

## Mastopexy (Breast Lift)

### What is a Mastopexy?

A Mastopexy is a cosmetic surgical procedure designed to lift “sagging” breasts and improve their shape.

### Would this procedure be suitable for me?

A mastopexy is suitable for women who would like an improvement in their breast shape and nipple position, without volume reduction. It is also suitable for women with skin laxity following pregnancy and breast feeding.

### Can I breast feed after having this procedure?

Whilst the breast tissue remains intact and breast feeding is possible, any volume increase in breast size during pregnancy, may affect the long term results.

### How is the procedure performed?

Mastopexy is performed in a similar way to a Breast Reduction, without removing breast tissue. The breast is recontoured into a new shape removing excess skin. The nipple remains attached to breast tissue and is appropriately repositioned.

### What are the complications of this procedure?

Scars are the inevitable result of this procedure and are usually located around the nipple and under the breasts. These fade with time and most women believe the benefits are worth it.

### Will I be hospitalised and what is the recovery period?

In most cases, mastopexy is performed under a general anesthetic in our Day Surgery Centre or hospital environment. The recovery period varies from person to person, but most people return to daily activities within two weeks. No strenuous activity is advised for four to six weeks.

### What results can I expect?

The aim is to improve the shape and position of the breasts. It is very important patients have realistic expectations regarding the outcome of their surgery.