

# BREAST LIFT

Enhance and Elevate



## Knowledge is Beautiful

A breast lift, also known as mastopexy, will raise and tighten sagging, deflated-appearing breasts. A breast lift will also correct the “bottomed out” appearance of the breasts. Following breast lift surgery, your breasts will have a more youthful shape and contour.

### BREAST LIFT MAY BE RIGHT FOR YOU IF:

- You have pendulous breasts that are of satisfactory size
- Your breasts lack firmness
- Your nipples and areolas point downward and are positioned below the breast crease
- You are healthy and have realistic expectations

A breast lift can be performed at any age, but plastic surgeons usually recommend waiting until breast development has stopped. Pregnancy may have significant and unpredictable effects on the size and shape of your breasts. Nevertheless, many women decide to undergo breast-lift surgery before having children. The majority of the milk ducts to the nipples are left intact, so breast-lift surgery typically will not affect your ability to breast-feed; however, you may need to supplement breastfeeding with formula-feeding. If you have a strong desire to maximize your ability to breast-feed, you should discuss this with your plastic surgeon.

### A MEMBER OF THE AESTHETIC SOCIETY

There is nothing more important than choosing the right plastic surgeon. With a member of The Aesthetic Society, you can rest easy, knowing you are in good hands.



### BEYOND BOARD CERTIFIED

Unlike some plastic surgeons, members of The Aesthetic Society are board-certified by accredited boards, like the American Board of Plastic Surgery (ABPS) in the US, which require the highest level of education, training, and experience.

Do not be confused by other official-sounding boards and certifications. The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name.



\*If you live outside the United States or Canada, check your surgeon's affiliation with the International Society of Aesthetic Plastic Surgery (ISAPS). Canadian plastic surgeons are certified by the Royal College of Physicians and Surgeons of Canada.

## Preparing For Surgery

Preparation for surgery begins after your plastic surgeon examines you and discusses the details of the procedure. You may be asked to undergo a medical evaluation or to have lab tests prior to surgery. In some instances, your plastic surgeon may recommend a baseline mammogram before surgery. Following a breast lift, you will still be able to perform breast self-examination. Drinking lots of water before and after surgery is essential for safe recovery and optimal outcomes.

### BEFORE YOUR PROCEDURE, YOUR SURGEON WILL DISCUSS WITH YOU:

- The impact that smoking and tobacco products have on your surgery. Your surgeon may recommend that you stop smoking and using other tobacco products, including nicotine patches, gum, and nicotine-containing electronic cigarettes before surgery.
- The importance of avoiding aspirin, nonsteroidal anti-inflammatory medications (NSAIDs: Advil, Motrin, Aleve), and vitamins or homeopathic regimens before surgery, since these products can increase bleeding.

A breast lift may be performed on an outpatient basis or with a brief hospital stay, usually no longer than one night. Whether you are released the day of surgery or the following day, you should arrange for someone to drive you home and to stay with you for the next day or two.



Your surgeon will provide complete instructions on preoperative and postoperative care. Read the instructions carefully to ensure that you fully understand them and know what to expect before, during, and after your procedure.

# Procedural Steps

## STEP 1 | ANESTHESIA

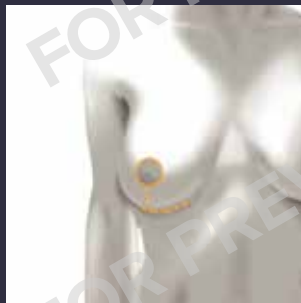
A breast lift is usually performed under general anesthesia but may be done under local anesthesia with intravenous sedation. Medications are administered for your comfort during the surgical procedure, which your surgeon will discuss with you.

## STEP 2 | THE INCISIONS

A commonly performed breast-lift technique uses incisions that follow your breast's natural contour. The incisions encircle the areola, extend vertically down the breast, and may extend horizontally along the crease underneath the breast. There are other breast-lift techniques that are limited to incisions around the nipple. The use of any particular pattern of incisions depends on your individual characteristics and your surgeon's recommendation. The resulting scars, which are permanent, will fade over time.



The incision is typically around the areola ("donut incision"), or depending on your level of drooping, can be around the areola and then vertically down from the areola to the breast crease ("lollipop lift" or "keyhole incision").



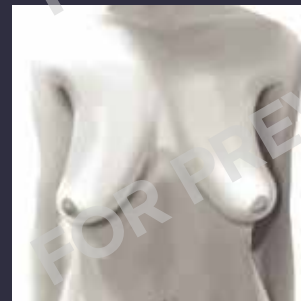
Incisions follow your breast's natural contour, defining the area of excision and the new location for the nipple. Variations in the placement of incisions may be used, depending on individual patient factors and the surgeon's recommendations.

## STEP 3 | THE PROCEDURE

During the procedure, excess breast tissue, fat, and skin are removed, and your nipples and areolas are repositioned higher on your breasts. If your areolas are large, they may be reduced in size at the same time. Your own breast tissue is reshaped to a more youthful and uplifted position. Skin that was formerly located above the nipple is brought down and together beneath the nipple to drape over the newly remodeled breasts. Liposuction may also be used to improve the contour under your arms in the detail of the breasts. In some instances, a small drain may be placed. Typically, absorbable sutures do not require removal. During this procedure, the nipples and areolas remain attached to underlying mounds of breast tissue; this helps to preserve breast and nipple sensation. The ability to breast-feed may also be preserved by this method, although this cannot be guaranteed. Some patients may require breast implants to increase breast size or fullness.

## STEP 4 | THE RESULTS

After surgery, your breasts will be firmer, fuller, and uplifted. Your areolas and nipples will be positioned higher on your breasts. The resulting scars are permanent but will heal and fade over time.



Before surgery. A breast lift elevates and reshapes loose, sagging breasts.



After surgery, your breasts will be positioned higher and feel firmer. The resulting scars are permanent but will fade over time.



## Recovery, Safety and Risks

Immediately following your operation, your breasts may be wrapped in gauze dressing or placed in a soft surgical bra. You may be instructed to wear a supportive bra for several weeks. Swelling and discoloration are to be expected but will gradually subside. You may experience decreased breast or nipple sensation immediately after surgery. Typically, the greatest amount of discomfort is experienced within the first forty-eight hours following breast-lift surgery. The level of discomfort usually diminishes day-by-day and may be effectively treated by various pain medications. After surgery, you and your caregiver will be given detailed instructions about your postsurgical care, including drains (if they have been placed), normal symptoms you may experience, and signs of potential complications.

The day after surgery, you will be encouraged to be out of bed and performing light activities; heavy lifting is not recommended. After several days, you will be able to move about more comfortably. You should avoid strenuous exercise, straining, bending, and lifting until cleared to do so by your plastic surgeon. You should be able to return to work within a week after surgery. Normal activities are usually resumed in two or three weeks.

### SURGERY RISKS

All surgery has risks and potential complications. Your surgeon will go over this information with you. Be sure you understand these potential complications before proceeding with any surgical procedure, as no surgeon can offer risk-free surgery or guarantee a perfect result.

## Final Results

A breast lift will make your breasts firmer, fuller, and more uplifted. Following this procedure, many patients experience an enhanced self-image. You may find that you feel more comfortable in your clothing and are more confident about your appearance. While it is important to have bra support after the operation, most patients can enjoy clothing that does not require use of a bra after surgery.

### HOW LONG WILL THE RESULTS LAST AFTER A BREAST REDUCTION?

Unless you gain or lose a significant amount of weight or become pregnant, your new breast shape should remain fairly constant. However, gravity and the effects of aging will eventually alter the size, shape, and position of every woman's breasts.

### MAINTAINING A RELATIONSHIP WITH YOUR PLASTIC SURGEON

Anticipate follow-up care at prescribed intervals after surgery, at which time your progress will be evaluated. Many surgeons encourage their patients to come back for periodic checkups to observe and discuss the long-term results of surgery. Final results, including scar appearance, are achieved at one year.

Please remember that the relationship with your plastic surgeon does not end when you leave the operating room. If you have questions or concerns during your recovery or need additional information at a later time, you should contact your plastic surgeon.



# Questions to Ask My Surgeon



## FEEDBACK ABOUT MY CASE, GOALS, AND PROCEDURE

1. Am I a good candidate for a breast lift?
2. Are my desired results reasonable and realistic?
3. Do you have breast lift before-and-after photos?
4. Where do you plan to make the incision(s) and will the scars be visible?
5. Am I a candidate for liposuction with my breast-lift procedure?
6. Do you recommend implants to help improve the shape and size of my breasts? If so, what kind of implants will be used?
7. What kind of anesthesia will be administered?
8. What are the costs associated with my breast lift?
9. What can I do to help get the best results?

## POSTOPERATIVE QUESTIONS

1. What kind of recovery period can I expect, and when can I resume normal activities?
2. How can I expect my breasts to look over time?
3. What are the risks and complications associated with my procedure?
4. How often and what types of revisions are needed after a breast-lift procedure?

## Your Next Step

After reading about breast lifts, you understand more about what this procedure is and what it can do for you. Your plastic surgeon will tell you whether you are a good candidate for the procedures that interest you and the kind of results you can expect. Your surgeon will also provide detailed information about risks, possible complications, and potential benefits. Advances are constantly being made in the field of cosmetic plastic surgery, and your plastic surgeon may also present his or her preferred variations to the surgical techniques described in this booklet. If there is a cosmetic procedure that you have heard about from another source, such as a magazine article, TV program, or on social media, ask your plastic surgeon whether it will benefit you. If there are any problems or safety concerns, your surgeon will alert you to those issues.

Above all, confide in your plastic surgeon by thoroughly discussing your goals, expectations, and concerns. Your plastic surgeon's most important job is to help you safely and comfortably achieve physical well-being and satisfaction with your appearance.

For more information about cosmetic medical procedures, visit [theaestheticsociety.org](http://theaestheticsociety.org), the most comprehensive collection of information online.



With a member of  
The Aesthetic Society,  
you can rest easy,  
knowing you are  
in good hands.

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