



ADVANCED AESTHETICS

PLASTIC SURGERY CENTER

874 Lanier Avenue West, Suite 100

Fayetteville, GA 30214

Phone: 770.461.4000

Fax: 678.833.1431

For an appointment with Advanced Aesthetics for a breast reduction, the following information will be required:

- A documented history of your treatment and symptoms due to over large breasts for the past 3-6 months from your treating physician. Insurance companies require proof of conservative treatment and elimination of any other causes of the neck and back discomfort, skin rashes, shoulder strap grooving, numbness in the hands or fingers, poor posture, and breast heaviness/discomfort before they will consider covering breast reduction surgery. The letter must be from the treating physician, not the doctor that will perform the surgery. The information that should be documented is:
 - If you were overweight and have successfully lost the weight, did it make a difference?
 - Are you on any medications to relieve the neck and back discomfort or rashes? What medications and for how long?
 - Have you tried support bras?
 - Have you tried massage?
- The letter should also include how macromastia effects your daily life activities—difficulty exercising, sleeping, etc.—and that the treating physician believes breast reduction surgery will alleviate your symptoms.
- A copy of your evaluation by an orthopedic physician is required to exclude any other reasons for your neck and back discomfort.
- A copy of your treatment will be needed if you have seen a chiropractor or physical therapist.
- If you are over 40 years old, a copy of the report from a current mammogram.

All of this information should be documented in your medical records.

Please understand this is an insurance issue and this is the criteria by which most major insurance companies approve breast reduction surgery.

The following is a sample letter from the treating physician referring their patient to Advanced Aesthetics for breast reduction surgery:

(Name of patient) is a patient of mine and has complaints of neck and back discomfort, rashes under the breasts, heaviness, fullness, and discomfort of the breasts, poor posture, and ulnar paresthesia. We have treated her with (prescribed and over the counter medications). She has also tried the following: (please list any conservative treatments such as support bras, heating pads, ice packs, massage therapy, chiropractic adjustments, physical therapy, weight loss, etc). No treatment has given her any long term relief. She has been evaluated by an orthopedic physician who found no other cause for her discomfort and believes the cause is macromastia. In my professional opinion, breast reduction surgery is the only alternative to relieve my patient's symptoms.

Documentation you will need

- Referral from your PCP if required by insurance (usually HMO plans)
- Letter(s) from your doctor(s) (see above)
- Last mammogram report if you are over 40 years old
- Orthopedic evaluation—this evaluation is to rule out any other problems that could be causing the neck, shoulder, and back pain other than heaviness of the breasts
 - Dr. Peter Harvey does this orthopedic evaluation. 770.461.1238 (Fayetteville office)
770.968.1323 (Morrow office)
 - Your doctor can refer you to Dr. Harvey for evaluation for neck, shoulder, and back pain in reference to breast reduction.

The above documentation needs to be faxed to me at 770.603.7064 or you can bring it with you to your appointment.

Thank you.