



## Breast Lift

Breast lift is a procedure used by many women to lift the bust-line to restore firmer and fuller breasts. Weight loss, pregnancy, breastfeeding and ageing are some of the factors that can contribute to loss of shape in the breasts.

Breast lift lifts the bust line but does not increase the size of the breast and is therefore often done at the same time as breast augmentation. When done in combination with breast augmentation implants can help to increase fullness in the upper pole of the breast.

There are several different ways to perform breast lift surgery which will be discussed with your surgeon during your consultation. In each case skin is removed from the breast and the nipple is raised to give a higher bust line.

### Frequently asked questions:

Who is it for?

What can I expect?

What does surgery involve?

What will recovery look like?

What are the possible risks or complications?

### Who is it for?

- Women who have dropping in the breast and who are unhappy with them.
- Women who have had a change in shape of their breasts due to weight loss, pregnancy, breast feeding or ageing.
- Women who would like a raised bust-line.

### What can I expect?

With the bust-line being lifted women can expect firmer breasts with a more youthful appearance. This has a great effect on the contours of the body and can really improve self-confidence.

### What does surgery involve?

You will need to have a consultation with your surgeon to decide on how your procedure will be done as there are several different ways to perform breast uplift surgery. During surgery excess skin is removed from the breast to raise, reshape and firm the breast.



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The surgery requires general anaesthetic, usually lasts for 1-2 hours and will require an overnight staying hospital.

### What will recovery be like?

Many women say that the sensation after surgery is more uncomfortable than painful. If however you do experience pain then you will be prescribed painkillers. Your breasts may be bruised and swollen after surgery.

You will be advised not to fly for 10 days. It is best to return to work after 1-2 weeks unless you have a very strenuous or active job in which case you may be advised to take a longer time of work. You will wear a light dressing which needs to be kept dry until you have your follow up consultation with your surgeon.

This will be between 7 – 10 days after your surgery. After this it is often advisable to wear a sports bra for a few weeks to really help to keep the breasts in shape. There will be slight scarring which will still be pink for 1-2 months but which may take many months to completely reduce.

### Are there any risks involved?

Breast Augmentation is one of the most commonly performed cosmetic procedures and generally is done without complications. All surgery however does carry an element of risk.

Complications can include capsular contracture where scar tissue hardens around the implant or rupture of the implant when a hole develops. With the introduction of newer implants both of these risks are now reduced. From time to time women can experience changes in sensation. The nipple can become more or less sensitive.

This is almost always temporary and lasts for a few months but rarely this can be permanent. All of these risks are minimized by experienced surgical technique, specialist care and by using highly qualified surgeons and nursing staff.

The risks are also minimized by making sure that you are in good general health before your operation. Your consultation with your surgeon will give you advice on how best to achieve this as well as letting you know of any risks which may apply to you.