer to the area so I was able to get in quickly (oct 2023). Also in network with insurance.
- Dr. Shruti Tannan - Raleigh, NC

- Ultra knowledgeable and very skilled. Went from 32J to 32D and they look very natural and symmetrical, they're perfect. She vibe checked my feelings on size at every appointment, even right before surgery to make sure we were on the same page. She knew where to find her photos of past patients that looked like me and had the outcome I was explaining - to make sure she understood what I wanted. Everything went very smoothly and there were no major problems post op. She's very nice but a little brash- but you can tell she really cares! I had side lipo, no FNG, wrote this around 7mpo.
- Dr. Sarah Sher - Asheville, NC
 - Very skilled, personable, and compassionate (fun fact: her father and grandfather were also breast surgeons!). She was in-network for my insurance and the entire procedure day went smoothly despite my many reservations about Mission hospital post HCA takeover. Dr. Sher gave me her personal cell phone the weekend after my surgery in case I had any acute concerns. I am just about two weeks post op but expect to end up around a 36D and began at a 36H.
- Dr. Jean Francois Lefavre - Charlotte, NC
 - A true artist. He worked very hard to make my new breasts look as "perfect" as possible. He was understanding and kind. Everything went very smoothly. He took me from a deflated 34DD to a 34B and I am so happy!

North Dakota

- Dr. Teresa Hegge: Bismarck, ND
 - I highly recommend her if you have Sanford. She's done loads of these, and she immediately put me at ease during our initial consultation. She was very communicative and happy to answer my million questions. The team on the day of the surgery was excellent, doing their best to ease any anxiety I was having and asking if I had any questions about the anesthesia or procedure. My post-op recovery has gone really smoothly. I'm very happy with the whole process.

Ohio

- Dr. Anne Taylor: Columbus, Ohio
 - User - 5/5, highly recommend her. She did an amazing job and I felt like she really listened to everything I told her. She gave me what I asked for while also clearly laying out what I should expect after the surgery. She answered most of my questions before I overweighthave had to ask them. Her office staff is also

great. She's incredibly sweet, but efficient and to the point. You can tell she loves what she does and cares about her patients.

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- Dr. Jennifer Greer: Cleveland, OH
 - User: mycatismykid - 5/5. I was a 36Hish think I was larger than I had last measured. She removed about 2 lbs from each. My goal was a C and they seem like I'll be happy with them(I just had my surgery today). She is so personable too. Super easy to talk with and I was never made to feel like this was something I shouldn't be getting or that the size I wanted was impossible. I can tell that she loves what she does and cares for her patients. I have UHC and it took about three weeks to get approved.
 - User: citronbeet - 5/5. I am only about 4 weeks post op but I've had a great experience with Dr. Greer. She and her team made everything go smoothly and have been very available whenever I had questions or concerns. My results look really good overall (evenness, shape, minimal scarring). Of note she is no longer taking insurance, so it is a self-pay only practice. I did get offered a discount based on scheduling date, so could ask about that.
- Dr. Derek Cody: Akron, OH
 - User: Hair-illustrious - 1/5. I initially thought he would be great! I saw nothing but positive reviews. But he didn't really go into detail with me about anything or the results I wanted. While the surgery itself went smoothly and my insurance paid for it. 2 pounds removed from each and now I'm about a C/D cup. my results are not ideal at all. Both of my nipples are oval shaped and not the same. One is clearly lower than the other. Also my left breast has a hitched scar that makes the breast misshapen. And my right breast has extra skin on it which they apparently call a "dog ear." I waited a year for revision because he told me he would do the revision on my underboob for free, but I would have to pay for my nipples to be fixed. I went back for my last appointment today and they told me I'd have to pay for everything. So now I'm stuck with Frankenstein breasts until I can afford to get it fixed. I will be looking for another surgeon.
 - User: mutedtulips - 4.5/5. He was very professional (though quiet, which didn't bother me because I am as well) while also putting me at ease throughout the process. He was empathetic toward my issues with my breasts and he and his team got me approved for insurance coverage quickly, without a history of physical therapy. My results are great. He took around 1000

grams per breast and managed to avoid an FNG. My breasts looked a little scary immediately post-op but they'll be fine once fully healed- and they look amazing under clothes. I think the size is very well proportioned to my body. Overall I definitely recommend checking him or any of the other surgeons at his practice (Crystal Clinic) as the facility is lovely and the support staff is stellar- so kind and helpful and they genuinely rooted for me.

- Dr. Timothy Treece: Columbus, OH
 - User c- 5/5. Dr. Treece is incredibly professional and talented. I have gone to him for multiple procedures and am blown away by my results every time. I know multiple other women who have had breast reductions (as well as women who have had augmentations) and every single one has loved their results. He is a very "straight to the point" guy, but he is very kind, understanding, and loves what he does. His nurses are also AMAZING. He is big on "natural looking" results, which is exactly what I wanted, so he was the perfect choice for me. He took me from a 32H to a 32D, which is what I asked for, and I feel like I got them straight out of a Victoria's Secret magazine! I have perfect nipple sensation, super clean scars that I am confident will fade to near invisible over time (will update once that time comes), and a good chance of being able to breastfeed in the future because of the method he used.
- Dr. William Tobler Jr.; Cincinnati, OH
 - User Scotts_Tot_93 - 5/5, Dr. Tobler is very professional and was great with listening to my requests. Great bedside manner. Answers any and all questions thoroughly. Very supportive of my own decisions when it came down to my goal size - I wanted to go smaller than "proportionate", as I was VERY large.
- Dr. Kurtis Martin, Cincinnati, OH
 - 0/5, Only had a consult, but would not recommend. He was very flippant and dismissive. Didn't give me time to ask questions. Rolled his eyes and told me that my bra size (34H) was fake because "most people aren't bigger than a DD."
- Dr Kristoffer Sugg, Toledo Ohio
 - User caffekona 5/5, He really listened to what I wanted, and didn't try to make me stay proportionate. I asked for an A (previously 34k) and as long as i was willing to do FNGs, he was supportive of my choice. I'm one day post-op and if I'm not

going to end up an A, it'll be very close. So far I'm really happy with him and his work. I'll update if anything goes south with him

- Dr. Donald Harvey: Akron, OH
 - User therealmeatroaf - 5/5, I would be more likely to take off a couple points for the office taking a little longer to get me in than I would like and dealing with their billing/insurance, but Dr. Harvey was so great, that it doesn't even matter. Everyone in the office was nice and made me feel comfortable. Dr. Harvey is a charismatic man and fast-talker, but even so, his bedside manner is off the charts with how much he cares. He only operates on people with 35 BMI or lower as a personal rule, since it lowers the risks of complications, of which I've had zero so far. His aftercare is great and thorough. He reinforces that he can be contacted anytime with healing concerns. As for his work, I showed him a photo on my phone from realself as a reference, and he knocked it out of the park! It's nearly an exact match. I'm so happy! This man is a freaking artist! Also, I got 4.7 lbs taken total, and avoided a FNG. 36H/I -> 36C?

Oklahoma

- Dr. Stephen C. Gauthier: OKC, OK
 - User pastelpork - 0/5, Do NOT recommend (Based on consultation only). Had a consultation with Dr. Gauthier and he refused to give me a breast reduction to the size I asked only based on the fact I was married (my husband was 100% on board and just wanted me to be happy), even though he agreed he could safely bring me to the size I wanted. He was incredibly sexist and do not recommend him. I left in the middle of my appointment and refused to let him even give me an exam.
- Dr. Mike E. Gonce, OKC, OK
 - User pastelpork 5/5, highly recommend. Dr. Gonce was an amazing surgeon and listened to me from day one. He did not care about my husbands opinion (see post about Dr. Gauthier) and only cared how I felt, which meant a lot. He was clear and direct about what he could and could not do in terms of my surgery and brought me from approx. a G to a B with a FNG. The only thing I am unhappy with is my left breast (as of 2/25/22) is it retained fluid and did not heal as well as my left and wish he would have kept my drains in for another day. Otherwise, contact with him and his staff have been wonderful and we are working to schedule a revision for my left side.

- Dr. Zachary Hurwitz, Edmond, OK
- Dr. Brenda Schiesel, Tulsa, OK
 - User Glittering_Row2834. 5/5 highly recommend. Long waitlist for consultation, but after consultation you get in pretty quickly. She is very personable and made my wife feel very comfortable. She was able to take her from an “I” to large B/small C. We did not try to keep the nipples. Healing has been great, her incisions are very precise and will end up healing beautifully. She does not take insurance, but will fill out reimbursement forms in great detail.

Oregon

- Dr. Samuel Bartholomew: Portland, OR
 - User lady-gold-dust - 5/5, highly recommended. He focused not just on looks but improving quality of life.
 - I'm 8WPO and am happy with my results, though one nipple is a little off-centered within the areola. He was able to get me down dramatically in size from a 40G to what currently seems like a C without an FNG, taking off 5 lbs. His bedside manner left much to be desired, total mansplainer, though during some interactions he seemed to be in a better mood than others but overall had very little patience for basic questions and told me how I felt instead of asking. It really felt like he was trying to rush me along.
- Dr. Shannon O'Brien
 - 4/5 when compared to other's results on here, but 3/5 for my purposes - I should have gone to a research university or someone who performs trans top surgeries and radical reductions, and perhaps someone with more experience with overweight patients. I will probably pursue a second reduction eventually, but she did make me smaller than many surgeons are willing to go.)
 - Spent significant time explaining the procedure to me in my initial consult, and I left with the impression that she was focused on achieving the results I wanted. She used an inferior pedicel and a wise pattern anchor scar.
 - Going into surgery I was impressed by her bedside manner, and confident in my choice, even though I knew I was compromising on pedicel technique (I had wanted supramedial or mound).

- The things I am happy with:
 - My nipple sensation is phenomenal
 - I am very symmetrical.
 - My nipples are well placed laterally, and normally placed vertically.
 - I requested that she leave my areolas toward the larger end, and she did - I am quite happy with them
 - With a reduction of 1/2 my movement and balance are far, far freer, my clothing fits, my pain is dramatically reduced, and I frequently go without a bra in casual situations- though this is becoming more noticeable as they soften. There has been a dramatic quality of life increase - while she did not remove enough, she did remove a lot.
 - Given the size of my reduction, my shape is fairly good for the methods she uses - and the remaining squareness is still settling out.
 - Her bedside manner going into surgery and her staff were excellent. She is clearly a skilled and attentive surgeon.
 - The amount of time she spent describing the process to me and answering my questions in my initial consult was great.
 - When compared to the other surgeon I strongly considered, she was the correct choice, by far.
- The things I am not happy with
 - she removed a little bit more than half of my breast volume, at ~1,100 g each. This was ~100 g above the minimum required for insurance, but much less than I asked for. I had requested as close to 2/3 removed as she could achieve. I am still much larger than I wanted to be, and they still cause pain. My\ current size (1 year post-op) is a ~36DD (ABTF), however if I lose 5 lbs I expect to be a 34 band, and had told her I wanted as close as she could get me to a 34B. She felt this was achievable but not guaranteed.
 - After surgery the nurse mentioned that they could have gone a bit smaller but

left me the size I was for aesthetic reasons. In a later appointment when I told Dr. O'Brien that I was unhappy with my size she said she could not have safely gone smaller. Her initial consult notes indicate that she intended to take basically exactly the amount that she did take, despite noting my request for as close to a 34 B as possible - The amount she noted as the goal is far less than I asked for but still more than most reductions. Again, I should have gone to someone who performs radical reductions.

- She performs side-lipo on an as-needed basis, so I did not think I needed to specifically ask for it, and chose to trust her judgement. This was a mistake. I have severe dog-ears with mounds of tissue under them on both sides. Combined they are equivalent in volume to at least an additional cup size, and the end of the incisions is not tapered in correctly, so it comes to a cone.
- Like many dramatic inferior pedicle reductions, my breasts are squarer and have more lateral weight than I would like. This may not be due to surgeon skill but due to the quantity of tissue removed combined with the surgical technique, I don't know.
- My nipples are too high, and my breasts are still not quite done dropping so they will rise more. I specifically asked her to put my nipples lower than the norm, as the majority of reductions leave the nipples higher than my ideal. She assured me she would, but placed them at the usual unnaturally high position that appears to be so common. My initial consult chart says nothing about my request for this. I think she may have misunderstood this request, and thought I was referring to more extreme cases.
- She was defensive and unhelpful once it was clear I was not happy with my results. My direct, professional but assertive communication style rubs some doctors wrong - so I select for

doctors that seem comfortable with me. I thought I had succeeded with Dr. O'Brien. If my results had come out closer to what I asked for it would never have been an issue, however she has not been helpful in figuring out how to address my concerns, and was defensive and dismissive in my later appointments.

- User - Requested reduction from DD/E to small B or “as small as safely possible while retaining some shape”, no “overhang”. It was made clear during the consultation that the breasts being “proportional to overall body” was **not** essential and the main goal was to have them be as small as possible. This was understood and completed as requested. Dr. O'Brien spent as much time as I needed answering questions and giving information prior to surgery and maintained a kind and professional manner throughout. Dr. O'Brien and the office staff were all very responsive to additional questions pre-surgery and questions about progress and healing post-surgery. Results are exactly what was requested, even in size/nipple placement, and scars are minimal and healing well.
- Dr. Richard Harvard:
 - user - Cephalopodio. fantastic surgeon. Not the best bedside manner, takes some getting used to! But a very caring, confident, proficient surgeon. Definitely 5/5. He worried me at first with some crass remarks in consulting, but they were more tone-deaf than creepy, if that makes sense. Just socially awkward, but I never felt uncomfortable. Once I got used to his manner I liked him.
- Dr. Mark Jewell
 - User-. Fantastic and aesthetically pleasing results! Insurance reduction with Schnur scale removal requirement. Set very clear expectations from the beginning and provided gentle but trusted coaching on the optimal body weight to achieve the best result without pressuring me to lose weight. He championed my case from the beginning and was clear that he'd be willing to help with an appeal in the event that insurance declined. Staff and NP were incredible through and through! NP is relatable on so many levels and made me feel like my feelings were acknowledged every visit. I was very satisfied and unexpectedly surprised with the level of emotional support and preparation provided both before and after. I will openly admit that I went

into this agreement very trusting and blindly, as I've had two close friends who've had satisfactory reductions from this surgeon and several others who've had other procedures. I didn't ask many questions or attempt to challenge the doctor at all as I felt that his work and credentials spoke for themselves and that proved to be abundantly true.

- Dr. Tina Jenq : Milwaukie, OR
 - User rotateyourlaundry - 5/5 She has great bedside manner, her office is clean, and the staff are wonderful. I chose her for many reasons, but also because she says that breast surgeries are her favorite to do. My results are perfect. I'm very even and exactly the size I was hoping to be.
- Dr. Streu : Beaverton, OR
 - User corbow - 5/5 Wonderful surgeon, excellent facilities! The entire office runs like a well-oiled machine--organized, efficient, and caring. Initial consultation included the cost estimate, and scheduling was a breeze. Dr. Streu spent time with me to discuss what was realistic and has a compassionate communication style. She's also an artist--I'm very pleased with my results (I'm 6 weeks post-op as of this writing). The surgery went very smoothly.
I also appreciate the post-op appointment schedule, which included three initial appointments: 1 day post-op, 1 week post-op, and 3 weeks post-op. The surgical tape was removed at the 1 week appointment. Dr. Streu and her team have answered all my questions and have been available to address my concerns.
- Dr. Hetal Fichadia: Portland, OR
 - User ehb333 - 5/5 stars. I had a gender affirming radical reduction (32E to A cup?) with T anchor and FNG. Dr. Fichadia was very attentive at my consultation and pre-op, she clearly understood and gave me exactly what I wanted. I'm super happy with the results, my chest looks amazing and I'm only 2wpo. She has great bedside manner and clearly cares a lot about her patients. Post-op support has been great too, with weekly appointments and very clear instructions on wound/scar care. Would highly recommend her.
- Dr. Mueller, Portland, OR
 - 5/5 stars. Anchor method, 36DDD to 34C. Really appreciated working with him. At our first session, I was concerned he would

say I wasn't qualified to have the surgery and prepared a list of ailments I had experienced due to my large breasts. Right away, he was like, "You do not need to convince me. I believe you." Super professional and level-headed!

- Dr. Sean McNally
 - was fantastic, I got exactly the size I wanted and he had great bedside manner/fun energy
- Dr. Patricia H. Sandholm: Clackamas, OR
 - 5/5 stars. Anchor method. 34DDD to 34C, on the smaller side of C. She is a Kaiser provider and the surgery was entirely covered by insurance except for my copay. She was so wonderful to work with, with just the referral she determined that I was eligible for the surgery to be considered "medically necessary" for insurance coverage, and told me that the amount that had to be removed was based on BMI so I didn't have to worry about not qualifying. She was reassuring and answered all of my questions during consultation thoroughly. She made sure to understand exactly the size I wanted, and did a wonderful job achieving it. Facilities and other staff participating in the surgery were absolutely wonderful and minimized my anxiety and stress leading up to the procedure very well. I had 380 grams removed from the right breast and 445 removed from the left. At this time, I am 3WPO, and my breasts are settling into their new shape. Initially they were boxy and sitting at more of a D cup, but I'm already seeing improvement as they settle in and swelling goes down.

Pennsylvania

- Dr. Sergio Perez - Reading PA.

5 stars all day every day. Results: 5/5. Personality: 5/5. I can't say anything but good things about this doctor. After seeing a few other doctors that seemed to just be greasy salesmen I found his Instagram. From consultation through recovery. The minute I met him he spoke to me like a person. He was honest and really cares about results. You know how sometimes you meet a doctor and half of what they say goes over your head. Well I left my first consult understanding everything and not feeling like I had to go to medical school to understand it. I appreciated how down to earth he was and loved the results of other patients he showed for examples of work. The lift I got with surgery is crazy. After surgery he was available for any questions and all follow ups. I've seen doctors in the past for other procedures who drop off the

face of the earth after surgery. Not Dr Perez he's invested in making sure his patients have good results and they are happy with his work. I recommend him to everyone looking for surgery.

- Dr. Katherine Rose : Bryn Mawr PA
 - 5/5 (ALLLL the stars). This practice is connected to the gender care program (so if you're queer/trans/non-gender conforming OR just feel more comfortable with female/queer/NB practitioners this is an awesome place to work with). They specialize in gender-affirming procedures (but also do reconstructions and plastic surgery more broadly defined). There are other reviews and photos of her work over on the top surgery reddit. Mine was just a standard reduction. I went through insurance with it categorized as medical necessity due to size, not as a gender affirming procedure (though this was an option), and the office handled everything- I self referred for my initial consult and they filled out a checklist of issues related to breast size/health and anything I've attempted as remediation in the past.

TO NOTE: They don't share photos of other patients (they're super protective of patient privacy and this is just how they roll), so if you absolutely need to see examples of their results you might be out of luck (I didn't really care, but I also didn't have a super specific look in mind other than "make them a lot smaller as soon as possible" and mostly just wanted to find a doctor I felt comfortable with). FWIW- i didn't even show them reference photos or get super specific about my end goal for size because I was so fed up with my breasts that I couldn't even imagine what I might want, though they did let me know which appointments I should bring photos to if I wanted! I knew that the grams that insurance required for coverage would leave me around a B or a C, which was fine by me, so the only thing I said was to make sure to take out enough for the insurance claim and then aim for something reasonably proportionate without going over a C cup. I'm pretty sure that request was vague and full of contradictions, but they made everything look awesome despite my inability to articulate anything concrete 😊. They'll also help you go as small as you want without any pushback Dabout what might "look good"-- they'll just let you know what the options and risks are and work with you on a plan with the best possible chance of success- I had a lumpectomy years ago that made it likely that blood supply would be an issue after the reduction, so I had to have two separate procedures, one to

clip a vein (forcing others to to pick up the slack) followed by the actual reduction about a month and a half later- even with that my risk of sensation loss or necrosis was still quite a bit higher but I was ok taking that risk (so far I have minimal sensation on one side, which I expected, but no signs of necrosis)

- Dr Rose is on the younger side (I think just a few years post-fellowship), but I just had a good feeling about her and the practice in general. My results were incredible! I went from a G or H (or beyond?) to a C (hoping it settles into a B) and had full range of movement almost immediately, my breasts look super natural (no square bottoms, nipples in exactly the right place) and one month out I'm almost completely healed (with very little swelling)- just working on scar care now. Other than being exhausted and uncomfortable from the normal sensations of healing (itching, uncomfortable in the compression bra, swelling, allergic reaction to tape, etc) for the first week or so, the pain was minimal and I was back at my job feeling rested and restored two weeks PO (though they did say that they would fill out my medical leave form for HR for 2-6 weeks and to let them know what I wanted them to say in regards to time off and accommodations, etc). Honestly I can't imagine a smoother or more satisfying experience- I felt like the practice was supportive and proactive about providing the best care possible throughout the entire process.
- Dr. Jared Liebman: Philadelphia, PA
 - User CivilDependent5073 - 5/5. This is through Einstein. Takes insurance, including Medicaid I've heard, and his office is very well run. My consult was originally scheduled for June (I called in January) but they called me back in March to offer me an earlier consult. During the consult, he was good at taking my questions seriously and explaining what was possible with my specific anatomy. My yoga teacher had great things to say about him and she's good through and through, so I felt great about choosing him, and was able to schedule quickly, I think about 6 weeks from consult. I had a reduction from 34L (US per ABTF) to a goal of a B/C cup, 2450g resected. Surgery took just over an hour and a half, reducing my time under anesthesia. Dr. Liebman is skilled in buttonhole top surgery (I'm writing this in 2023 when you still have to seek that out and sometimes travel for it), which means that depending on your starting size and goals, he can do pretty radical reductions while preserving nipple vascularization. I had an inferior pedicle anchor reduction instead, and so far I am thrilled with the result; pretty sure I've

retained sensation in both nipples, and my post-op pain is minimal. No drains, no compression. I was sent home in a post surgical bra not too tight, with dressings over my incisions that stay in place for a week. Anesthesiology team were fine with my wish to not have Versed and it was clear the whole surgical team is cohesive and friendly. I was smiling when i got rolled into the OR, and I was smiling when I woke up from anesthesia. And I'm smiling now!

- Dr. Brent R. Rosen: Doylestown, PA
 - User artphart - 5/5. Dr. Rosen and his wife (nurse Heather Rosen) are so sweet and made me feel very comfortable (they have a great sense of humor!) both before and after surgery. As of 10/22/21, I'm nearly four weeks post-op, feeling great and absolutely loving the shape and size of my boobs (went from 32Gish to 32Cish, still a bit swollen so possibly a low C later)! The consultation was very thorough and Dr. Rosen makes you feel like you can ask anything and everything—no questions are silly! Although my insurance covered my surgery very smoothly, he expressed that he was more than willing to put up a fight with insurance if it ever came to that, and that he has done so in the past for patients when needed. He is a big patient advocate and very down-to-earth, kind, and professional. Their office uses the Symplast secure phone app for viewing any documents from them and for communicating directly with Dr. Rosen and staff at ANY time for ANY questions, which is so handy. Of the four surgeons my Doylestown gyno recommended, Dr. Rosen was her top pick (so much so that she said "meh, this one is ok, that one is alright" to the others lol!). The staff at the Doylestown Hospital Surgery Center were also amazing. Feel free to message me if you have any questions, would be happy to share more about my experience!
 - User euphoric_ant7675 5/5. Dr. Rosen is an amazing surgeon - a great listener, down-to-earth, caring, and professional. We called four offices near us, and out of the four we called, only this one responded. The consultation went very smoothly and I really felt comfortable being able to ask any questions. I am three months post-op and went from 30F/G to 30B, and loving how I look, and the entire process went so smoothly. The surgery went really smooth and the staff at the Doylestown Hospital Surgery Center were so incredibly sweet. The Symplast secure phone app is also incredibly helpful because I was able to message them anytime and would always get a quick response.

- Dr. Johnny Chung : Allentown, PA
 - User knownothijnffff - 5/5. Dr. Chung was absolutely amazing. Search for my full review with a photo on reddit. The title is “Final Review of Dr. Johnny Chung in Allentown, Pa - 4.5 months post op.”
- Dr. Roderick Zickler: Harrisburg, PA
 - User sheryldoh - 5/5. Dr. Zickler works with Geisinger Holy Spirit who does consults out of an office on Front St in Harrisburg and the actual surgery at Holy Spirit Hospital in Camp Hill. As someone who would kick doctors trying to give me shots, he made me completely unafraid of surgery from our first consultation. He explained the entire process and of course answered all my questions, and even made the effort to arrange for me to receive some calm-down meds before I was stuck with an IV. He was understanding of my fear and did not belittle or ignore me. He also made my tatas look absolutely incredible, even for being akin to Frankenstein's! All in all I would 1000% recommend this doctor and this hospital; everything was fast, easy, and had amazing results.
- Dr. Anna Wooten: Pittsburgh, PA
 - User dellie44 - 5/5. Dr Wooten has a practice called Beleza Plastic Surgery. She doesn't accept insurance because she wants it to be a cosmetic result above all else. The practice was very nice, and her PA Lauren was incredibly helpful. I had already done a lot of research and I didn't have many questions so my interactions with Dr. Wooten were brief, which was fine by me. I'm currently 4 weeks out, my incisions look great, and my size is exactly what I wanted. I'm confident that as they start to bottom out (I had a lollipop with a small horizontal incision, so not full anchor) they will be perfect for my frame. I do think she is hesitant to take on overweight patients due to it being a cosmetic procedure. But I've had a great experience so far and have no regrets! She was the right surgeon for me.
- Dr. Robert Kimmel: Pottsville, PA
 - User meadowjay - 5/5 Dr. Kimmel works with many insurance companies and has two offices; Pottsville, PA and Hazleton, PA, in addition to his own surgery center in Pottsville. During my first consultation at 15 years old, Dr. Kimmel was respectful and courteous to the extreme. He listened and notated every one of my concerns. I really did not feel uncomfortable in his care,

especially with something so private for me. His team of assistants, receptionists, and his nurse anesthetist were all top notch. Dr. Kimmel also wrote an amazing claim and worked with a team of doctors in order to get my insurance, (Blue Cross of New Jersey), to approve surgery. It took submitting twice to get approved, but we did not give up hope and he stuck by my side. Surgery and post-OP were smooth, much like everything pre-OP, and I was in excellent hands. I had over 2 pounds of fat and extra skin removed, and you cannot notice my scars, (under the breast, line up to, and around the areola), 2 years post-OP. The drains had no complications, and I did not need to take many of my painkillers, which were percocet. Under anesthesia, I had fentanyl, however if you need a different medication, the team would be more than happy to work with you. I still have full, if not more, sensitivity in my nipples, and overall, great breasts. I considered this life-preserving, and I recommend this surgeon to everyone possible.

- Dr. Scott Chapin: Doylestown, PA
 - User stellamoroz- TBD but 5/5 so far. Surgery date is 4/12. I saw two other docs (Lam in Fairless Hills and Regan in Newtown) for consults before deciding on Dr. Chapin. He and his entire staff are extremely respectful so far, and he has performed a few lipoma extractions on my mother, so I've been able to see some examples of his suture work, which looks excellent. I will update this after my surgery experience in two months.
- Dr. Paris Butler - Philly
 - User jourmarie - surgery 3/23/21. AMAZING and his assistant, Tamara, were so incredible. They got my insurance to cover the surgery in only ONE week, which was amazing because my insurance coverage was about to run out on 3/31. Dr. Butler was kind and very thorough [FYI Follow-up from User CivilDependent5073: Paris Butler moved to Yale and is no longer in Philadelphia]
- Dr. Larry Jonas-Paoli
 - User 2Luckydogs-Surgery 9/15/22. 5/5. I looked up Dr. Jonas because he performed his surgeries at Paoli Hospital, where I had been impressed with my husband's back surgery team and results. Dr. Jonas had been Chief of Plastic Surgery at Lankenau for a decade a while back. He and his dermatologist wife share a practice, so he does both cancer surgeries and plastic these days. He took plenty of time to chat with me about my

questions, explained why he could virtually guarantee nipple sensation (achieved) and why he insists on drains (which worked well for me.) My boobs are now beautiful Ds that should settle eventually to Cs (down from mismatched J and H), I do have full sensation already everywhere and follow up has been smooth and easy, including a same-day appointment to get a few annoying stitches removed. I was a cash customer, so know nothing about the insurance help from his office, though his staff are lovely and helpful in ordinary scheduling. He also, always, sends tissue to pathology, which found very tiny DCIS, so I am following up on that; mammograms would not have found it and I'm lucky it was caught at all. I don't know whether that is protocol that all surgeons follow, but it should be.

- Dr. Christian Subbio: Newtown Square, PA
 - 5/5 stars. I found Dr. Subbio on social media and have been extremely impressed with his work and also his transparency about the realities of plastic surgery. His social media persona is really funny and I thought his skill + personality would likely be a good match for me. I had consults with 3 surgeons and after meeting Dr. Subbio, I knew he was the right choice! He has 5 stars on Google and RealSelf for a reason. Dr. Subbio listened to what I wanted and assured me he would deliver results I would be happy with while also setting realistic expectations. He also told me that if for some reason I am unhappy, he will do everything he can to revise and ensure I am happy in the end. So far, I am very happy with my results! In person, he has a great bedside manner and was very kind and appropriate. I could have chosen a doctor within my insurance network and attempted to go through insurance for my reduction but I felt that after reviewing Dr. Subbio's portfolio and meeting him in person, choosing him was worth the investment. His patient care coordinator is also super friendly, easy to work with, and has an eye for detail. From the consultation to scheduling the surgery to having the surgery was an easy and seamless process. The only complaint I have is related to the scheduling staff; they made one or two slightly annoying mistakes when arranging follow up visits but they were easily rectified. They have an efficient online portal and the staff have been extremely responsive to any questions I have had. I highly recommend Dr. Subbio for both his personality and skill!
- Dr Jackie Lyons- Villanova PA

- I couldn't recommend her more! She was the first of many consultations I had scheduled, and after an initial consultation of an hour and a half I canceled all of my other appointments. She is the warmest, funniest demeanor, and talking to her as easily as talking to one of my friends. She immediately put me at ease and gave trustworthy advice. She is easy to connect with and answered so many of my pre-op late night questions via email. She's been just as responsive post op with emailing questions and photos. I've been back for half a dozen post op appointments and she's answered my million questions with ease squeezing me in first thing if I felt I needed to be checked out. Her staff are incredible- from billing to scheduling.
- Dr. Neil Jikaria - Aesthetic Surgery Associates in Allentown, PA
 - 5/5 - User oojmeister3 - Dr. Jikaria was fantastic! I felt like he really listened to me and addressed my concerns/anxieties - he was kind and understanding throughout the process. I had met with a different surgeon previously who asked me off-putting questions that made it seem like he was trying to upsell me on additional procedures. Dr. Jikaria never made me feel like he was looking for flaws to "fix". And the results are amazing! I went from an H cup to around a DD - the surgery lasted 6 hours and he removed a total of 2,200g of breast tissue (~5lbs of boob!). He made me feel very comfortable right before I was wheeled into the OR and was joking around with me - plus he called me the day after surgery (a Saturday!) to see how I was doing. His pedigree is top-notch too - bioengineering degree from Penn, medical degree from Rutgers, trained in general surgery at Brown University, fellowship in plastic & reconstructive surgery at the University of Miami, etc. The staff at ASA is great too - every time I had a concern, they were able to get me in that day and he was always happy to accommodate me. Feel free to DM me with any questions!
- Dr. Edward Ruane in Pittsburgh, PA
 - 5/5 User: AppropriateBeeTri - Love my new breasts! He was recommended to me by my PCP, a CRNA, and a past patient. Compared to most people's descriptions my recovery has been pretty fast and easy. I went from a 40G to somewhere around full C to small D. My back pain from big boobs is gone already. I did not get drains and I was able to work from home the Monday after my Thursday surgery. I felt like he was attentive to my questions. He was also really detail oriented the day of the surgery, he drew

lines all over both breasts so he knew where to cut etc. Feel free to DM me with questions.

- Dr. R. Brannon Claytor - Bryn Mawr, PA
 - 5/5 - Dr Claytor is the chief of surgery at Main Line Health/Bryn Mawr Hospital across the street from his office and is dual board certified. He performed my mastopexy and I couldn't be more pleased with his bedside manner and his staff. Literally everyone in the office is so supportive and encouraging and helpful. Dr Claytor is the king of positive affirmations, which I loved and will call you personally if you have additional questions you come up with after your consultation. He performs awake mastopexy (he offers full anesthesia if desired), which I opted for and I had a very positive experience. Even during the procedure, he was constantly giving me words of encouragement & affirmation. The results have been great so far and would highly recommend him to any friends or family. I paid out of pocket and thought the pricing was fair and slightly lower than other quotes I received. (The option of awake surgery does offer lower costs).
- Dr. Isaac James (Pittsburgh, PA) - UPMC Passavant/St. Margaret
 - 5/5, u/Significant-Dish2377: came recommended to me from my PCP (from a different health network!) He and his PA Haley made me feel incredibly ready for the procedure. I had no doubt they listened to me and knew what they were doing. I'm currently 2.5 wks post-op, went from a 34L to 34C/D. What I appreciated was Dr. James was realistic with me: because he prefers the superior pedicle method, maintaining continuous blood flow to the nipple means he couldn't get me to an A/B cup. (He said he would gladly recommend another surgeon who does another method should I be dead set on A/B.) But I wanted to go as small as possible while still maintaining some proportion with my stomach and hips. He didn't talk down to me, just gave the clinical facts and what the studies show. He does talk quickly and in a manner some would call brusque— I know that's not for everyone— but I didn't feel rushed. I felt confident he was well-read and experienced. Most of my talking was with PA Haley, who is incredibly open and helpful. Post-op I was so, so happy. He had done liposuction on my left axilla to create even size. It took an extra hour in the OR but the attention to detail was worth it. My only complaint is he moves through different UPMC locations (Passavant, St Margaret, had surgery

at Passavant Cranberry) throughout the week as many UPMC physicians do.

Rhode Island

- Dr. Andrea Doyle in East Greenwich, RI
 - 4.5/5 User: lurkcatlurk - Really happy with my experience with Dr. Doyle so far. It took quite a bit of time to get my initial consult due to everything getting messed up with scheduling because of COVID, however once I met her, I immediately knew she was the surgeon I wanted to work with due to her before and afters as well as her personality, which is a mix of matter-of-fact and incredibly empathetic. She was very realistic in terms of setting my expectations on what to expect. I was approved by insurance within a month of my initial consult. Since my surgery in early May 2021, she and her staff have been incredibly reachable and accommodating during the times when I've been anxious post-op about my progress. I am still actively healing, un-swelling, and settling, and have a bit to go but overall I'm very pleased.

South Carolina

- Dr. Craig Blum in Charleston, SC
 - 5/5 User: CookingJunkie1020 - Could not be happier with Dr. Blum and the staff at Sweetgrass Plastic Surgery. From my first appointment up to my last, they have been extremely communicative and friendly. Dr. Blum has one of the best bedside manners of any surgeon I have ever met and the surgery went incredibly well. I had 10.3 pounds of flesh, skin and tissue removed with my surgery, required drains and free-graft of both my nipples. Everything from the first consultation to the scar cream was fully covered by my insurance, they were willing to fill out all paperwork and really work with my insurance company to make sure I had almost \$0 out of pocket expenses. At the time of writing this, I am about 2 months post-op with minimal scarring, no side effects, and Dr. Blum is thrilled with the results.
- (Charleston, SC)
 - user sheerest_of_folly: (please read my review on Brent C Birely in Maryland first.) So after that, I switched to Jason Ulm. He was referred by the ER because the ER said they could not remove staples unless there was a life-threatening emergency. I went to Ulm and explained the situation. He was fully booked through the time I needed the staples removed, but told me to come in

and he'd try to squeeze me in between patients. I did. I had to wait almost an hour, but when I was seen, I *felt* seen. He answered my questions that Birely wouldn't. He took the staples out painlessly. He gave me tips on pain management, scar care, wound advice (as I had openings at that time thanks to Birely). He recommended products and asked me how I felt about the surgery. Every time he had to touch me, he told me exactly where he'd be touching, what he was doing, and asked if I was ready. He fully reassured me that things would be okay. Then at the end, he came out to reception with me and told the receptionist to only take copay. He said I took enough financial hits and to consider this the start of the healing process. The originally \$130 impromptu appointment was now \$15. I wish I got my reduction done by him.

- Dr. Todd Leftkowitz in Columbia, SC
- Dr. Richard Wasserman in Columbia, SC

South Dakota

- Dr. James Anthony Breit: Sioux Falls, SD (and other regions)
 - 4.5/5 User: recycledboobage (photos up!) - Works out of multiple locations, both hospitals and his private office. Time between consultation to surgery was ~3 months, the office was very thorough with insurance & got it approved on the first go. We talked about the difficulty of specific cup sizes (because brands, different visuals, etc.) but showing him "goals" pictures and pinching off/manipulating pre-op boobs to show my expectations and what I wanted was totally cool and made sure we were on the same page. He asked "if you had to pick, would you rather end up slightly smaller or slightly larger than what you hope for?" - he wants you to be happy but will be realistic with you. Never once mentioned "proportions" to me, pushed about not having kids yet, etc. No restrictions on weight - I am one of his younger and smaller patients. We agreed on a goal of 32B/C(ish) from 34DDD/32G(ish), and I think we made it (-527g total). Very few restrictions post-op, very individualized care, a "listen to your body" guy. Office staff, nurses, and anesthesiologists are all so happy and excited for you. He is quick, but well-respected, highly recommended, and has a very gentle demeanor. Minor incision flaws (asym. in the middle) but overall very happy and I have never been concerned about scarring so idc. I think he has a typical technique he does with

everyone but I bet I could've asked for a specific shape, nipple size, no nipples, etc. and he would've been up for it. Speak up for yourself and he will respond appropriately.

- Dr. Mary Snyder
 - is amazing! Super nice and works with you on sizing, really great work as well!
- Dr. Olga Schuth (Rapid City, SD)
 - Very knowledgeable. Nice and understanding. Wants to know what you want so she can make it happen. Fights for insurance to cover the surgery and won't give up until they do. My results look fantastic only a week post op. In the consultation she explains exactly what options you have and wants to make sure you make an informed decision about your surgery. She makes sure you understand the risks and benefits. I hear nothing but good things whenever I mention her to other medical staff. She specializes in breast reductions, reconstructions, and hand surgery. Highly recommend!

Tennessee

- Dr. Stacy Stephenson in Knoxville, TN
 - 4.5/5 User: majestically_weird - She's based inside the UT medical center. Very friendly staff. The doc did a pretty good job! I am only 2 weeks PO, so I am still seeing some flaws here and there (uneven a bit and I feel as though I went too small) but you are your worst critic! Feel free to look under my post for before/after photos for reference. This was my first surgery, and I can tell you that the hospital staff was BEYOND amazing! They really made me feel like there was nothing to worry about, explained everything to me, and answered all questions! (Insurance fully paid)
- Dr. Melinda Haws in Nashville, TN
 - 5/5 User:CoraBora - This was the best experience for a consultation with Dr.Haws and the staff. Everyone was very friendly and helpful. Dr. Haws herself is a very lovely woman with a good sense of humor. I had every question answered and also felt very taken care of. I plan on scheduling surgery with her in March and it was laid all out for me and would cost me around 9k
-update: My surgery is scheduled for March 4th!

- Dr. Bradley Medling in Murfreesboro, TN
 - 5/5 User: goldienoldie - He is based out of the Murfreesboro Medical Clinic, and he has the friendliest staff. His PA Allison is really sweet and knowledgeable. I'm only three days post-op, and I am in love with my results. I went from a 34H/34DDD (my right was two sizes bigger) to a 34 full C/ small D. Medling answered all my questions, and he is able to be reached at all times if you have any questions. It helps that he has been a surgeon for over 12 years!
- Dr Neumon Goshorn in Memphis, TN
 - 5/5 User: *anon* - A very gentle and professional doctor with over 40 years experience. I had my reduction 13 years ago at age 20, going from a 34DDD/E (visible asymmetry) to a 32C with *perfect* symmetry and barely visible scarring. He also threw in a scar revision surgery on my sides as part of the package. His staff is incredibly caring and invested in your happiness & recovery. Over the years my breasts have settled beautifully—several people (including some docs!) have seen me naked and not realized I ever had surgery. I really had the perfect result given an extremely imperfect starting point. This man truly gave me a new life, and I'd highly encourage anyone in the area to consider him a Destination Doc (at a fraction of the usual destination prices).
- Dr. Konrad Sarosiek in Nashville, TN
 - 5/5 user: anon - Dr. Sarosiek and his entire staff made my breast reduction not only a breeze, but an enjoyable experience. I started at around a 36 DDD/E, and he was able to bring me right where I wanted, a small C. I have very little scarring, and the lift he did was perfect. He is such a kind soul and made me feel comfortable through the entire process. He even gives his personal cell number to all patients so that you can get help at any time. He and his staff are truly incredible.
- Dr. Susan Orra - Nashville, TN
 - 5/5 User: recurringzombie - Dr. Orra is based out of Vanderbilt hospital and takes most insurance. Consultation was easy and friendly. She got me from a 34M to a 34D with no nipple graft. She does not use drains. On the personal side, she is incredibly warm, kind, and friendly. She answered all questions with thorough explanations and was excited when I told her about

this subreddit. If you're reading this, Dr. Orra, thank you again!



Texas

- Dr Godat in Garland, TX
 - User: addicted2purpose
 - His office and staff was really welcoming and friendly. They did a great job answering my questions.
 - The surgery was quick and I am completely happy with the results. They took my wishes into consideration and made me proportional.
 - The insurance process was really quick and they knew what documentation they needed to present.
- Dr. Y Anthony Nakamura in Arlington, TX
 - User: GoWithTheFloLo. Staff was really great and welcoming. Consultation was quick and upfront and when it comes to scheduling surgery in his office there are a lot of options and they are pretty soon. Didn't go through insurance but his staff handled the option to do so really well. Started as a 40DD and (only currently 2 weeks post op) but measuring at a 40C. Healing well and his stitches are internal and look great. He does a lot of surgeries related to breasts and it shows. Felt like everything was easier than expected and went great. Was told at the consultation I may not be able to go as small as I wanted but he was able to get me to the size I was wanting.
- Dr Dustin Reed, Austin TX
 - 5/5, User argonautofthepnw. Dr Reed at Restora Austin is an exceptionally skilled, detail-oriented, and masterful surgeon. He specialises in breast augmentation and top surgery, which felt like a good fit for me as someone who wanted to go quite small with my breast reduction surgery. Dr Reed was kind, helpful, had a great bedside manner, and made me feel very confident about the surgery. Restora, his practice, is staffed by a group of very kind women, many of whom have had cosmetic surgeries and can provide keen insights into the experience. The practice has a somewhat upscale style, which I was uncertain about at first when expecting something more clinical and sterile -- but don't let that fool you. The practice is fully accredited and has their own operating suite next door, which was incredibly convenient when it came to surgery day. I am very pleased with my results, and especially the thin incisions scars that Dr Reed managed to execute. My only hesitation while giving him a full 5

stars is that he knew I wanted to be really small, nearly flat, and was not totally comfortable with that plan. We discussed going with a FNG to get the results that I wanted and decided against it, so that I have the option to breastfeed in the future if I want to. He explained that he would be as aggressive as he could in removing as much breast tissue as possible while preserving the nipple. While I trust that he intended to do that, I am also curious whether he really did go as small as he could. I am now about a 30B, which fits my small frame so much better than my previous 30DDs! I HIGHLY recommend you reach out to Dr Reed for a consultation if you are in the Austin or Texas area and looking for the most skillful surgeon. Happy to provide more information about costs (without insurance) and surgery preparations if desired -- just message me!

- Dr Dustin Reed, Austin TX
 - 5/5 - Everything the above user said is very similar to my experience.. Dr. Reed took me from 30G/H->30C. I wanted to also reduce my nipple size, but he cautioned doing it in the same surgery because of blood supply issues. I took his recommendation and I love the results. The staff is exceptional. They are kind, non-judgemental and seem very experienced. They have someone available on-call post-surgery to answer questions. They are good at reminding you about meds/apptments/postsurgical habits. The entire practice runs so smoothly.
- Dr. David Mosier in Austin, TX
 - User: MooseUnlikely8881. Size 34G/H > 34 B/C
 - Rating 4/5 I am very happy with my results, and think my surgeon did great work. The hospital, NorthWest Surgical Hospital, kept me overnight and took excellent care of me (meals, meds, ice, leg massagers, in a private room). The only reason my rating isn't 5/5, is because the surgeon's office has an uncomfortable energy. The front desk admin is aloof. I had one small issue with them, which is in my post history. BUT I loved the surgeon's portfolio and didn't think it would affect his work, which it did not. I asked a lot of questions upfront, and when I decided to move forward with him, I tried to just go with the flow as much as possible, because they weren't great at providing detailed information. Like, it felt like they wanted me to trust them and asking questions meant that I didn't-- that's how it felt to me anyway. Plus, I was able to go through my insurance, which made the entire thing possible for me. I made

sure to have a lot of support set up with friends and family. I haven't had any complications, but if I did, I don't know how much their office would help me. I interviewed one other surgeon just outside of Austin (Dr. Jeff Luh), and he had lovely bedside manners and really on-top-of-it staff, but he wasn't willing to go as small as I wanted. He said he could get me to a D, which I didn't think would be worth it for me. Feel free to message me with questions!

- <https://cosmeticsurgeryatx.com/>
- Dr. Phillip Dauwe in Dallas, TX
 - User: (would like to remain anonymous). The best experience that I could have asked for! Front desk/nursing/medical assisting staff is fan-freaking-tastic. Anything that you need during this process, they will take care of you. Dr. Dauwe spent probably 30 minutes with me at my consultation explaining the procedure/seeing if I'd be a good candidate. He asked me what I wanted and never once projected his own opinion onto me or made me feel bad about my decision. He even said he loves doing this surgery because it makes such an impact on the patient (which is just so true). I felt so comfortable, they really gave me no reason to have any doubts. From consult to surgery to post op/ follow up care, everything has been seamless and SO easy. My results are literally perfect- I look in the mirror every day and just smile because I feel like my body is normal now and I've never felt that before. 5/5 for sure!
- Dr. Jeffrey Krueger in Dallas, TX
 - User: gothsappho. I had an amazing experience with Dr. Krueger. He's very warm and personable, and he makes a very concerted effort to explain everything about the procedure in detail and share as much information as possible. He was very open to hearing what I wanted and sharing all the possibilities with me. He shared examples too, which helped with visualizing and understanding potential results.. My surgery went incredibly smoothly along with my recovery. I've had zero complications or issues since the procedure. He also did a double mastectomy on my mom a few years ago, and she's also spoken incredibly highly of her experience with him.
- Dr. Mohan, Houston TX
 - User: wizardk9 (see my before and afters) - Dr. Mohan provided excellent results for me with very small incisions. The office is

very nice, clean and women run! She definitely plays close attention to detail and delivers wonderful, perky results. The procedure is a little pricey if not covered by insurance but it is WORTH IT. Why pay for anything less when this is your breasts. And the price is pretty reasonable considering you really do get what you pay for! 10/10!

- Dr. Courtney El-Zokm (Dr. Courtney) Houston, TX
 - User: Penniesfromheaven12 - 5/5 — Dr. Courtney does take insurance! Aesthetic Center for Plastic Surgery in Houston is absolutely PHENOMENAL. The staff is so caring and kind, and Dr. Courtney made me feel so comfortable with the process and about my body. Evelyn, his patient coordinator, knows every patient by name and will answer your email at ANY time of day or night. Dr. Courtney is a breast specialist, and really does beautiful, natural-looking work. He does not use drains, and only uses dissolvable sutures for under the skin and tape on top. No wound care involved whatsoever on my end! He performed the surgery in their outpatient surgical center, and I was able to go home that left with a get well soon card handwritten by him and roses! My breasts look fantastic. I can't recommend him enough. www.drcourtney.com
- Dr. Christine Fisher, Austin, TX hd
 - User: EternaSpringFactory - 5/5 - I am thrilled to share my experience with Dr. Christine Fisher and her team following my mastopexy with internal mesh and liposuction for shaping around my upper chest in September 2023. After being four years postpartum, I went from a barely B cup pre-pregnancy to a saggy full C cup with enlarged nipples after exclusively breast pumping for six months. My goal was to return to my pre-pregnancy state, but the results exceeded my expectations—I now have the breasts of my dreams! From my initial consultations, I conducted extensive research on various surgical options and surgeons in Austin. After meeting with three top surgeons, Dr. Fisher truly stood out. She brought a valuable female perspective, made strong recommendations, and made me feel confident, special, and assured. In contrast to the other surgeons I met, who offered more ambivalent advice, Dr. Fisher knew exactly what to do. I opted for the internal mesh to ensure the longevity of my results and agreed with Dr. Fisher's recommendation for liposuction to help shape my chest. I am so glad I made those decisions! Additionally, prior to officially engaging with the surgical team, I signed up for an annual membership with their sister medspa, Austin Cosmetic Medspa,

which provided discounts on my surgical fees and numerous other benefits. The membership in part paid for itself, and I continue to receive exceptional care at the medspa. The care I received on the day of surgery was outstanding. Everyone, including nurse Hawna Mumm, was kind, personable, and attentive. Post-op care was equally compassionate and reassuring, and it was clear that Dr. Fisher and Hawna had a vested interest in ensuring my happiness with the results. Now, my results are incredible! I can go without a bra, my scars are healing well, and my sensitivity is normal. I feel amazing! I would highly recommend Dr. Christine Fisher and her entire team to anyone considering this procedure.

- Dr. Derek Rapp, Dallas TX
<https://www.regionalplasticsurgery.com/plastic-surgeon/dr-rapp-dallas-tx/>
 - User: Chefsouthernbelle 5/5! Dr. Rapp and his team have been amazing throughout my whole journey so far with a reduction and lift utilizing surgical mesh in February of 2025. He and his team have been incredibly supportive, kind, reassuring, and genuinely excited and happy for me throughout the whole process so far. Dr. Rapp also specializes in hand surgeries, and reconstructive plastic surgery of the face, hands, and breasts after injuries/ accidents. Knowing this was very helpful because I knew that if he was skilled enough to specialize in hands, I could feel confident trusting him with my reduction. He took off about 1kg per breast, and while I don't know my final size yet (surgery was very recent), I'm noticeably smaller. I thought being examined while topless would be awkward and embarrassing, but he was extremely professional and I never once felt uncomfortable while being measured and marked. He also seems genuinely interested in his work and is very friendly, to the extent that he was (with my permission) explaining the details of the procedure and some photos (which I asked them to take) to my partner as I was waking up. He was excited as to how well the surgery went and how good I'm going to look and seems genuinely happy for me. If he wasn't in practice, he would make an incredible teacher. It's also super easy to contact him during AND outside of office hours. I have his assistant's cell number and she told me I can contact her about anything at any time and she can get a hold of him. I can't recommend Dr. Rapp enough!

Utah

Dr. Jon Bishop: Orem, UT (RETIRED)

- User: frogswitch. 5/5 stars. Amazing front staff, great communication from all team members. Performs about 70-100 breast reductions (? I believe this is what he said, but can't remember exactly). Paid in cash, but had a decent cash discount and accepted CareCredit for the remainder. Only about 4 weeks post op, but feel like my results are exactly what I asked for. No issues with healing.
- User alazol. 5/5 stars. Amazing experience with Dr. Bishop. His staff was great at working and communicating with my very difficult insurance. He actually listened to my concerns and desires, and gave me as close to the end result size as I was hoping for, 32J to a 32C. He also made sure to take enough and then some for insurance coverage, which was a big concern of mine. Healing process went very smoothly, and his pain pumps he gave were phenomenal for the first week. I never had a pain level over 3/10 with those in. I feel that my healing timeline was very expedited compared to others on the sub; self removed pain pumps at day 4, was fully lifting my arms to shave/stretch by day 4, had drains removed at 1 wpo, cleared to sleep on my sides after 1 wpo (just listen to my body), , all surgical tape removed by 2 wpo; told I could start regular movements and light exercise at 2 wpo (again listen to my body), cleared to stomach sleep at 3 wpo, and cleared to resume regular exercise, swimming, sports at 4.5 wpo (again listen to my body!). My scars are very clean incisions and he said healed extremely quickly. His final comments were: day 42 you are back to 100% tensile strength - so resume regular life after that, use silicone scar tape for only 12 hours at night for a few months, touch your nipples often to help with over sensitivity as they come back to life, no underwire bras for 6 months but wear whatever the heck you want (or don't want) from then on, and you only have to wear compression bras if you're doing running/lots of breast movement activities, otherwise enjoy the no bra life. My final out of pocket cost ended up being \$1,920.57 + \$100 in copay for consultations. HIGHLY recommend Dr. Bishop!
- Angela Keen (Cottonwood Heights, UT)
 - User: rachel-reduction. 4.8/5. I'm only 1 week post-op but so far, super great! Dr. Keen is kind, enthusiastic, and happy to explain anything. She understood and respected my wants (a.k.a. as small as possible), while being honest about my probable outcome (she warned me I would not be super small). One word of caution is that she did say "I really hope I can make

you a C” which I interpreted as “you’ll probably be a C,” but I’m still a DDDish. She only does lollipop incisions w/ no drains, but she’s a genius at it, and can do fairly drastic reductions (I went from 32J to a current 32DDdish, so basically half - but still swollen). She doesn’t seem to take insurance. Out of pocket, I paid \$11,658 + \$100 for the consultation. I would HIGHLY recommend her, if you can afford it, and if you don’t want a suuper drastic change. DM me if you have any questions!

- Dr. John B. Hijjawi in Murray, Utah
 - user: goodnightloom. 5/5- I couldn’t be happier. The staff at the surgical center was so kind, Dr. Hijjawi was incredibly professional and caring, and when I asked about techniques he uses (lollipop vs anchor, FNG, etc.) he assured me that he was comfortable using whatever was appropriate to get me the results I wanted. He took my insurance (SelectHealth), and helped me get my surgery approved. I told him that I wanted to be as small as possible without using a free nipple graft, and 4wpo I’m sitting at a 34C down from a 34H with full nipple sensation. I haven’t had a single healing issue. I drove 7 hours round-trip for each visit and I think it was 100% worth it.
- Dr Casey Isom, Intermountain Regional Center, Logan Utah
 - User syd-lee: Dr Isom was so so awesome with both mine and my mom’s reduction. I got my first one when I was 17, and Dr. Isom decided 1 year PO that he wasn’t satisfied with my results, so he did a revision in office free of charge. He’s very proud of his work, his bedside manner was amazing, especially since I was clearly nervous about a ‘strange’ man touching me. Highly recommend Dr Isom, 5/5 stars!
- Dr Cori Agarwal, University of Utah
 - User MoonHouseCanyon: She’s amazing. Everyone at U of U plastics thinks she is the best of the best, and I agree. It took me nine months to get an appointment, but I’m glad I waited. I was originally going to just get a lift, but through my conversations with her I realized I wanted a fairly large reduction! I paid cash but she takes insurance. I personally like academic medical centers and prefer having residents involved, if you feel differently this might not be the practice for you. I also appreciated having MD anesthesia, not a CRNA. She was incredibly patient and kind and really listened to what I wanted, and I had no pain at all afterwards. I cannot recommend her

enough. Cost is cheaper than most places in Utah and certainly the country. Very long wait for an appointment (nine months!).

- Dr Paul Deramo, private practice
 - I don't have experience as a patient, but he comes highly recommended by a surgeon I know Interestingly, he does all kinds of breast surgery, not just plastic. Like he's an expert on all things breast-related. Does not take long to get an appointment, operates at fancy Park City Hospital. Shorter wait for appointments.
- Dr. Jeremy R. Rinard, Intermountain Health McKay-Dee Plastic Surgery, Ogden UT
 - I had the best experience with Dr. Rinard! Not only was he the best but the staff was extremely kind and helpful as well. He sometimes comes across as cocky, but he has a right to be extremely confident because he did a perfect job. He is kind and hilarious as well. He does a great job of making sure you are informed about the process and explains everything to you. He got me the exact results I was looking for. I went from a 34J to a 34B/C (I am only 2 weeks post op so it is hard to tell).
- Dr. John L. Clayton, Intermountain Health Care, Riverton UT
 - ½ stars. My consultation, surgery, and recovery with Dr John Clayton was **awful**. I wish I had followed my intuition and kept looking. I was 23 years old, hoping to go from a 30I to a 30B/C, ended up a 30G+H. At my first consultation, he gave me very little of his time, didn't ask me a lot of questions or try to make me feel more comfortable and then took my before photos to send to insurance with no regard for my comfort. I got approved by my insurance and decided to go through with the surgery. I had expressed my desire to go down from an I cup to a B/C cup and Dr Clayton said he could do it. *I didn't see him after surgery or in my follow up.* I was right away concerned with my size and symmetry, my chest still felt very heavy and I was still really bulky but his nurses(who were lovely) assured me it was just swelling. 3 months later I got sized as a G cup which devastated me but I tried to stay hopeful as I was still healing. 10 months post-op I was sizing at **a G cup in one breast and an H in the other** and it's stayed that way since. I brought these issues to Dr Clayton and he didn't offer the option for an in office revision, only a full, general anesthesia second surgery that I would have to pay for. So **TLDR**: I only went down 1 cup size but now I'm asymmetrical and constantly sore and achy, and now I'm

looking for another doctor. Dr Clayton *isn't* a kind, empathetic, or talented doctor. He does not listen, he does not take responsibility for his work, and was a waste of \$3800.

Vermont

- Dr Alexandra Schmidt at Mountain Lake Plastic Surgery in Colchester, VT
 - September 2024. Really great experience. I called about a consultation in June and got in right away. Insurance approved my surgery within maybe 2-3 weeks then I was scheduled just 2 months out. I am now 18 days post op and so happy about the entire process. I am 23yrs old; I was a 34J and should now be a 34D. Dr. Schmidt was attentive, kind, and really down to earth. Anything medical-related spikes my anxiety like crazy and I was so calm throughout this entire process. I honestly attest that to the entire team at MLPS. Not to mention, they are a completely female team! Yes!!
- Dr Susan MacLennan at Mountain Lake Plastic Surgery Colchester VT
 - October 2024. I agree with what the above person wrote about MLPS. I felt in good hands with Dr. MacLennan and the whole team at MLPS. The procedure was done at Green Mountain Surgery Center in Colchester. It's a really nice facility and the staff and nurses were so kind and caring. It's only been a few days since my procedure but I'm very pleased with the results and so far, recovery has been pretty much exactly what Dr. MacLennan said it would be. I would definitely recommend MLPs and Dr. MacLennan. She is very straightforward, professional, really made me feel in good hands and sealed the deal that I was making the right choice. I wouldn't describe her as "warm" – not in a bad way and that didn't bother me at all. In fact I really appreciated her sort of logical and medical approach. Her team and the others at the surgery center were more warm and fuzzy lol.
 - Hi! I wrote the review above on Dr. Schmidt - so happy to see your good review of Dr. MacLennan! I loved the surgery center, I wonder if we had the same anesthesiologist. He was so kind/caring and made me feel really comfortable. Wishing you an easy recovery!

Virginia

- Dr. Brian Chang at Affiliates in Plastic Surgery in Alexandria, Reston, and Woodbridge, Virginia; Rockville, Maryland
 - User: novafoodie14. Results 10/10!!!! Dr. Chang truly changed my life with my surgery. From the first consultation, he was compassionate, knowledgeable and made me feel completely at ease. The results exceeded my expectations - not only do I feel lighter and more comfortable, but my confidence has skyrocketed. The recovery was smooth, and he provided support every step of the way. He's simply the best.
- Dr Clarissa Hammer at Affiliates in Plastic Surgery in Woodbridge/Alexandria, VA
 - User: jchrix. Results 10/10, bedside manner 8.5/10. Overall extremely pleased with my results! Check it out on my profile :) Went from 34F to a C/D (4wpo at the time of this review so not sure yet). She answered all my questions and gave me all the information I needed. Her office handled the whole approval process which was such a relief as I thought I wouldn't get approved. She can seem a bit awkward/rude at times but I don't think she's aware of it. Overall great experience, would 100% do it again with her
- Dr. Duda at McLean Plastic Surgery in McLean, Virginia
 - User pyok_o. 10/10! I'm 17 years old, and went from a 34F to a C/D (unsure). I had a great experience with Dr. Duda! My consultation with her was great, and she was very to the point and precise. She answered all my questions and made sure to go over all the information regarding the surgery thoroughly. My insurance approved me in one day, and my surgery was on 1/4/21. The hospital staff, at Inova surgery center, was amazing and very reassuring to my nervous and anxious self on the surgery day. Dr. Duda's work was amazing, and I feel great.
- Dr. Stephen Chen at Richmond Plastic Surgeons in Midlothian, Virginia
 - User miilkman on 7/29. went from 34DD to 34B(?). Fantastic surgeon, never had bad results. Didn't require documented complaints about breasts and was accepted by my insurance within 2 weeks (Anthem BCBS). Amazing results. I had glue and 6 staples (3 at each T area). Wore the bra I was sent home in for 2 weeks then I could wear whatever I wanted (no underwire until 6 week). While he gives minimal information besides the

necessities unless you specifically ask, his assistant answers questions by email quickly. He rarely uses drains unless he thinks it's absolutely required. Highly recommend!

- Dr. Julia Stevenson at Cardinal Plastic Surgery in Chesapeake VA
 - User: Nezorán 10/10 experience. She is super nice and makes sure you are super comfortable. I never felt weird about anything during my consultation and she gave a very thorough explanation of what she was going to do and even drew examples based on my own breast. My insurance fully covered the procedure so I didn't have to pay anything. I went from a 34G to around a C/D (4WPO so I don't know exact size yet) my surgery was 2/24/2025. She doesn't use drains and she prioritizes nipple integrity. I had an anchor cut and it is healing perfectly. She uses steristrips and gives a pain blocker and made sure to call to checkup on me after surgery. I was provided a bra after surgery and she gave recommendations for more types as well. She has an answering service that will send messages to her personal phone so you can contact her while the clinic is closed as well. Highly recommend. I haven't had any issues my whole healing process and was very pain free.

Washington

- Dr. Shahram Salemy (Seattle)
 - User: fakesaucisse. 10/10 experience, from the moment I stepped into the office through recovery. Dr Salemy is incredibly talented at providing a beautiful result and minimizing complications. I went from an M cup to C/D and he was happy to give me exactly what I wanted. He emphasized that he cares about what the patient's goals are rather than societal expectations. His staff are also amazing at what they do. He and the nurses met with me repeatedly before and after surgery, including 3(!!!) post-op checkins within the first week alone to make sure things were healing well. I was given all the supplies I needed including a very comfortable compression garment, bacitracin, gauze pads, tape, and bandages. His anesthesiologist Dr Marshall was incredible and spent at least 10 min with me and my husband explaining what meds she uses and how she ensures the patient is comfortable and fully unconscious during surgery. I did not wake up with any anesthesia-related issues. I was also given a comprehensive pain management regimen that enabled me to recover well and get back to life without feeling sedated and loopy. He does not

take insurance, but I feel that every penny was worth it for the attention and quality of care I have received.

- Dr. Meghan Nadeau at Polyclinic/Optum (Seattle)
 - User: hunteralm 10/10 fantastic experience with Dr. Nadeau. She listened to me, went exactly as small as I wanted, was very precise with insurance requirements. I love my results, am healing really well so far. She does not use compression bras, but everyone who I know in the reddit who has worked with her has healed great!
 - Dr. Megan Dreveskracht works at Polyclinic with Dr. Nadeau and is phenomenal! Truly an artist. I was worried about a tattoo and nipple placement. She managed to get my nipples exactly where I wanted them and save my tattoo! She also was able to get as small as I wanted while keeping them round and avoiding a “boxy” breast. Truly an artist. I spoke to multiple surgeons (since I paid out of pocket) and chose her. So glad I did!
- Dr. Janelle Sousa at Plastic Surgery Northwest (Spokane)
 - User: CoughDropDolores. 5/5 Dr Sousa was amazing. I looked at one other doctor in the area before her and I’m so glad I went with her instead. I paid out-of-pocket and she was a little more expensive, but there is a reason. She told me she could get me as small as I wanted to be and was very comfortable that if needed she could pull off a free nipple graft. Thankfully that wasn’t needed in the end. I’m in love with my results and she really listened to me, was available for questions and really took care of me. This facility also has a surgical suite, which was really nice so you don’t have to deal with a hospital check in. The staff at this facility are also incredible. They have a great messaging system app called Klara and it was super easy to schedule and reschedule appointments, ask questions during post op, and get immediate responses. I could also send photos to that so that was really nice. The process is a consultation, a preop appointment, a markings appointment the day before surgery, surgery day, four day postop Tele health check in via Internet, two weeks postop, and finally a six week postop. This is of course assuming that everything is normal and you’re healing okay. Dr. Sousa is extremely skillful and I am so grateful that I went with my gut and chose her to do my surgery.
- Dr. Laurence C Yeung at Kaiser (Seattle)
 - User: mkl. 5/5 Dr Yeung was fantastic and his pre op and post op PA was also great. He’s friendly and relaxed but very precise.

While I was in pre-op both the anesthesia PA and the surgical prep nurse told me that they'd both had their work done by him- as one said, we see everyone's results and he's incredible. I'm cis but the waiting room at the clinic seemed to be intentionally queer welcoming and the Kaiser plastic surgery practice on Capitol Hill is very calm and relaxing- even the staff mentioned that it's much more chill than most departments.. The pre-op area was bustling but again, the staff were friendly and professional. They used a rigorous pre-surgery checklist and the surgical team did a pre-procedure safety stop- I've always but struck by Kaiser's commitment to research driven safety. Kaiser covered my care since I had a documented history of neck pain (note that it was important that I'd had a history of seeing a Kaiser PT for neck care- their review board seemed less interested in my Swedish records. If you're considering the procedure in part due to neck issues and are with Kaiser, start building your medical history by seeing your Kaiser primary care doc for a referral to a PT.)

- Dr. Mary Lee Peters at Swedish Plastics and Aesthetics (Seattle)
 - User: BestRedaction. 4.5/5 Extremely good communication and staff, lots of experience with top surgery as well as breast reductions, so I trusted her with my radical reduction. Her work was superb and I had no issues in the healing process. (currently 12 weeks PO). Not very involved in the recovery process, but I felt well taken care of by her PA. (PA even wrote a note at my request for my spouse to take off work to care for me, as he had a work program that allowed for this.)
- Dr. Suzette Miranda at Swedish Plastics and Aesthetics (Seattle)
 - User: majorturnover9508. Wonderful doctor. She has amazing aesthetics and gave me a reasonable looking reduction. My new breasts match my body type so well! Excellent pre-op and post-op care.
 - User: MadelynCooper. Opposite Experience. I'm 5'0, 114 lbs. Started at 32g, she left me a 32dd in one breast and 32d in another. I told her I wanted to be as small as possible, she said 'my stomach was fat' so she gave me bigger breasts. My nipples are so high they poke out of everything. I have to save for another reduction with another doctor now.
- Dr. Samuel Lien at Providence (Everett)
 - I'm 5'6, 140 lbs, was a 30K (US). Wonderful doctor. I was nervous about a male doctor, but he is probably the most

respectful male doctor I've ever had. He answered all my questions, made me feel heard, and respected my wishes (within reason of course) every step of the way. His assisting staff and the corresponding hospital staff were also so kind. My breasts look great and the shape looks natural. Communication both pre and post op have been awesome and I've had no issues with the healing process. I would definitely recommend him.

- Dr. Wandra K. Miles, Seattle at First Hill Providence Swedish
 - User AdultDisappointment - 9/10 and not for the surgeon, but the staff at the clinic fumbled some insurance info pretty bad. There was a staffing change and the previous records keeper just... lost my claim?. Dr. Miles herself had a great bedside manner and a lot of knowledge about getting approval from insurance. No complications from surgery and her stitches are very neat and clean. Her team was great. I am 5'3", around 140 lbs and went from a 32DD/E to around a B cup.
- Dr. Eugene Oh: Federal Way, WA
 - User solazy - 10/10 all the way. I had a great experience with Dr. Oh, he was incredibly kind and thoughtful, and his confidence and expertise were reassuring. Had no issues getting insurance approval (Anthem BCBS), and was able to schedule really quickly - less than a month after approval. Surgery was December 1st 2020. Dr. Oh and his team were unmatched, surgery went by so quickly and without complications, and recovery was a breeze. I started around 30G, and am 5'2", around ~120lbs. I would say I'm now around a 30D now, however have been living in sports bras, bralettes, or going bra free!
- Dr. Alexandra Schmidek, Virginia Mason Medical Center | Seattle, Wa
 - User thatwaseezy - 10/10. Incredible experience w/ Dr. Schmidek. She is an extremely talented surgeon and I was SO pleased with the results. Communication with her office was great. Really warm and friendly and helpful support staff (shoutout to Julie who is the sweetest). I was fortunate not to have any issues getting insurance to cover the procedure (Regence PPO). Scheduling was easy, I just had to get a referral from my GP, which wasn't difficult. Dr. Schmidek was receptive to what I wanted out of the procedure and made sure I knew what to expect aesthetically and also physically as far as recovery. Most importantly, her work is amazing. She took 7 lbs

off and I went from an O cup to a D, and I can't tell you what a relief it was. Would recommend in a heartbeat!

- Dr. Geoffrey Stiller, Stiller Aesthetics | Spokane, Wa
 - Live in Idaho and am on Medicaid, but will travel to Spokane, Wa to Dr. Geoffrey Stiller, Stiller Aesthetics. Surgery will be at Whitman Hospital. Wonderful staff, gender affirming care. 8 month wait for consult and another 9-12 months for surgery. As of 2022, I waited 8 months for my consult and will wait another 9-12 months for surgery. I live in Idaho and am on Medicaid, but Dr Stiller's office bends over backwards to get it covered by insurance. He has an in-office surgical suite in Spokane for cash pay, for insurance you go to Whitman Hospital in Colfax. Wonderful, supportive, kind, staff. Also highly recognized for gender affirming care.
- Dr. Francis Fleming (Richland, WA)
 - User erinpick 10/10 He requires 12 months of documentation from a physical therapist to even *schedule an initial consultation* if you are planning to have the surgery covered by insurance as this makes the process much faster, which is certainly something to be aware of.
 - Because of this and my rapidly increasing back pain, my parents and I decided to pay out of pocket – the flat out of pocket cost was just upwards of \$10k, which covers all appointments, surgery, anesthesia – everything except for the pharmacy charge for medications, which ended up being \$8, lol.
 - He seemed very available, my initial consultation was in late January, after which we scheduled my pre-op for March 8 and my surgery for March 11. This was followed by a quick phone call with the surgery center to confirm my medical record in late February, and then of course the pre-op and the surgery itself.
 - Although I'm just a few days post-op, my scars look great so far and all of the photos I was shown in his office as well as the photos on his website have very nicely healed scars.
 - He *does not* use compression bras at all. After surgery, they put gauze over my breasts and taped it down, sort of like a bandeau but with no back. He has told me that I can wear whatever wireless bra I am comfortable with after my pre-op appointment at which he will remove

the gauze and tape, so if you schedule with him, make sure you have your own soft bralettes.

- Overall, very professional, but somewhat stoic. He will give you straightforward answers about what is achievable in the surgery and about the process in general. I asked to go as small as possible (before surgery I had a 42 inch bust size with a 33 inch ribcage, and it's looking like I'll be down to at most a 38 inch bust size once I'm all healed up, and as small as a 36, if I had to guess). No matter the numbers, I'm very happy with the rough size I am

West Virginia

- Dr. Ben Moosavi: Huntington, WV
 - User: cottonwindow I had a great experience! He did a beautiful job and his support staff was extremely responsive. I had no trouble getting a consult or follow-up appointments.

Wisconsin

- Dr. Brian Kiesnowski of Appleton Plastic Surgery, Appleton, WI
 - User: NicoleNicoleNicole. He did my reduction surgery in 2006, and my mom's in ~2011. 10/10 would recommend! He was recommended to me by my friend's mom. I recommended him to my own mom. Communication was phenomenal. It was such a positive experience, from start to finish. AND they took care of everything with my insurance (which was Badger Care, and he still takes it!). Still looking great and feeling great 14 years later!
- Dr. Ahmed Afifi of UW Health, Madison, WI
 - User: westiesncoffee. 10/10. Dr. Afifi was the absolute best! Just had my reduction 10/26/20. He answered every question during consult appointment 1 and told me so much information about the procedure that I didn't even think to ask. He is super thorough and you can tell he wants the best for his patients. Before scheduling my surgery he asked me to come back for a second consult to nail down details and have me bring pictures of my desired size. He was so so so kind and answered every mychart message quickly and thoroughly, along with any concerns I had, and when I got denied by my insurance the first time he had his nurse call me to get every little detail down in my chart to ensure that my appeal would get approved. He called me twice the day before surgery to check in on me and answer any questions, and then called various times throughout the first week to check-in and see how I was doing with

recovery and again answer any questions I had. I was super nervous and scared in preop and he took his time to reassure me and let me know every step and that my feelings were normal. He was so detailed and I could tell he takes pride in his work because I haven't heard anyone say a single negative thing about him regarding breast surgeries at all from previous patients. He was super excited for me in post-op, letting me know that he really believed I was going to be pleased with my results (which I was absolutely over the moon about) and checked in on me various times in post op as well. He is seriously THE BEST surgeon in Wisconsin! Could not say better things about him.

- User: JusttheBean 0/10 my consult with him was awful and I left in tears. Do not bother if you have any kind of skin, connective tissue, or hypermobility disorders, he will refuse to treat you outright or hear any details about your specific case. He is not interested in learning anything more about your disorder, or your body. He took literally a single look at me, crossed his arms, and began sternly talking down to me. He never examined me. He was not interested in hearing what I had to say, and could not be bother to look at prior surgery sites to see how my body heals. It was obvious he evaluates patients first and foremost on how good their bodies might look in his portfolio, and considered my personhood second (if at all). It was a horrible experience like he was looking right through me.
- Dr. Kate Krucoff: Milwaukee, WI
 - User ElfinFox7 (32L - 32C/D) - 5/5. Each member of the Froedtert staff I met during the process was amazing, but Dr. Krucoff was especially so! I had my consultation at the end of August, and had surgery at the beginning of November. From the very beginning I was extremely comfortable with her, and she was very kind and professional. She walked me through the procedure, took time to discuss my goals and concerns, and then examined me. I had large dense breasts, and she felt confident we could remove 1000g+ from each side, and still keep me in the C/D range, without a free nipple graft which I wanted to avoid. Surgery day went so well, I did have drains which seemed to keep the swelling to a minimum, and I was able to have one removed while meeting 4 days after surgery for my post op, and the second 2 days after that with a nurse. I have been healing extremely well and have had no openings or anything because she makes sure to really focus on the t-zone to give you the best chance of no complications there. I think I

would recommend any surgeon at Froedtert as I've heard nothing but good things, she rocks and I could not have hoped for a better experience!

- Dr. Nyama Sillah - Milwaukee, WI
 - User stevieduction. 2/5. She did great work on my breasts, but her team was not well equipped to deal with my complications. They made some mis-steps along the way that was detrimental to my care, and brushed me and my concerns off. They were unable to recognize where they had fallen short, which has impeded my overall healing.
 - User justreallypale. 5/5. Very kind and professional. I'm very pleased with my results as well! I'm still healing but they look so proportional to my frame and they are very even. I was recommended to her by my PCP because of her good reputation, and her office mentioned that she does multiple reductions a week usually, so she is very experienced. The OR staff at St Lukes was all very kind as well.
- Dr. Erin Doren, Milwaukee, WI (Froedtert/MCW)
 - User shady_platypus. 5/5, reduction performed in November 2019. Dr. Doren is incredibly talented. I had zero sensation in my breasts/nipples (truly, none) before the surgery and after the surgery I actually have sensitive nipples (in a normal way). She explains things really well and involved me in the planning. She listened well to what I wanted.
- Dr. Yvonne Pierpont, Eau Claire, WI
 - User FartsRFunn. [G cup to D/C cup] 5/5, reduction done April 2023. She and her team did an amazing job at educating me on the process and risks and what I realistically should be expecting as far as shape and size. She is very strict about quitting smoking and won't do a consult unless you have been nicotine (including second hand smoke) free for 3 months. Lauren Geiser, P.A. did all of my pre op and post op appointments and she is absolutely wonderful and made me feel very much at ease about the whole process and helped answer any questions I had. I'm so happy with my results. She takes insurance, including Medicaid.
- Dr. Kate Krucoff
 - Got her name from the old master list on here. She did my reduction and panniculectomy. She did an amazing job, and is actually the Surgeon that other Surgeons in the area send their

difficult cases to, or the revision cases for ones they've botched. My insurance covered absolutely everything, including the panniculectomy (Together With Children's Community Health – my Financial Planner sells and is an expert on health insurance, and she told me she recommends it to all her clients who get this surgery because you can buy it on the marketplace, pay for it for a few months while you're awaiting your pre-auth, and then dump it once the surgery is completed), the only thing I had to pay for was some elective liposuction to make my silhouette look nice and natural.

- Dr. Brad Morrow
 - He was willing to do my breast reduction even though my BMI was over 40. His goal for me was to get it down to 40 before the surgery, I basically did but then I had to be off my Phentermine for a month before the surgery and that was also the month of Christmas and Thanksgiving, And I regained 10 lb. Brad Morrow is soft spoken and gentle and kind, very thorough and explaining everything, and ask me at least three or four times in pre-op the day of surgery whether I had any questions. I don't know what I think of my results yet because I'm only on post-op day two and I'm going to shower today and see all of that for the first time. I'll try to update this later, But for what it's worth I'm a nurse and I'm taking care of his patients a lot of times and all of them have been very positive about their experiences with him. Also it took no time at all for my insurance to approve my surgery as medically necessary, so all I have to pay is whatever my deductible is. I started as a 42H, And they took off 700 g in the left and 970 on the right. I hadn't even realized how much bigger my right breast was than my left, until he made a comment on it in pre-op when he was marking me up and measuring.

Wyoming

- Dr. Christopher Stewart in Casper, Wyoming.
 - Excellent results, his team and support staff are lovely and kind. Went from H cup to a D. Very trans friendly as well!
- Dr. Joseph F. Looby, Cheyenne, WY
 - Had an excellent experience with Dr. Looby's team and Cheyenne Regional Medical Center. I was able to get in quickly for a consult and the team worked with me to squeeze the surgery in before the end of the year (since I had met my deductible). From my consultation they highlighted all the things

they wanted me to gather for insurance coverage and really emphasized their desire to help people get this surgery covered. There is a designated woman who helps file all the paperwork and you are able to reach out to with questions. They seemed like experts about the process and even though their paperwork acted like they might not, they said they would even help push an appeal (even multiple). Being in Cheyenne there was a little more of a small town feel, but the personableness felt very comforting to me. I also liked that he didn't try to up-sell me on side lipo or fancy post care items. Maybe a little more old fashioned, but my surgery went great and I have had basically no issues with my recovery. I also will note that he saw me at every post-op appointment (I wasn't just seeing a nurse), and he even answered a message I left on New Years Eve in a timely manner. He was always very kind and respectful in interactions where he had to look at my breasts, and wouldn't make me sit with my top off or even one breast uncovered longer than necessary. This felt like an office/team that wanted to help women and cares about them. I drove up from Fort Collins, CO, and would recommend anyone in the Northern Colorado area to get a consult.

CANADA

Alberta

- Dr. Diana Wong, Camrose Alberta
 - Surgery was covered under AHC, she is willing to take patients with higher BMIs (up to 41 I believe)
- Dr. Donald Graham, Calgary Alberta
 - Breast reduction covered under AHC. Professional, fantastic results, communicative post-op via email and follow-ups.

British Columbia

- Dr. Jennifer Robinson, Western British Columbia
 - User elmuchocapitano: Unknown/5. I've been told by a couple of walk-in clinic doctors that this is the best surgeon on the west coast for breast reductions - including one doctor whose wife had her breasts done by the same doctor. She's very nice, but I found the customer service received at her office improved significantly after I added liposuction to my surgery (free in Canada when medically necessary) at a cost of \$5,500. Before I was rushed in and out of the office, and now I'm actually attended to. I feel as though I could have been provided more

information about the details of the surgery and how to prepare. They forgot to tell me to book a pre-op appointment - as I've never had surgery, I didn't know it needed to be done, and now I'm having to rush to get one done. Consultations cost \$150. The waiting list was extremely long - counting from the date of my referral to her, I have been waiting for the surgery for three years now. I'll update once I have the procedure done.

- Dr. Chris Doherty, Vancouver BC
 - 5/5 Surgery was covered through MSP. I only paid for my prescription pain meds. He had an excellent bedside manner and was so responsive to all my questions. He is familiar with working with various skin tones as he had originally practiced on the Eastern side of Canada which is more diverse in terms of skin tones than the West. Skin tone impacts scarring and doctors may need to employ different suturing and/or scar mitigation tactics so I was comforted by his awareness of this. I highly recommend Dr. Doherty. He is a gem.
- Dr. Rizwan Mian, Surrey, BC
 - User: whatsthechance — 5/5. Surgery covered under MSP without issues and he provided low cost options for recovery (ex: use pads on incisions instead of medical gauze). GREAT bedside manner: he was attentive, always willing to talk and fit me in for appointment if needed, happy to spend time answering all my questions. I felt incredibly comfortable with him immediately. He didn't put any focus on weight/BMI. Office was nice, the surgery centre was amazing, and my results are fantastic. Exactly what I wanted, I'm really happy with the whole procedure.
- Dr. Jennifer Klok, West Vancouver, BC
 - User: hamsternation I'm 5/5 Surgery covered under MSP. Professional and answered all questions. Very detailed in planning out what would be done before the surgery and very detailed right before surgery in terms of marking up my body. Office is very nice and her administrative assistant Lauren is great. Very friendly and always communicating on what would be happening. I've had minimal pain and I'm very happy how things have turned out.
- Dr. Arezoo Astanehe, Abbotsford BC
 - User: myoginightkids 5/5! Surgery covered under MSP. She may seem a bit brief but her surgery results are excellent, respected my wishes and bodily autonomy and actually told me I could go SMALLER than I had originally thought was possible. No drains

required and the compression top she gave me after surgery was surprisingly comfortable. Only downside is it's a pain in the ass to get her office to pick up the phone, you often have to call multiple times before they answer and it sometimes takes awhile for them to get back to you. One thing to note: I had to go out of my way to ask about lipo on the sides because she didn't originally mention it, and I had to pay out of pocket for the lipo as it's not covered by healthcare, (\$2000) but it was well worth it!

- Dr. Leslie Leung, Vancouver/Richmond, BC
 - 2/5 I was initially happy, expecting my cup size to go down with swelling (he said the size was "excellent"). However, as the months passed, I remained at a substantially larger cup size than I had discussed with him pre-op. I wanted to go down to a small D but remained at large F-G — only about 2-3 cup sizes down from original. This was despite having shown him multiple reference photos, explaining bra sizing systems to him, and having him respond with confidence that he understood and that it was doable. It was a red flag to me that he came across as rushed and didn't look closely at my example photos, but I ignored my gut given he had positive reviews online. I told him that the results were larger than I hoped for and he didn't even acknowledge my comment, he just changed the subject. I wonder if he's not used to surgeries on people with a small band and large cup. My areolas are also noticeably different sizes. I know that complications can be due to many factors but I experienced some infections and wound opening, my scars aren't healing as well as they should, and my skin is puckered in some spots where the stitches were, and I can't help but wonder if he was rushing during the surgery (his general bedside manner comes across as nice but rushed) and if this may have contributed to the less-than-optimal results. The office admin was nice but was also slow with communication at times. Dr Leung's responses to my medical questions over email were so brief that they were unclear. I had to email multiple times to get clarification. Email also isn't considered a secure form of communication, so I was uncomfortable that he instructed me to email photos if there were any issues. I wish that I had gone with somebody more attentive and considerate.
- Dr. Julia Lichtenstein & Dr. Aaron Van Slyke, Richmond/Vancouver, BC
 - User SoftBrick_17: 5/5 | Procedure covered by MSP, side lipo an additional \$1200 out-of-pocket. My primary surgeon, the person I initially met with and will have follow-up appointments with, is Dr. Van Slyke. However, Dr. Lichtenstein was filling in for him while on vacation, and so she performed the actual procedure. It was right before a long weekend when her office would be closed, so she gave me her personal phone number in case of complications or questions and checked in with me regularly. The reduction is stunning; she even tactfully avoided cutting into

a tattoo on my ribs. My lymphatic massage therapist said that it was one of the most impressive reductions they have seen in terms of symmetry and stitching, literally calling her "an artist." Dr. Lichtenstein removed 450g from one breast and 700g from the other, and an additional 100g with lipo. Dr. Lichtenstein is covering for different cosmetic surgeons in the Lower Mainland until February 2026, so I don't know whose practice she will move to next or where her primary office will be.

Manitoba

New Brunswick

Northwest Territories

Nova Scotia

- Doctor Richard Bendor-Samuel, Halifax, NS
 - Rating - 5/5. I chose to pay out of pocket rather than wait for a consult and surgery through MSI, which can take 5 years in my province, and I regret nothing. Doctor Samuel was so accommodating and willing to listen to my concerns. Never gave me the "you're a woman with big boobs, be happy" vibe. His office staff were very kind, and the recovery has been great. 100% recommend seeing him.
- Doctor Justin Paletz, Halifax, NS

Nunavut

Ontario

- Dr. Kathleen Armstrong, Toronto, ON
 - She does lollipop method, OHIP covered and the side lipo was \$3300.
 - She does do ohip covered reductions however there is a fee for contouring and liposuction that varies. She is an amazing surgeon and posts on Instagram as well under gracemed Mississauga if you want to see her work.
- Dr. Melinda Musgrave, St Michael's Hospital (Toronto, Ontario)
 - 5/5 don't listen to the reviews online complaining about bedside manner. Her work is fantastic and she's incredibly caring, attentive, and reassuring.

- Dr. Chadwick Wu, Toronto, ON
 - Hands down the nicest experience (even all his office staff ladies are so sweet!). With everything considered, Dr. Wu has been AMAZING. I cant recommend him enough!!! The results are AMAZING. Literally perfect and he made me as small as I wanted (no underboob touching, small B)! I'm now 7 weeks post-op and the scars are so clean and everything looks so smooth and perfect. I am incredibly happy with the whole experience and so SO grateful to Dr. Wu!!!
- Dr. Ron Somogyi, Toronto, ON
 - He was very professional and made me comfortable in my decision to want to be smaller than what is considered 'proportional' for my frame. He reiterated that it was about my happiness and comfort. The total process was quite fast!
 - I don't think anyone would've been able to make my breasts look as nice as he did. I didn't get any lipo on the sides, but I got an auto augmentation to make my cleavage look nicer and my boobs look a little perkier. I know that my boobs will continue changing over the next few months but this is the best decision I've ever made!
 - It's a private clinic but they accept OHIP and from referral to surgery was less than 3 months for me and I am so so pleased with my results!!!
- Dr Mary Mahoney - Toronto (North York), Ontario
 - She is absolutely amazing and personable. My lipo was under 4500 tax included and she does prefer to do it for better results if you have extra tissue in the side/armpit area.
 - I am in the GTA and I cannot say enough good things about Dr. Mary Helen Mahoney and her staff. I am very happy with my results. I felt really heard in my consultation and not rushed at all. She submitted my case to OHIP and I was approved, and I decided to pay out of pocket for the auxiliary lipo on my sides, which was \$3500. Also her staff is lovely and helpful if you have questions before or after surgery.
 - She is really amazing and will take the time to explain everything and to make sure you're comfortable with the operation.
- Dr. Brian Hong (Toronto, Ontario)
 - He was amazing. I'm very happy with my results.
- Dr. Sophocles Voineskos, Toronto, ON
 - Highly recommend him. Lots of surgeons in Toronto try to get you to go for the liposuction which is extra and not paid for by OHIP. however you can get the surgery fully covered by OHIP. This surgeon totally rocks and was very informative and supportive throughout the whole process.

- From user u/rebfossmusic: Dr. Voineskos' bedside manner is very straight to the point, but not unpleasant. He never pushed for me to get lipo and never mentioned losing weight (even though I have a very high BMI). He did want to keep me "proportional", but after some persistence on my part saying I wanted to be smaller, he was open to my opinion and agreed to my size preference. He was happy to explain things in detail when I had some very specific questions lol.. His receptionist is also decently responsive (8/10). He did a great job and I've had no complications after surgery. We did an FNG with anchor incision, and I went from a 38L to around a 38 D or DD. I'm super happy with my results. Also, OHIP completely covered my surgery!
- Dr. McRae, Toronto, ON
 - My consultation with him was incredible and his bedside manner perfect. He answered all my questions and really listened to my concerns.
- Dr. John Semple - Women's College Hospital, Toronto ON
 - Breast reduction covered by OHIP and I only paid around \$3k for lipo.
- Dr. Jennica Platt, Toronto, ON
 - She did an amazing job! I also got side lipo which wasn't covered. My breast reduction was covered under OHIP.
- Dr. Jindal, Toronto, ON
 - The surgery went well and his staff have been great through the process. Lipo is mandatory with him.
- Dr. Marietta Zorn - Toronto, ON
 - Her work was phenomenal. The surgery was covered by OHIP, the LiPo wasn't and was \$4k before tax. She is legitimately a miracle worker.
- Dr. Miliana vojvodic, Toronto (North York), ON
 - It was great! She is amazing and I couldn't have asked for a better surgeon. I asked her to make me as small as possible and she definitely understood the assignment.
- Dr Craig Fielding. Toronto, ON.
 - Head of plastic surgery at St Joseph's medical centre + UofT. ohip covered and super easy.
- Dr. David Boudana - Toronto, Ontario
 - I am definitely happy to recommend Dr. David Boudana at Forest Hill Institute of Aesthetic Plastic Surgery! He was wonderful and respectful and so are all of his staff! I did go the private route because OHIP's waiting list was years and years long and I had already been waiting 3+ years. It cost about \$9k.
- Dr. Brett Beber, Toronto, ON

- I loved Dr. Beber. He did a fantastic job on my breasts. They look so good and he is just so nice. I was a bit worried that a male surgeon would make me uncomfortable while my breasts were out but he is so reassuring and I never felt uncomfortable ever and he always explained everything extremely well.
 - Same here. You have to pay extra on top of OHIP for him, if you want it to be covered. If not, you can pay full price and get in right away. I'm so happy with his work, and how my breasts turned out. And he made them small like I asked him to. 10/10 highly recommended.
- Dr. Allan Eckhaus, Ajax, ON
 - Dr. Eckhaus has been so thorough with my aftercare following surgery. I'm so happy how everything turned out with my body. He listens to your wants and discusses realistic goals.
 - From before consultation, you are told he does side lipo with his reductions so be aware of that and that it will be out of pocket. He explained he uses the liposuction not just on sidewalls/armpit but in the breast tissue too if there is more fatty tissue than glandular so there is less to surgically remove with incisions.
 - Everything has been healing beautifully he is a perfectionist and reports he will agree to reasonable revision requests. Staff is very polite and informative. He's just amazing 10/10 and does accept OHIP patients
- Dr. Stephanie Ma, Waterloo, ON
 - 10/10. She was respectful of my request to go as small as possible, no questions asked. Very informative about the surgery and how it would be done. She has a very good reputation for the quality of work she does. She told me she has folks come to her from other provinces. I saw her when she worked out of the Cosmetic Surgery Clinic in Waterloo, ON but she does operate within the hospital system for OHIP patients.
 - Update from Sept 2023-not accepting OHIP patients at this time
- Dr. Sachin Chitte, Ottawa, ON
 - 5/5 His work is meticulous and excellent and he is such a funny and warm guy, not hard to strike up a conversation and I was comfortable asking as many questions as I needed. My results are AMAZING (and I'm only 2.5 wks p.o.). Surgery paid for by province and I opted to add the accompanying lipo for about \$4k. If you see this and have an appt with him, ask him about Fight Club.
- Dr. Haemi Lee, Ottawa, ON
 - She is incredibly attentive to detail, easy to speak with and communication throughout the whole process with her staff has

been amazing. OHIP covered entirely. Only had to wait about 4 months between the consultation and surgery. Currently, 1 week post-op but already so incredibly happy with my results - literally a dream come true! Post-op instructions are very thorough and staff is very responsive to any questions/concerns. 10/10!

Prince Edward Island

- Dr. Gary McLean, Charlottetown/Stratford, PE
 - User rosiews: So far, amazing. Great consult, wonderful staff at my pre-op. Great listener, worked with me to get provincial coverage. My surgery is July 12, 2022 and I will update afterwards!
- Dr. Jurgen Kontor, Charlottetown, PE

Quebec

- Dr. Ronald Zelt, Montreal, QC
 - User MarigoldZinnia. 5/5. I paid privately (about \$7,800 Canadian) because I didn't want to wait for approval from RAMQ, though Dr. Zelt does many reductions for RAMQ patients. Also, at size DD, I knew I would be a "borderline" case, and I just wanted it DONE without fighting anyone about it. Dr. Zelt was great, as was his office manager. Felt very secure with Covid safety procedures. I'm 2.5-weeks post op and very happy with my new size/shape and with my healing process so far; will update over time. UPDATE: I'm now 8 months post-op and super happy. My breasts look great, scars are fading, I can comfortably be braless. Still highly, highly recommend Dr. Zelt.
- Dr. Genevieve Gaudreau, Montreal, QC
 - User Suspiciousladyofyore. 5/5. I paid out of pocket 11 500\$ CAD for a reduction and a lift. Consultation by zoom and then I had my surgery maybe 2 months later. I went from a 30F to a 30C. My scars are healing nicely, the shape is amazing. The doctor was lovely, warm, understanding and a no-fuss kind of lady. She called me the day after surgery to check on me personally. Highly recommend her. She doesn't accept RAM Q coverage though. Only out of pocket.

Saskatchewan

MEXICO

Baja California

- **Dr. Jaime Caloca** | Tijuana, Baja California

Chihuahua

- **Dr. Manuel Enrique Boquín Suárez** | Hospital Angeles Ciudad Juárez
Cons. 420 Fracc. Campos Eliseos Av. Campos Eliseos # 9371 esq. con
Victor Hugo C.P. 32420 Cd Juárez, Chih., Mexico

Ciudad de México

- **Dr. Marcos Gerado Gonzalez Martinez: ABC Hospital**
 - I would give him 5/5 stars. He and his two assistants speak English. He did video consults with me ahead of time (because I was in a different state) and was super available for all of my questions. He let me choose the size that I felt was best for my reduction; he was super supportive. (The surgery itself was in a plastic surgery center, and the nursing/support staff there only spoke Spanish.) He has been attentive with my aftercare and I highly recommend him.

Jalisco

- **Dr. Lazaro Cardenas Camarena** | Guadalajara, Jalisco
- **Dr. Rubén Agredano Jimenez** | Av. Verona #7412, Fracc. Villa Verona
Zapopan, Jalisco, México. C.P. 45019
- **Dr. Carlos Mendez** | Guadalajara, Jalisco
- **Dr. Juan Eduardo Pérez De La Torre** | Antiguo Hospital Civil de
Guadalajara, Guadalajara, Jalisco, Mexico

Nuevo León

- **Dr. Miguel De La Parra** | Av. Hidalgo 2480 Pte. Col. Obispado C.P.
64060 Consultorio 212, Monterrey, N.L, Mexico

OCEANIA

AUSTRALIA

Queensland

- Dr Daryll Dunn
 - Forever will highly recommend!! 5/5! Amazing, skilled surgeon. He may come across blunt when you have your first consult but he's honest when it comes to any complications & risks that can occur. Fully covered by Medicare, stayed overnight in my own room with nurses who took the best care of me. My results are fantastic and I cannot find a single flaw. No drains and not a single complication. Extremely receptive about not wanting to be too small and left me with my desired D cup. Perfect surgery.

Sydney

- Dr Elisabeth Elder
 - Highly recommend! 5/5 Skilled surgeon with great bedside manner. Genuinely cares about her patient's overall wellbeing.
- Dr Kelly Thornbury
 - 5/5
 - Amazing bedside manner. As of July 2024, procedure cost about \$19K AUD without private health insurance. She requires overnight hospital stay and doesn't do drains. Very receptive to wanting to go small as possible. Anesthetists she works with are amazing.

Perth

- Dr. Richard Martin
 - User witchsyrap. 5/5. Dr. Martin was very professional, caring and personable. Results are great and he's done 2 other reductions in my family.
- Dr Timothy Hewitt
 - User Katya117. 5/5. Skills, knowledge, and empathy all top notch. Does reductions and mastectomies for gender diverse people.
- Dr. David Colbert
 - AVOID AT ALL COST!!!!!! I asked for Cs and got a C and a B. Gets great reviews online. I was unhappy with my results and he gaslit me and blamed everything under the sun. Shocking

ego-driven behaviour at the post surgery follow-up when I expressed concern. He was more interested in the before/after photos (nude, looking straight on) than actual physical abnormalities caused by the surgery or how I actually look in a tshirt (one breast sticks out farther). I am lopsided as a direct result of this surgery but he blames my body, my ribs, the way I'm standing, my everything, instead of actually looking at me, actually acknowledging what I am describing, and considering options for a revision. He incorrectly proclaims I was always asymmetrical (not true for the first 40+ years of my life until I gained and lost weight at age 42). His bedside manner was appalling. I paid a lot, but would have paid double for a better job with a different doctor.

NEW ZEALAND

Wellington

- Mr Marcus Bisson
 - User silverrabbit3. 5/5. Marcus was understanding and great at explaining things. Felt very comfortable with him. Results are fantastic, I asked for as small as possible and that's what I got. Public at Hutt Hospital, private through Bowen.
- Dr Sandhya Deo
 - User the-weight-is-over. 5/5. Would rate her higher if I could. Excellent bedside manner, and really delighted her results, felt like she really listened to me and what I wanted. Will include side lipo if needed at no extra cost. Does private through Wellington Plastic Surgery and public at Hutt and Wellington. Cost of private was 19K including an overnight stay at Boulcott. Prices are fixed so no unexpected extra charges if you need more care or longer surgery.
- Dr Charles Davis
 - User CookiesAndCream1000 5/5. Private through his own clinic, just search up his name. Absolutely phenomenal, could not recommend him more. He is very calming and knowledgeable, and I found him really trustworthy. He explained all the steps and complications to me, and explained what he thought the best outcome would be in proportion to my size. His price is a fixed sum of a little over 23k, which includes an initial consult fee of around \$360. This includes all consultations post the initial consultation both before surgery (if you wanted one),

all the follow ups afterwards, surgery, 1 night stay at Boulcott hospital, and all other expenses. I am so happy with my size, I told him what I wanted and he gave me exactly what I asked for. Follow ups were great, and he gave me his personal cell after the surgery in case anything happened. Definitely worth the price, he is absolutely phenomenal.

Hamilton

- Dr Winston McEwan
 - User pinealglandsrock. 5/5. Likely the cheapest surgeon you will find in NZ as Winston has his own private surgery centre which removes hospital costs. Cost was \$10,500 in late 2025. The surgical team is awesome and you feel very well taken care of. Results are excellent thus far and would heartily recommend the team for BR. No overnight stay, but requirements are you stay within 30mins of the surgery centre for the first night and have a support person pick you up and stay with you after surgery.

EUROPE

AUSTRIA

Graz

- Dr Florian Ensaf (2024)

10/10 fullest recommendation. Listens and does not make false promises. Gives time to think things over. Has a very pleasant bedside manner.

Surgery is done in a private clinic - very lovely staff and highest standards.

Aftercare: Visit and bra change the morning after surgery; then several appointments after to change bandages. Goes with steristrips and provides a very good compression bra. Can be reached day and night with questions or in case of complications.

Results: 80 G/H with wide roots and a lot of ptosis was brought to a C cup along with side lipo. The most uncomplicated requirements in aftercare I ever saw.

Cost: 8.300 € all inclusive.

Vienna

- Dr. Sandra Rigel (2023)

- Temporary_Dish_3762 - 5/5 stars.
I saw about 5 surgeons before I met Dr. Rigel.
She is very sweet.

CZECH REPUBLIC

Prague

- Dr. Lukas Frajer, Perfect Clinic (2023)
5/5
Had my 2nd reduction here after my 1st one was botched. Dr. Frajer is not a man of many words, but he did exactly what I wished and never questioned my wishes for a second. The result is a gorgeous B cup. The clinic is also extremely clean and hygienic and the nurses are all very kind. I paid about 3.5k euros all in all.

GERMANY

Berlin

- St. Marien Krankenhaus, Dr. Schirmer
CANNOT RECOMMEND. We agreed on a B cup, but he ended up taking out so little that I barely looked or felt different. Afterwards he told me he did it on purpose so that I'd look proportional 🙄
I also ended up with a nasty blood poisoning that he didn't treat.

Stuttgart

- **Marienhospital, Dr. Med. Julia Klett**
4.5/5. User:RoboticUmbrella. I had my breast reduction in 2020, so it might be a bit outdated. I had my first consultation with Dr. Klett free of charge, made pictures, and sent them off to insurance. My insurance approved of it the next week and the operation was scheduled pretty quickly, it was a bit hard to grasp. The surgeon did a great job and did it proportionately to my body (still looks great after losing weight! And it was communicated, she removed about 2.5 kg in total). I was in the hospital for 5 days where the nurses were not that helpful, sometimes even bratty towards me. They accidentally put fluids into my arm, which made my whole arm swell up, didn't believe me when I complained about the pain and didn't apologize at all.

Recovery was alright, but I got a few sore spots that would open up in random places, but usually where the tape was (I removed it too late because I was told to remove it when it falls off but the period was too long) and around my nipples. The hospital and emergency department were very helpful with that, even during COVID.

I would say the surgeon and her work was really great, but the staff at the hospital was not pleasant at all. I probably could've left early after my drainage was removed, but I wanted to be safe.

Braunschweig

- Dr. G. F. Brölsch; Löwen Ästhetik; Städtisches Klinikum Wolfenbüttel
 - Definitely 5/5 stars. I am still in early recovery as I am writing this but I know someone who has had Dr.
 - Brölsch work on them too and they are also over the moon with their results. I did 2 consults with him and he was gentle, listened closely and did not try to impose his preferred aesthetics on me. When I told him what size I was going for he was a bit surprised but immediately assured me he'd do his best to give me the result I was looking for. He has been nothing but supportive and patient. He wrote a letter for me to try to get insurance to pay for the procedure (I was turned down on basis of weight) but I ended up going private. Paid 6.8k € and from the results I have seen up to now, he is worth every penny. He's also very vigilant about aftercare and has explained everything thoroughly.

FRANCE

Paris

- Dr. Natalie Rajaonarivelo
 - User [shitsandgiggles75](#) - I would give her 5/5 stars, great office, very involved in my recovery. Her staff are extremely helpful. I had a few moments of confusion/things not super clear, but I also failed to be more vocal when I wasn't completely understanding what was going on (I'm not native French, although neither Dr Rajao or her staff had any issue with switching to English). Dr Rajao is bubbly, positive and very attentive. I went into consultations with examples of what I wanted but I never showed them as the conversations with Dr Rajao reassured me enough that she would aim for a size and shape that would compliment my body. I have a slightly complicated medical history, which she took lots of notes about

and assured me that nothing about the procedure (including preparation and recovery) would interfere with my other medical treatments. From our first meeting, Dr Rajao took photos and measurements, and followed up with my GP. I've paid 7.5k € (6 for Dr Rajao, 1.5 for the anesthetist), and from the results so far, she is worth every cent.

LUXEMBOURG

- Dr. Jean Baptiste Olivier - Institut du Sein (2022)
 - User: Perlaroses - 5/5 stars. Dr Olivier is French but also speaks very good English. I paid 5.551€ which included the surgery, 1 night hospitalization, anesthesiologist fees and 6 sessions of a led light scar treatment. He specializes in breast surgery, including reconstruction after cancer. Very kind and caring doctor!

PORTUGAL

Lisbon

- LMR Cirurgia Plastica - Dr. Alice Varanda Pereira
 - 4/5 stars. At my consultation, Dr Alice provided 3D renderings of what I might look like at different sizes. She referenced data to make recommendations on what size I am likely to be most comfortable at, as opposed to making recommendations based mostly on aesthetics. She speaks great English, which was a relief because my Portuguese is terrible (I am originally from the US). They provided a flat price cost based for surgery and recovery, which includes post-op appointments for a year, lymphatic massage, medications, compression bra, etc. Every surgery is different so cost will vary but mine was around 5,500€.
 - As of writing this, I am about 3.5 weeks post-surgery. I have received what I assume is good post-op care, I've seen specialists several times to check in which I think is rare, but I am experiencing minor surgery complications I've never heard of before, which I'm having difficulty navigating, especially given the language and cultural barrier.

SPAIN

Tenerife

- Dr Onésimo de Las Casas, Santa Cruz de Tenerife
 - 0/5, User diagonalización. He seems very friendly and honest at first and that's why I decided to have surgery with him, but it was, by far, the worst decision of my life. I told him repeatedly, at every consultation, to take out as much tissue as possible, that I didn't care about scars, nipple sensation or breastfeeding. I told him I wouldn't be happy with anything more than a small B and he told me ok. The day of the surgery, when we were about to start, he told me that he wouldn't make me too small because guys didn't like it. After the surgery, when I demanded explanations, he went on and on about "how must a woman look like", "scars are ugly", blah, blah, blah. He knows how unhappy I was and has never apologized and never stopped being a condescending *sshole. He has lied to me and my lawyers repeatedly about why he didn't listen to my wishes (he even gave me an article in which it stated clearly that what he said was BS). Heck, even when my lawyers contacted him, he told them I wasn't happy with the results because I had a diagnosed breast dysphoria (which I have not, and had proven to him with a letter from my psychiatrist before my lawyers got in contact with him).

On top of that, even if I have told him I have an history of eating disorders, he has never stopped making triggering comments, such as: "you look like a pregnant woman", "you're not too obese" (my IMC is 20 BTW), "you have an unusually large torso", etc.

The only positive note might be that he has offered another surgery for free, but, honestly, I do not trust him. I have lost weight, started at 34D and now am a... 34D. I have never been as depressed as I was after the surgery. I can't tell you how much emotional damage this man has caused me. If you're in Spain, save yourself the tears, money, and mental health and go to another surgeon.

THE NETHERLANDS

xAmsterdam

- **Dr Sander Beekmans (Bey by Bergman Clinics)**
 - I will have my (36H) surgery later this month, but both my sisters (36G and 38F) had their surgery with him and were happy with the results, but most importantly the treatment. They both spoke highly of the staff at the clinic the doctor works with, and both agreed they had no pain after the surgery and all doctors were sweet, caring and responsive.
- **Dr Laura Zaal: Velthuis Kliniek Amsterdam**
 - rating 4 out of 5 stars. user:cheetokittycato. the clinic is beautiful and professional. the staff is very friendly. in my experience the surgeons can be a bit blunt and cold but their work is good. did have a bit bad experience with a nurse but I think she was new. can reach the clinic anytime I need to and have instructions on paper. I would definitely recommend for Dutch people to go here.

UNITED KINGDOM

Leeds

- Mr Turton, NHS (also private with Nuffield)
 - Referred via my GP and I requested Mr Turton after reading reviews and looking at his work. Thorough, does beautiful work, but a bit dismissive when I warned him about my adhesive allergy. I had a hematoma but app this is very very unusual for Mr t. I find his bedside manner performative and fake, but I'm ND and am unusually sensitive to people's choice of speech and demeanor. I like my size, shape, and incisions. The Breast team at St James's hospital were so lovely and attentive, before and after the op and for several weeks on. They endured many questions and were compassionate and generous.

London

- Dr Cotrufo, 10 Harley Street
 - Amazing shape, listens to specific requirements, very skilled, minimal scarring and very explanatory. £7,000 for the breast reduction, plus £600 hospital stay and plus garments

- Judith Hunter
 - £9k, had my surgery in August 2022. She's friendly and reassuring at every stage. She made me feel comfortable, made sure I understood every stage of the process, and her reception staff are very efficient. I had zero complications and was treated very well by all staff at the hospital on surgery day.
- Dr Navid Jalalli
 - £8k on Harley Street, I really highly recommend him and his team. His PA was on call for anything I needed during recovery. Really friendly and didn't try to talk me into anything!
- [Will Sarakbi](#), Cadogan Clinic (reviewed 2025)
 - Highly recommend. Incredibly professional and skilled, has excellent reviews and treats you like an intelligent person. Cadogan Clinic is okay - the nurses are absolutely fantastic, but the non-clinical/admin staff definitely let the team down, so I recommend to stay on top of your communications/dates/times/etc. Aftercare has been good, aided by the fact that Will did such a good job so I've not needed much support following the surgery. Paid a premium £9,600 but it's absolutely worth it for the skill and expertise of the surgeon and nurses.

MIDDLE EAST

LEBANON

Beirut

- Dr. Hussein Hashim, Beirut (2023)
 - User Oslomem - 4.5/5 stars. I met with a few surgeons before I decided for surgery with Dr. Hashim, and he made me feel much more comfortable than the other surgeons that I had consultations with. He showed understanding and compassion for my issues, and spent a lot of time explaining the surgery and process with me during my first consultation. He has been professional and kind through the whole process. I also like that all pre-op and post-op

appointments are with him directly, since he has a small clinic. He is very quick to respond to text messages when I message him with any issues or questions that I have. Cost was \$5000 USD, including all fees and a day in the hospital.

Only issue (and the reason I gave 4.5 instead of 5) was with insurance - he does not bill insurance directly, so I had to pay upfront and then get reimbursed, which is tough since Lebanon is basically a cash-only country. I had pre-approval with my insurance (Cigna), so I didn't have to worry about not getting reimbursed after. His receptionists don't speak English, which has been a bit of a problem for me with scheduling appointments since I don't speak Arabic, but it's all worked out.

ASIA

SOUTH KOREA

Seoul

- Dr. Kim Kuylhee at Kangdong Hospital. Details in this reddit post https://www.reddit.com/r/Reduction/comments/1gr3wn5/south_korea_breast_reduction_experience/

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Tab 2

