

Breast Lift - Mastopexy

Over the years, factors such as pregnancy, nursing, and the force of gravity will take their toll on a woman's breasts. As skin loses its elasticity, the breasts often lose their shape and firmness and begin to sag. Breast lift is designed to elevate the breasts and give them a more youthful appearance. A breast lift may also be completed in conjunction with breast enlargement surgery (augmentation).

The best candidates for a breast lift procedure are healthy, emotionally-stable women who have realistic goals and expectations.

Dr. Gahankari is highly trained in breast lift surgery, and will provide quality care and excellent results.

Reasons for Considering a Breast Lift:

Elevate the breasts due to sagging caused by the effects of aging and gravity.

Firm the breasts if they have lost substance due to pregnancy and subsequent breast-feeding.

Re-align your nipples/areolas if they point down or to the side.

Bring back natural suppleness after weight loss.

General Procedure

Breast lift procedure can be performed without the addition of breast implant if there is adequate breast tissue left. Dr Gahankari will determine this taking into consideration your preference about the size and proportion of your body. During the procedure he will reshape it by removing excess skin to produce a higher, firmer breast. However if there is inadequate breast tissue to produce a breast of your desired size, an implant might be necessary during the procedure. The techniques and scars of breast up lift procedure are very similar to a breast reduction, except that in most cases with added implants, the scars can be restricted to just around the nipples (Benneli's technique). Recent innovations in breast lift techniques include minimal incision techniques and nipple sensation reducing procedures.

The risks of breast up lift procedure are similar to that of reduction procedure and include scars, infection, haematoma, asymmetry and some degree of nipple insensitivity. Capacity to breast feeding may be impaired after this procedure.

Recovery Process

Generally, post-operative instructions call for plenty of rest and limited movement in order to speed up the healing process and recovery time. Bandages are applied right after surgery to aid the healing process and to minimize movement of the breasts. Once the bandages are removed, the patient will need to wear a specialized surgical bra for several weeks. Patients sometimes report minor pain associated with surgery which can be treated with oral medication. While complications are rare, patients can minimize potential problems by carefully following the post-operative directions given by the surgeon.

[Download FAQs](#)

[Download Printer Friendly Version](#)