



## breast uplift (*mastopexy*)

When considering cosmetic surgery, it is important that you are fully informed on all aspects of the procedure that you are seeking.

### What is mastopexy?

Breast uplift (also known as mastopexy) removes excess sagging skin in order to lift, reshape and firm your breast, and hence produce a more youthful breast contour.

A simple way to think about saggy breasts is as follows:

- At one time, you may have been happy with your breasts. Perhaps they were a size B-cup and firm (i.e. B-cup breasts in B-size skin).
- Following pregnancy etc, your breasts are still the same size but seem to have lost a lot of their firmness and are saggy (B-cup breasts in C or D-cup size skin).
- Breast uplift alone allows you to go back to B-cup breast in B-cup size skin.
- Breast uplift with a breast implant would allow you to have a C-cup breast size in C-cup size skin.

### Why do breasts sag?

- Loss of skin elasticity with age.
- The natural effects of gravity.
- Loss of breast volume following weight loss.
- Changes in breast size associated with pregnancy and breast-feeding.

### Who is suitable for breast uplift?

- Women who are happy with the size of their breasts but who consider them to be droopy or pendulous.
- Women who consider their breasts to be both too small and too saggy.

### What to think about at this stage?

It is important that, before you see the surgeon, you consider what you are trying to achieve from your surgery. In particular, you must decide whether you just want your breasts uplifting, or whether you wish for your breasts to be made larger also.



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## How is breast uplift performed?

- The operation is performed under general anaesthesia.
- It takes about two to three hours.
- Most patients stay in hospital for one night. If your work is not physical, expect to return to work after two to three weeks.
- Expect to be back to full normal physical activity within four to six weeks.
- At consultation the surgeon will advise upon the best option for you.

Basically there are three incision types:

- Around the lower half of the areola.
- In the natural crease under the breast.
- Through the armpit.

Having made the incision, the implant can be placed either:

- Around the areola.
- Vertically, running from the areola to the breast crease.
- Around the areola, vertical and along the natural horizontal crease of the breast.

If you decide that you want your breast making larger, your surgeon can insert a breast implant at the time of the uplift. The size and type of these implants will be discussed with you at consultation.

## Following the operation

As with all surgery, you must expect to feel bruised and sore. Your breasts are likely to be swollen. You may be asked to sleep on your back and to avoid straining or bending for a few weeks. You have to wear a support bra for six weeks. Most patients are able to fully resume normal activity within three to four weeks.

Any sutures are removed after seven days. The scars will fade over a period of time. In many women, they heal to form very faint white lines in twelve to eighteen months. However, it is important to remember that no surgical scar ever totally disappears.



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## Risks and complications

Whereas cosmetic surgery is generally safe, all patients must understand and accept that no surgical procedure is absolutely free from risk. At consultation, your surgeon will discuss these risks with you.

## How long will the results of your breast uplift last?

For the majority of women, the results last for many years, certainly until an age where the woman would not wish for any further minor corrections.

## Factors that may reduce this period include:

- Women with larger heavier breasts tend to sag again somewhat earlier.
- Women who opt for larger implants.
- Women who gain significant amounts of weight following surgery.
- Women who become pregnant again may get significantly larger breasts that sag again.
- Women who are reluctant to wear well-fitted bras on a regular basis.