



Uneven Breast Size: Causes, Treatment, and Effective Solutions



Breasts come in all different sizes, just like every other part of the body. But there are some women who have **uneven breasts**. This change occurs subtly and is usually imperceptible to most women.

Some women experience more pronounced unequal than others, with one breast appearing larger or shaped differently to its counterpart. Although this is perfectly normal, it might be a source of stress or embarrassment for some ladies and so they turn to various plastic surgery solutions.

This blog will explore the **causes of uneven breast size**, how it can affect one personally as well as on body image, and what treatment options exist for women looking to balance out their breasts.



## Why Do Some Women Have Uneven Breasts?

There are a number of reasons behind the asymmetry in breast size that a woman might actually come across. A variety of factors can contribute to these causes, which can be either biological, hormonal or may stem from other sources like injury or medical conditions. Following are some common reasons:

- **Natural Development**

It is normal for them to be asymmetrical. It is fairly common during puberty for breasts to develop at different rates, with one growing before the other. For the most part, they will equalize with time, however in some cases one breast may not stick to the same pattern causing asymmetry in the future.

- **Hormonal Changes**

Breast size can also change throughout a woman's life due to hormonal fluctuations. One thing you will notice particularly during this time (menstruation, pregnancy, menopause) is the cycle. Due to hormonal shifts, one breast may swell more than the other, resulting in temporary or permanent size variation.

- **Pregnancy and Breastfeeding**

Women may experience changes in the size and shape of breasts due to pregnancy and breastfeeding. Women may also battle with lopsided milk output, causing one breast to be bigger than the other. There can even be a size difference in your breasts after nursing because of changes in tissue and elasticity.

- **Weight Fluctuations**

As the breast consists of fatty tissue, gaining or losing weight can affect the size and shape of the breasts. For example, because fat is distributed throughout the body chances are one of that area came to be more dominant than the other which creates a noticeable difference. Because they can sometimes shrink or grow at different rates, breasts also don't necessarily end up the same size.

- **Trauma or Surgery**

Traumas or surgeries in the breast region could additionally result in asymmetry. For instance, lumpectomies, mastectomies or other surgeries of the breast may lead to one breast with a smaller or shaped differently and others. Similarly, scarring from one breast may therefore appear different from the other.

- **Medical Conditions**

In some cases, having different sized breasts may be due to underlying medical conditions. A rare congenital condition, Poland Syndrome, could be the reason for an underdeveloped breast. And tuberous breasts can lead to varying asymmetry — where one breast is a different shape or size than the other.

- **Aging**

As women grow older, their breasts may begin losing some of the elasticity and fullness they once had. The rate at which this process occurs in each breast might also not occur evenly and one of the breasts could end up drooping sooner, or the other become smaller.



## How to Get Rid of Unequal Breast Size?

This can be embarrassing for women and make their wardrobe or social life uncomfortable with numerous treatment options out there for those who feel self-conscious due to different sized breasts.

- **Breast implant**

Breast implants can provide a longer-term solution for women who seek breast symmetry. To create a more symmetrical look, the smaller breast can be made larger with the help of breast implants.

At times, women may opt for implantation in both the breasts to attain the desired size and symmetry. This allows the breast augmentation surgery to be tailored to the specific needs of each woman, and should provide an outcome that is much more natural in shape and balance.

The [cost for breast augmentation in India](#) varies on types of implant and the clinic you choose, but it remains quite affordable as compared to other countries so a lot of people opt to get this done through medical tourism.



## **Breast Fat Transfer (Fat Grafting)**

A different choice for females searching for a somewhat even breast symmetry is a [breast fat transfer](#). To create more symmetry, fat can be taken from another part of the body (e.g. abdomen or thighs) via liposuction and injected into the smaller breast. It is a type of natural enhancement without implants, and it can produce very good results.

- **Breast Lift (Mastopexy)**

If the difference in size is caused by sagging or lack of firmness with one breast, a breast lift may be the best solution. [Breast Lift](#) — this procedure lifts up your breasts, repositions the breast tissue and nipple higher for a more balanced and youthful-looking appearance. Also, a breast lift with augmentation is generally used in some cases to enhance the shape and size of the breasts.

- **Breast Reduction**

A [breast reduction](#) is also an option for women whose breasts are uneven with one having significantly more volume than the other. The whole process takes away extra fat, glandular tissue, and pores and skin from the larger breast for a more balanced size. When performing breast reduction in India, patients often benefit from including a lift as part of the procedure to help facilitate the most flattering outcome possible.



## How Divine Cosmetic Surgery Can Help Ensure Proper Breast Symmetry?

Divine Cosmetic Surgery, India also provides the best [breast augmentation cost in India](#) or any other breast surgeries by keeping it as low priced as feasible to become one of the most reputed cosmetic surgery hospital in India. When it comes to issues as complex as breast implants in India or solving breast asymmetry, you can count on us to solve your issues and provide striking results!

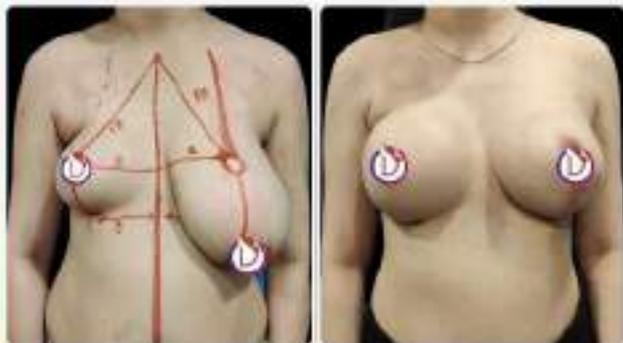
- **Conclusion**

Many women suffer from uneven breast size, but it should not be causing self-consciousness or discomfort. There are several treatment options like breast augmentation, lift, or reduction, that can help solve your problems. [Contact us today](#) to learn more about those treatment options.

## Before and After

### ASYMMETRIC BREAST TREATMENT

- 1. 300 CC Implants with Fat Injection (100 ml) Right Breast.
- 2. Breast Reduction (500 gm reduction)



RESULT AFTER 3 WEEKS

### ASYMMETRIC BREAST IMPLANT

- 355 CC Implants and One Side Areola Lift



AFTER 12 DAYS RESULT

### ASYMMETRIC BREAST IMPLANT

- 365 CC Implants with Areolar Lift on Left Side for Symmetry



RESULT AFTER 2 WEEKS