



Aura

ADVANCED SKIN CARE
& PLASTIC SURGERY

BREAST LIFT SURGERY

BREAST MASTOPEXY

What is a Breast Lift Surgery?

Breast lift surgery, also known as a mastopexy, is a rejuvenation procedure that creates a more youthful profile of the breasts by surgically lifting breasts that droop or are deflated from aging or pregnancy.

Breast lift surgeries are often combined with other popular breast procedures. For those interested in enlarging and lifting their breasts, breast augmentation plus a breast lift may be an option. For those interested in decreasing their breast size but creating a perkier breast profile, a breast lift may be added to a breast reduction surgery.

Good candidates include those who have lost breast volume and firmness due to:

- Pregnancy
- Age
- Drastic weight loss
- Breastfeeding
- Genetics

Who is a Good Candidate for Breast Lifts?

Those who are in overall good health, don't smoke and feel that their breasts have become droopy or lack the volume and perkiness they once had are likely great candidates for a breast lift surgery.

HOW IS A BREAST LIFT DONE?

Before the Procedure

Meet with a Surgeon

First, you will need to meet with a board certified plastic surgeon. This is important because board certified plastic surgeons must meet rigorous qualifications and standards to receive their certification after completing four years of medical school and several more years of residency. Be wary of physicians who are certified by medical boards other than plastic surgery as they do not have the same extensive training.

During your surgeon visit

During your visit with the surgeon, you will discuss your issues and concerns. A good surgeon will carefully listen to your wishes and help you know if a breast lift is the right procedure for you.

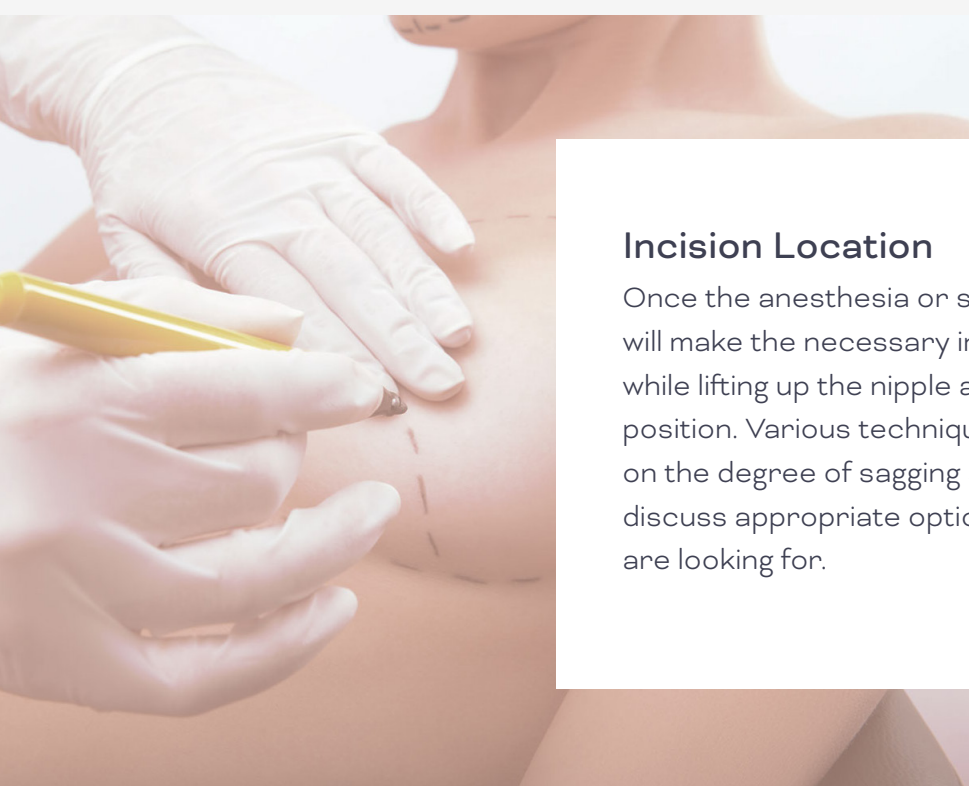
During your Pre-Op Visits

During your pre-op visits you'll also discuss your expectations, any medical conditions and medications you take. Pictures will likely be taken to document before and after results as well as outline the expected results of the procedure. Labs and a mammogram may also be required to detect any pre-existing conditions in case special considerations need to be taken. Pre-op instructions will likely include when to stop eating and drinking before the procedure, and when to arrive for your procedure.

The Procedure

Anesthesia & Sedation

Breast lifts are performed at an outpatient surgical center or hospital under general anesthesia or IV sedation. The average time-frame for breast lift surgery is approximately two hours. It may be longer if combined with other procedures.



Incision Location

Once the anesthesia or sedation has taken effect, your surgeon will make the necessary incisions and remove any excess skin while lifting up the nipple and areola into a more appropriate position. Various techniques and incision locations exist depending on the degree of sagging and one's body type. Your surgeon will discuss appropriate options and which will give you the results you are looking for.

Breast Lift Technique

The nipple and areola typically remain attached to underlying breast tissue to preserve sensation and the ability to breastfeed. However, if augmentation or reduction is being performed in addition to the breast lift, sensation and the ability to breastfeed may be disturbed. The remaining skin is then tightened around the areola and fastened deep in the breast tissue for long-lasting support. The incision sites will be then be closed with sutures and skin adhesive or tape.

Post Operation

Once the procedure has been completed, you'll be held in the recovery room until you wake up from the anesthesia or sedation.

Unless you are staying in a special post-op suite or the hospital, you will need to arrange for someone to drive you to and from surgery and stay with you the first few nights to help you recover.



WHAT IS RECOVER FROM A BREAST LIFT LIKE?

After the Surgery is Complete

After the surgery is complete, the chest may be wrapped in gauze dressings, an elastic bandage, or support bra for comfort, support and to minimize swelling. Occasionally, drains will be present to help reduce swelling and prevent blood and other fluids from building up under the tissues.

Your surgeon will give you specific post-operative care instruction so be sure to follow them closely. Follow up appointments are usually scheduled within a few days to monitor your healing.

As you Recover over time

You'll be sore and some daily activities like putting on a shirt, bathing or reaching for something from the cabinet will be difficult for a few days or weeks. Plan to have someone else around to help with some daily activities, especially if you have young kids or animals to take care of. Exercise and other types of physical activities will not be allowed for a few weeks. Your surgeon will give you specific instructions on when you can return to certain activities.

WHAT ARE THE RESULTS & BENEFITS OF A BREAST LIFT?

Results & Benefits

After the bandages come off

The final results from a breast lift may not be fully visible for a few weeks due to the swelling that naturally accompanies these types of surgeries. However, a difference is usually noticeable once the bandages are removed.

Usually within a week after the surgery, you'll have your first follow up visit to assess your progress and remove drains and other bandages if it is time.

Breast Lift Benefits

- More aesthetically pleasing breasts
- Enhanced fullness and profile of the chest
- Improved self-confidence & body image
- Sensual and balanced body contour

WHAT RISKS COME WITH BREAST LIFT?

Risks are present with any type of procedure or medical treatment. Knowing what risks you may face will help you weigh the pros and cons so you can make the right decision for you. Your surgeon will go over risks that may be more specific to you but in general here are some risks associated with breast lifts:



Breast Lift risks

- Infection
- Bleeding
- Blood Clots
- Skin discoloration from scarring or bruising
- Challenges breastfeeding
- Chronic Pain
- Adverse reactions to anesthesia or sedation medication

LIST OF QUESTIONS TO ASK DURING CONSULTATION

- ❓ Is the surgeon a Board Certified Plastic Surgeon?
- ❓ Are there any steps I can take to help me prepare for my surgery?
- ❓ What surgical technique would be best for me?
- ❓ Are there breast lift before-and-after photos of individuals with a similar body type as mine so I can see what a similar outcome might be for me?
- ❓ Are there any risks and complications specifically associated with my breast augmentation procedure?
- ❓ Will I be going home afterward or staying overnight?
- ❓ Will I be given any medication after the surgery?
- ❓ How should I expect to feel immediately following and for the first few days after the procedure?
- ❓ What will the bandages and dressings be like and for how long will I have to wear them?
- ❓ What is the typical time-frame for recovery?
- ❓ What daily activities should I avoid during recovery and for how long?
- ❓ Will I need help during my recovery? What kind and for how long?
- ❓ Is there a number I can call in case complications arise?
- ❓ How often will follow up visits be?
- ❓ Will stitches need to be removed? If so, when?
- ❓ What's the expected time-frame for healing? When can I expect to see the final results?
- ❓ Where will the surgery be performed?
- ❓ If it is a hospital, is it accredited by the Joint Commission? You can check at www.qualitycheck.org
- ❓ If it is an office-based surgical facility and not a hospital, is it accredited by a nationally or state-recognized accrediting agency? Specifically, the Accreditation Association for Ambulatory Health Care (AAAHC) and The Joint Commission? You can check at <http://www.aaahc.org/>