

## **Breast Lift or mastopexy**

Breast lift or Mastopexy surgery refers to a group of elective surgical operations designed to lift or change the shape of a person's breasts. Mastopexy may involve repositioning the areola and nipple, as well as lifting the breast tissue and removing skin. Mastopexy may be performed alone, or in combination with placement of breast implants; when implants are used, the procedure is typically called breast augmentation. The change that a mastopexy affords to the position, shape and distribution of existing breast tissue is temporary, as the effects of gravity and aging continue, causing ptosis to recur over time.

### **Candidates**

Any woman. After losing weight, having children or getting older, as breasts may have begun to hang low down, point downwards or lose firmness.

### **Procedures**

#### Full breast lift

The full breast lift involves an incision along the crease underneath the breast, incisions around the areola, and a vertical incision between the areola and the base of the breast. This incision is sometimes called an anchor incision or inverted T. This traditional technique is widely used because it consistently produces the desired shape and position of the breast on the chest wall. In this technique, excess skin is removed, the breast is elevated and frequently, the size of the areola is reduced. This approach allows maximal change to the breast.

#### Modified breast lifts

Modified or limited breast lifts were developed to produce the intended results with less scarring. These techniques use fewer incisions. The potential drawback is that there can be less change made to the breast's shape. Modified mastopexies are frequently done together with breast augmentation.

### **Recovery**

You will probably be required to stay in hospital overnight, take roughly two weeks off work and avoid strenuous exercise for six weeks. Your breasts will need support and it is advised to wear a sports bra or similar. There will be some bruising and swelling which may take a few weeks to settle and sutures, if needed, will be removed approximately one to two weeks after breast uplift surgery.

### **Risks**

Initial scarring should settle after a few months, but may remain raised and red. You may also experience a loss of feeling in your nipples and/or breasts, and asymmetrical nipples.