



Your comprehensive guide to

BREAST LIFT SURGERY

Breast Lift Surgery

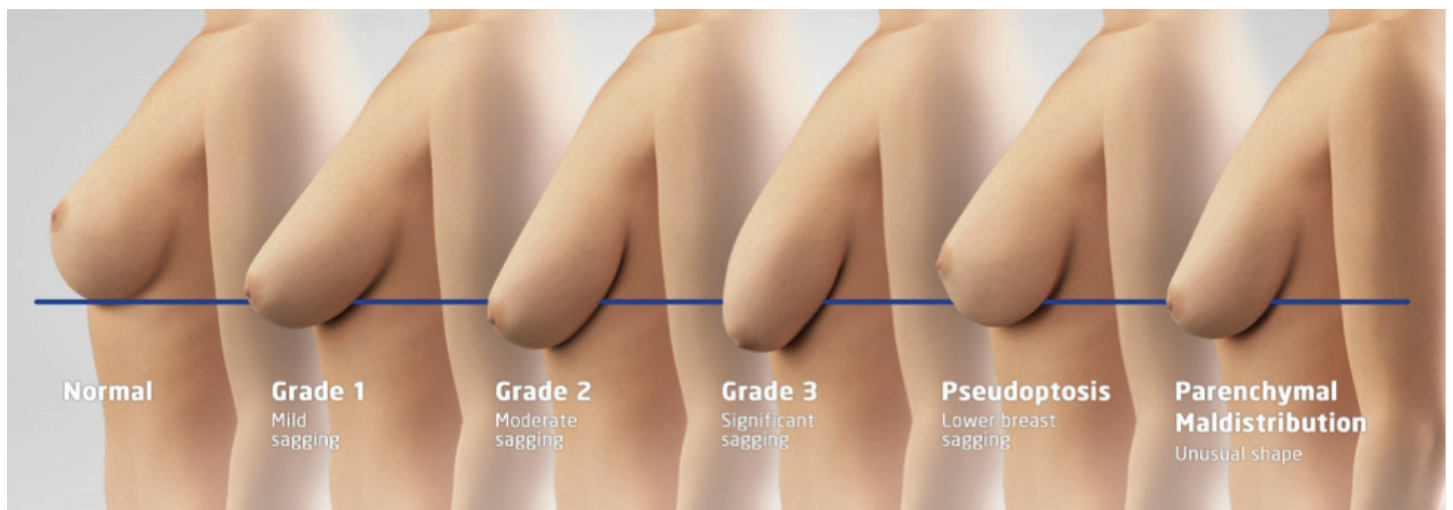
Breast lift, or Mastopexy, is designed to recreate the appearance of firm and more youthful breasts. Whether from childbirth and breastfeeding, changes in weight, gravity, or the natural aging process, a woman's breasts will change over time. These factors can result in sagging breasts losing their elasticity and firmness, a condition known as ptosis.

Depending on the specific problems to be addressed, a breast lift procedure may consist of one or multiple discrete procedures:

- Tighten skin to eliminate the sagging effect.
- Reduce the size of the areola to keep them in proportion to the newly shaped breasts.
- Move the nipple higher up on the breast so it is approximately even with the lower crease of the breast.

In some cases, when there has been significant loss of breast tissue, a breast augmentation can be performed in conjunction with the breast lift. A breast lift won't significantly change the size of your breasts. However, a breast lift can be done in combination with breast augmentation or breast reduction.

Breast Lift Considerations



A breast lift can be performed at any age, however it is recommend that women wait until breast development has stopped, a stable weight is achieved, and no future pregnancies are planned. Pregnancy and breast-feeding may have significant and unpredictable effects on the size and shape of your breasts.

A breast lift can be performed on breasts of any size. Women with smaller sagging breasts will likely have longer lasting results. Larger breasts are heavier, which makes them more likely to sag again.

The following conditions could indicate that breast lift surgery is right for you:

- Have breasts that lack substance or firmness.
- Have breasts that are loose and sagging (breasts are flatter and longer).
- Have one breast that falls lower than the other.
- Have nipples and areolas that point downward (fall below your breast creases).
- Have areolas stretched out of proportion to your breasts.

During the consultation, you will be asked about your desired breast shape and size. Your surgeon will discuss with you how your nipples and areolas will be repositioned. You should mention anything else about your breasts that you would like to see improved. This will help your surgeon to understand your expectations and determine whether those expectations can be met.

Depending on your age, or if you have a history of breast cancer in your family, your surgeon may also recommend a baseline mammogram before surgery and another mammographic examination some months after surgery. This will help to detect any future changes in your breast tissue. Following a breast lift, you will still be able to perform self-breast examinations. Breast lift surgery will not increase your risk of developing breast cancer.

Breastfeeding is a consideration, as well. Since the milk ducts and nipples are left intact, breast lift surgery will not typically affect your ability to breastfeed, however some women might have difficulties producing enough milk. If you have concerns about breastfeeding after a breast lift surgery, you should discuss this with your surgeon.

Breast Lift Options:

There are several common techniques that may be utilized during a breast lift procedure. The size and shape of your breasts, size of your areolas, extent of sagging, and the desired outcome of the patient are factors that will help your surgeon determine the best technique for you. Incisions may be made in one of three ways:

- Around the areola.
- Vertically downward from the bottom edge of the areola to the crease underneath the breast.
- Horizontal beneath the breast and follows the natural curve of the breast crease.

When fuller, rounder breasts are the goal, a combination breast lift and breast augmentation surgery may be necessary. There are several methods available for breast augmentation, including saline and silicone implants, as well as autologous fat transfer.

When smaller breasts are the goal, a combination breast lift and breast reduction may be recommended. During the breast lift procedure, extra breast tissue will be removed. The remaining tissue and skin will then be lifted and firmed.

You and Dr Flynn will discuss which method is best for your desired outcome and individual circumstance.

Procedure — What to Expect

After a breast lift, your breasts will likely be covered with gauze and a surgical support bra. Commonly, drains are not necessary. You will be able to move around normally; however, actions that involve lifting, straining, or strenuous exercise should be avoided until the breasts have completely healed.

You may be instructed to sleep on your back to avoid pressure on your breasts. Pain medication and antibiotics may be prescribed to help alleviate discomfort and reduce the risk of infection. Sexual activity should be limited during the two weeks after surgery.

Recovery — What to Expect

You will have an appointment at 7 days to have your wounds checked and an appointment 3 weeks following your surgery to remove the tape dressing over your wounds. All sutures are below the surface of the skin and dissolve over several months.

You will be instructed to wear a support bra for six weeks, until the swelling and discolouration of your breasts diminish. Your breasts will be swollen and bruised for about two weeks. You'll likely feel pain and soreness around the incisions, which will be red or pink for a few months. You may notice that you feel less sensation in the nipple and areola areas. Sensation loss is usually temporary and may take weeks, months or even more than a year to return to normal. Occasionally it may be permanent. Your breasts may also require some time to assume a more natural shape.

Breast Lift Scars

The breast lift procedure will leave some scarring along the incision sites. While scars are permanent, they will soften and become thin and white within one to two years. The scarring will generally follow along the natural lines of the breast and can usually be hidden by bras and bathing suits. The extent of the scars will depend largely on your body's ability to heal. Scarring is usually more extensive in smokers.

Breast Lift Results

The results from a breast lift should be long lasting. Once corrected, the breasts should remain relatively stable, assuming the patient's weight does not fluctuate greatly. Pregnancy and breast feeding following your operation will affect the long term results. Maintaining a stable, healthy weight can help you retain your results. Over time skin inelasticity due to aging and gravity may make another procedure necessary to retain the desired results.

Breast Lift Surgery Risks

Each year thousands of women undergo successful breast lift surgery, experience no major problems and are pleased with the results. Significant complications from a breast lift are infrequent; however, make sure you understand what surgery involves, including possible risks, complications and follow-up care. Breast lift surgery poses various risks, including:

- Diminished sensitivity or permanent loss of sensation in the nipples or areas of breast skin.
- Irregularities or asymmetry in the shape and size of the breasts. (This could occur as a result of changes during the healing process, or surgery might not successfully correct pre-existing asymmetry).

- The areolas (the pigmented area around the nipples) may appear uneven.
- Rarely, the blood supply to the nipple or areola is interrupted during a breast lift. This can damage breast tissue in the area and lead to the partial or total loss of the nipple or areola in severe cases.
- Rarely, poor healing can cause scars to become thick and wide.
- Difficulty breast-feeding. Revisionary surgery may sometimes be helpful in certain instances where incisions may have healed poorly.

Like any major surgery, a breast lift surgery poses a risk of bleeding, infection and an adverse reaction to anaesthesia. It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure.

You can help minimise certain risks by following the advice and instructions of Dr John Flynn, both before and after your breast lift surgery. If you have any concerns about the risks involved with the breast lift surgery, please consult Dr Flynn or his experienced team at Cosmedic & Skin Clinic.

Breast lift surgery cost

A breast lift at Cosmedic & Skin Clinic starts from \$11,250. The cost for breast lift surgery may vary from patient to patient. A more precise surgery cost will be provided during your initial consultation with Dr John Flynn.





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