



Jessica Wang, MD
Plastic Surgeon

Dear Patient,

Thank you for your interest in scheduling a breast reduction consultation with Dr. Wang. We are happy to assist you through the process.

Before we can schedule your consultation, our office and most insurances require that the following criteria be met. Please note that these are **office requirements, which may differ from the requirements of your specific insurance company**. Meeting these criteria helps ensure that your consultation and potential insurance submission can proceed as smoothly as possible.

Our office requirements for scheduling a breast reduction consultation include:

- A current Body Mass Index (BMI) of **35 or below**.
- Non-Smoker (including cigarettes, vaping, or other nicotine products).
- **Documentation of non-surgical treatment**, typically including at least **3–6 months** of attempted treatments such as physical therapy, chiropractic care, pain management, supportive bras, or other physician-directed care.
- A **primary care provider note** from the last 6 months documenting **persistent symptoms** related to breast size (such as neck pain, back pain, shoulder pain, shoulder grooving, rashes, or posture issues).
- Your **most recent breast imaging report** if you are age 40 or older (or earlier if recommended by your physician).

Once you have obtained the required documentation, please email them to our office info@columbiaaesthetic.com, so we can review your information and assist you with scheduling your consultation.

Once we have received all the necessary documentation, we will contact you for an appointment. Thank you!