



## **BUFFALO PLASTIC SURGERY**

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### Breast Lift (Mastopexy) Introduction

A breast lift, also known as mastopexy, raises the breasts by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour.

#### What is breast lift surgery?

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New statistics from the American Society of Plastic Surgeons show breast lifts have grown 70% since 2000, outpacing breast implants 2-to-1.

Sometimes the areola becomes enlarged over time, and a breast lift will reduce this as well.

A breast lift can rejuvenate your figure with a breast profile that is more youthful and uplifted. A woman's breasts often change over time, losing their youthful shape and firmness. These changes and loss of skin elasticity can result from: pregnancy, breastfeeding, weight fluctuations, aging, gravity, genetics.

#### What breast lift surgery can't do

Breast lift surgery does not significantly change the size of your breasts or round out the upper part of your breast. If you want your breasts to look fuller, consider breast lift and breast augmentation surgery.

If you want smaller breasts, consider combining breast lift and breast reduction surgery.

#### You may be a candidate for breast augmentation surgery if:

- You are physically healthy and maintain a stable weight
- You do not smoke
- You are bothered by the feeling that your breasts sag or have lost shape and volume
- Your breasts have a flatter, elongated shape or are pendulous
- When unsupported, your nipples fall below the breast crease
- Your nipples and areolas point downward
- You have stretched skin and enlarged areolas
- One breast is lower than the other

Breast lift surgery is a highly individualized procedure and you should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image.

## In preparing for breast lift surgery, you will be asked to:

- Get lab testing and a medical evaluation
- Maintain your nutrition and begin multivitamin supplements
- Get a baseline mammogram before surgery
- Stop smoking
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

Be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night after

## Results

You will notice a dramatic difference in the shape and position of your breasts immediately following your procedure. You may continue to notice a change in the appearance of your breasts as swelling decreases. It may take up to one year before the final results from your procedure are apparent. Although you will have permanent scars following a breast lift, the scars may slowly fade to thin, white lines with time. Nipple sensation can change with any breast surgery and may become less, more, or completely numb. Potential complications include undesirable scarring, infection, bleeding, nipple or skin loss, and asymmetry. It is important to realize that if you become pregnant after having a breast lift, the effects of pregnancy and breast feeding may affect the results and cause your breasts to sag and change shape. A breast lift cannot stop the aging process, but it can improve the position of your breasts and create the shapelier appearance that you desire for years to come.

## Recovery

Breast lift procedures are typically done in outpatient surgery facilities, meaning you should be ready to go home the same day, usually within one to two hours following surgery. Before you leave, your Dr. Dawli will fit you with a compression dressing or bra to help reduce swelling by preventing fluid buildup, as well as provide comfort and support as you heal. You will also be prescribed medication to manage your pain for the first few days and as needed. It is a good idea to allow yourself several days to recover before resuming your daily activities. Be sure to follow your surgeon's recovery plan, including activity and lifting restrictions, to avoid complications and allow your body time to heal.

If surgical drains are present, they, along with any bandages, will likely be removed within the first week following surgery, while any non-dissolvable stitches may stay in place for seven to ten days. Dissolvable sutures will be absorbed by the body in about four to eight weeks. You may experience some minor pain, bruising, and swelling, as well as numbness around the areola, all of which should decrease in several weeks.