

Breast Lift

Over time, the effects of gravity along with the loss of the skin's natural elasticity begin to have an effect on the appearance of a woman's breasts. These factors, combined with pregnancies and nursing will often cause the breasts to lose their youthful shape and firmness.

A breast lift, or mastopexy, is a cosmetic procedure designed to raise and reshape sagging breasts for a more youthful appearance. Mastopexy can reduce the extra skin and give the breasts a firmer shape and feel. The procedure can also reduce the size of the areola (the darker skin surrounding the nipple). In some cases, a breast augmentation is performed in conjunction with a mastopexy, which affords patients the ability to increase both firmness and size.

- How is a breast lift performed?**
- How long is the recovery period?**
- What are the risks and long-term considerations?**
- What other procedures should I consider?**

How is a breast lift performed?

A breast lift is usually performed as an outpatient procedure under a general anesthetic. The design of the incision will vary, depending upon how much lift is desired. For those patients with only a minimal amount of sagging and smaller breasts, the incision may simply involve an incision around the nipple, or a "lollipop" incision around the nipple and then vertically down beneath the breast. In those patients with larger breasts, or who need a more aggressive lift, the incision will be located around the nipple, a small vertical incision, and an incision in the crease under the breast.

Technically, a breast lift involves moving the nipple and breast tissue to a higher level on your chest so that the nipple will lie at the level of the breast fold. The skin below the nipple is then tightened and contoured to your new shape.

How long is the recovery period?

The length of time it takes to recuperate after breast lift varies depending on the procedure performed and the patient. But on average most patients will be able to return to work in 5 to 7 days.

What are the risks and long-term considerations?

Complications are uncommon but may include bleeding, infection, numbness, uneven positioning of nipples and widening of scars. Scars can be covered even beneath bathing suits and low-cut tops.

Women considering breast lifting should also be aware that breast lifts do not last forever. Those factors which contributed to the loss of firmness and drooping in the first place will influence the longevity of the result. Most women maintain a good result for 5 to 10 years.

What other procedures should I consider?

Many women considering a breast lift would also benefit from breast augmentation. Once the breasts are made firmer with a lift, they may actually appear smaller. During your consultation with Dr. Butterfield, we will discuss this option.