

BREAST LIFT

Over the years, factors such as pregnancy, nursing, and the force of gravity take their toll on a woman's breasts. As the skin loses its elasticity, the breasts often lose their shape and firmness and begin to sag.

Breast Lift, or mastopexy, is a surgical procedure to raise and reshape sagging breasts—at least for a time. Mastopexy can also reduce the size of the areola, the darker skin surrounding the nipple.

Why choose Breast Lift Surgery?

Over time, a woman's breasts begin to sag and the areolas become larger. All surgery carries uncertainty and risk. If your breasts are small or have lost volume—for example, after pregnancy—breast implants inserted in conjunction with mastopexy can increase both their firmness and their size.

If you're considering a breast lift, this brochure will give you a basic understanding of the procedure—when it can help, how it's performed, and what results you can expect. It can't answer all of your questions, since a lot depends on your individual circumstances. Please be sure to ask Dr. Soberanes if there is anything about the procedure you don't understand.

Candidates for Breast Lift

A breast lift can enhance your appearance and your self-confidence, but won't necessarily change your looks to match your ideal or cause other people to treat you differently. Before you decide to have surgery, think carefully about your expectations and discuss them with your surgeon.

Breast Lift can enhance your appearance. Incisions outline the area of skin to be removed and the new position for the nipple. The best candidates for mastopexy are healthy, emotionally-stable women who are realistic about what the surgery can accomplish.

The best results are usually achieved in women with small, sagging breasts. Breasts of any size can be lifted, but the results may not last as long in heavy breasts. Many women seek mastopexy because pregnancy and nursing have left them with stretched skin and less volume in their breasts. However, if you're planning to have more children, it may be a good idea to postpone your breast lift. While there are no special risks that affect future pregnancies (for example, mastopexy usually doesn't interfere with breast-feeding), pregnancy is likely to stretch your breasts again and offset the results of the procedure.

Breast Lift (Mastopexy) - Series

Incisions - Breast Lift (mastopexy) is usually performed for drooping breasts, which may occur after a woman has had children. Mammograms (breasts X-rays) and a routine breast exam are required before surgery.

Procedure - Breast-revision surgery is performed while you are deep asleep and pain-free (using general anesthesia), in either an outpatient facility or in the hospital. Incisions are made along the natural creases in the breast and around the dark pink skin surrounding the nipple (areola). A keyhole-shaped incision above the areola is also made to define the new location of the nipple. Skin is then removed from the lower section of the breast. The areola, nipple, and underlying breast tissue are moved up to higher position. The nipple is moved and incisions are closed with stitches (sutures).

Results - After surgery, a bulky gauze dressing is wrapped around the breasts and chest. Sometimes a surgical bra is used. Pain is controlled by medication, and usually subsides in a day or two. Most patients stay in the hospital for two days. Thee dressing is replaced by a soft bra within thee first week, and it must be worn for several weeks. Generally, the swelling and discoloration around the incisions subside within a few days. There may be temporary loss of sensation in the breast skin and nipple after surgery. The condition improves with time. Within two weeks of surgery, stitches (sutures) are removed.