# European Institute of Plastic Surgery Announces Enhanced Breast Reduction Services in Limassol Led by Dr. Demetris Stavrou

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Limassol, Cyprus?The European Institute of Plastic Surgery (EIPS) is reinforcing its commitment to providing advanced cosmetic and reconstructive procedures, with a focus on breast reduction services available at its Limassol branch. Dr. Demetris Stavrou, a board-certified plastic surgeon and the lead surgeon at EIPS since 2012, brings extensive experience and an artistic approach to patients seeking breast reduction surgery. The Limassol clinic at 70 Agias Fylaxeos Str offers a sophisticated and supportive environment for individuals considering this transformative procedure.

Breast reduction surgery, medically known as reduction mammaplasty, addresses the significant physical and emotional challenges faced by individuals with overly large breasts. Many women experience chronic neck and back pain, postural distortion, and daily discomfort due to excessive breast weight. Physical activities can be hindered, and skin conditions such as rashes under the breasts are common. The pressure from bra straps often leads to skin grooving on the shoulders and back, and limitations in clothing choices can affect self-esteem. The procedure aims to alleviate these symptoms by removing excess breast fat, glandular tissue, and skin, resulting in breasts that are lighter, more lifted, and better proportioned to an individual?s

body frame. Patients at the European Institute of Plastic Surgery have reported life-changing outcomes following breast reduction with Dr. Demetris Stavrou, noting improvements in daily activities and a boost in self-confidence.

Dr. Demetris Stavrou is a distinguished figure in the field of plastic surgery, holding fellowships and memberships from prestigious international bodies, including the European Board of Plastic, Reconstructive & Aesthetic Surgery (EBOPRAS) and the American Society of Plastic Surgeons (ASPS). His training spans top medical institutions in Greece, London, Melbourne, and Israel, providing him with a global perspective and refined surgical techniques. Dr. Stavrou is also an Assistant Professor at St George?s, University of London / Medical School at the University of Nicosia, underscoring his commitment to education and advancing the field. He emphasizes a patient-centered approach, ensuring individuals feel comfortable, secure, and confident throughout their surgical journey. His philosophy centers on meticulous attention to detail, which he believes is paramount in achieving optimal results in cosmetic procedures.

The European Institute of Plastic Surgery (EIPS) in Limassol operates within accredited medical centers, adhering to the high standards of safety and care mandated by European laws. The facilities are equipped with state-of-the-art medical technology, and procedures are performed in sterile, well-controlled operating rooms by highly trained staff specialized in cosmetic surgery. EIPS is dedicated to providing individualized healthcare within a luxurious and exclusive environment, aiming for every patient's comfortable and safe surgical experience.

The breast reduction procedure is tailored to each patient?s unique anatomy and aesthetic goals, which were discussed in detail during consultations with Dr. Stavrou. The surgery typically involves general anesthesia administered by a certified anesthesiologist. Incisions are strategically placed around the areola and vertically down to the infra-mammary fold to minimize visible scarring. Excess tissue is removed, and the nipple may be repositioned to a more youthful location. The incisions are then carefully closed. The surgery generally takes around three hours, and an overnight stay at the clinic may be recommended.

Recovery from breast reduction surgery is a gradual process. Patients can expect swelling and bruising, which typically subsides over weeks to months. Pain relief medication is provided, and supportive garments are worn. Light activities can often be resumed soon after surgery, though strenuous activities and heavy lifting should be avoided for several weeks. Dr. Stavrou provides detailed post-operative care instructions to facilitate healing and optimize results. While the results are generally long-lasting, significant weight changes, pregnancy, and aging can influence breast appearance.

Good candidates for breast reduction surgery are typically healthy women over 18 years of age whose breasts are fully developed and who experience physical discomfort or self-consciousness due to overly large breasts. A thorough consultation with Dr. Stavrou involves an assessment of breast condition, skin quality,

body proportions, medical history, and aesthetic objectives to determine suitability for the procedure.

The European Institute of Plastic Surgery in Limassol provides a comprehensive approach to breast reduction, from initial consultation to post-operative care, under the expert guidance of Dr. Demetris Stavrou. The aim is not only to achieve aesthetic improvement but also to enhance the overall quality of life for individuals affected by the challenges of macromastia. Those considering breast reduction surgery are encouraged to schedule a consultation to discuss their individual needs and learn more about the procedure.
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