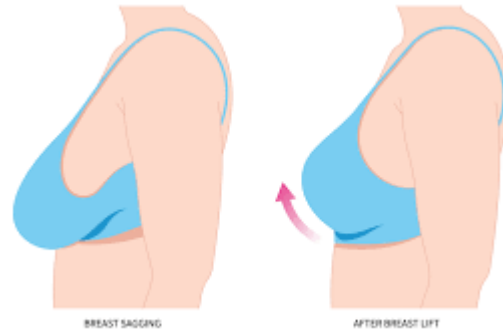




BREAST LIFT

- **Introduction**
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Introduction

A **breast lift**, also known as mastopexy, raises the breasts by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour.

A breast lift can rejuvenate your figure with a breast profile that is more youthful and uplifted. A woman's breasts often change over time, losing their youthful shape and firmness. These changes and loss of skin elasticity can result from:

- Pregnancy
- Breastfeeding
- Weight fluctuations
- Aging
- Gravity
- Heredity

What Breast Lift Surgery Can't Do

Breast lift surgery does not significantly change the size of your breasts or round out the upper part of your breast. If you want your breasts to look fuller, consider breast lift and breast augmentation surgery.

If you want smaller breasts, consider combining breast lift and breast reduction surgery.

Who Is A Good Candidate For Breast Lift Surgery?

Breast lift surgery is a highly individualized procedure. You should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image.

You may be a **candidate for breast lift surgery** if:

- You are physically healthy and maintain a stable weight
- You are bothered by the feeling that your breasts sag or have lost shape and volume
- Your breasts have a flatter, elongated shape or are pendulous
- When unsupported, your nipples fall below the breast crease
- Your nipples and areolas point downward
- You have stretched skin and enlarged areolas
- One breast is lower than the other

What Should I Expect During A Consultation For Breast Lift Surgery?

During your **breast lift consultation**, be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Previous surgeries
- If you have a family history of breast cancer
- The results of any mammograms or previous biopsies

Your surgeon may also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine your breasts and may take detailed measurements of their size and shape, skin quality and placement of your nipples and areolas
- Take photographs
- Discuss your options
- Recommend a course of treatment
- Discuss likely outcomes of breast lift surgery and any risks or potential complications
- Discuss the use of anesthesia during your breast lift

What Questions Should I Ask My Plastic Surgeon About Breast Lift Surgery?

Use these questions as a guide during your **breast lift consultation**:

- Am I a good candidate for this procedure?
- Where and how will you perform my procedure?
- What surgical technique is recommended for me?

- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- How will my ability to breastfeed be affected?
- How can I expect my lifted breasts to look over time? After pregnancy? After breastfeeding?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

What Are The Risks Of Breast Lift Surgery?

The decision to have plastic surgery is extremely personal, and you'll have to decide if the benefits will achieve your goals and if the **risks and potential complications of breast lift surgery** are acceptable.

You will be asked to sign consent forms to ensure that you fully understand the procedure and any breast lift risks and potential complications.

These risks and others will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

Breast Lift and Breast Implant Placement

Some women may want to consider placement of a breast implant in addition to the breast lift.

An implant can provide improved upper breast fullness or cleavage. Implants can be placed at the same time or as a second procedure, depending on the experience of the surgeon.

How Should I Prepare for Breast Lift Surgery?

In **preparing for breast lift surgery**, you may be asked to:

- Get lab testing or a medical evaluation
- Take certain medications or adjust your current medications
- Get a baseline mammogram before surgery and another one after surgery to help detect any future changes in your breast tissue
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

What Are The Steps Of A Breast Lift Procedure?

Your **breast lift procedure** can be achieved through a variety of incision patterns and techniques.

The appropriate technique for you will be determined based on:

- Breast size and shape
- The size and position of your areolas
- The degree of breast sagging
- Skin quality and elasticity as well as the amount of extra skin

Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

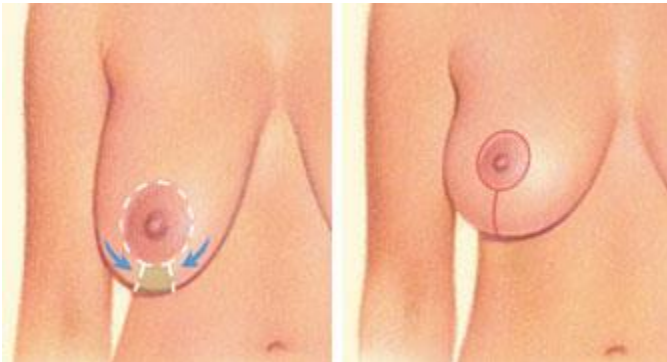
Step 2 – The incision

There are three common incision patterns:

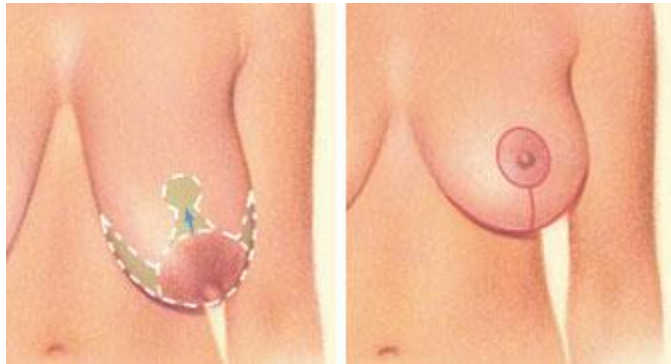
Around the areola



Around the areola and vertically down from the areola to the breast crease



Around the areola, vertically down from the breast crease and horizontally along the breast crease



Step 3 – Reshaping your breasts

After your doctor makes the incisions:

- The underlying breast tissue is lifted and reshaped to improve breast contour and firmness.
- The nipple and areola are repositioned to a natural, more youthful height.
- If necessary, enlarged areolas are reduced by excising skin at the perimeter.
- Excess breast skin is removed to compensate for a loss of elasticity.

Step 4 – Closing the incisions

After your breasts are reshaped and excess skin is removed, the remaining skin is tightened as the incisions are closed.

Some incision lines resulting from breast lift are concealed in the natural breast contours; however, others are visible on the breast surface

Sutures are layered deep within the breast tissue to create and support the newly shaped breasts. Sutures, skin adhesives and/or surgical tape may be used to close the skin.

Step 5 – See the results

The results of your breast lift surgery are immediately visible.

What Should I Expect During My Breast Lift Recovery?

During your **breast lift recovery**, dressings or bandages will be applied to the incisions after the procedure is completed.

You'll need to wear an elastic bandage or support bra to minimize swelling and support your breasts as they heal.

A small, thin tube may be temporarily placed under the skin to drain any excess blood or fluid that may collect. You will be given specific instructions that may include:

- How to care for your breasts following surgery
- Medications to apply or take orally to aid healing and reduce the potential for infection
- Specific concerns to look for at the surgical site or in your general health
- When to follow up with your plastic surgeon.

What Results Should I Expect After Breast Lift Surgery?

The **results of your breast lift surgery** are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade.

_ Satisfaction with your new image should continue to grow as you recover from surgery. The final results of your breast lift will appear over the next few months as breast shape and position continue to settle. The results of your breast lift surgery will be long-lasting.

Breast Lift Surgery And Pregnancy

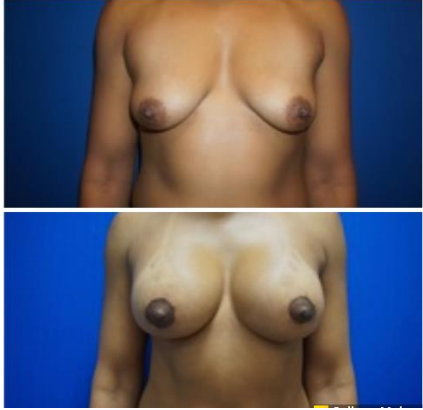
Breast surgery should be entertained after child bearing is completed.

Changes that occur in the breasts during pregnancy can minimize or reverse the improvement a breast lift provides.

Likewise, significant weight loss after breast surgery can negatively impact breast appearance.

Before & After Photo





Visual Animation  [Adi care 007](#)

FOR APPOINTMENT

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