

Procedures

Breast Uplift (Mastopexy)

What are the issues?

Breast development during adolescence does not always result in 'normal' or symmetrical breasts. Although a degree of asymmetry between breasts is very common, a significant difference or unusual shape of one or both breasts can be disfiguring. This in turn can profoundly impact self-confidence and social development.

Then with age, the effects of gravity and the loss of skin elasticity, the breasts drop (ptosis) and frequently lose volume. Similar changes can occur after pregnancies, with or without breastfeeding, and following significant weight gain or weight loss. However breast asymmetry and irregular shape are often a developmental abnormality, with no specific cause.

Breast reshaping and lifting, known as mastopexy, can give the breasts a more youthful shape and position. The procedure can be used in treating breast asymmetry along with breast reduction and breast augmentation.

What can the procedure achieve?

It is possible to reshape the breast into one which looks younger and feels firmer. At the same time, the breast can be elevated to a more normal position on the chest wall.

The breast itself is remodelled into a tighter cone and the nipples are re-positioned to a higher level so that they lie at the apex of the new breast shape. Any surplus skin is removed from underneath the nipple area. Mastopexy can also reduce the size of the areola (the darker skin surrounding the nipple) if required.

In cases of breast asymmetry, a mastopexy may be combined with a breast reduction to lift both breasts to the same position and achieve the same size. Alternatively, it is also possible to combine a mastopexy with the placement of implants, should you want to increase the size of your breasts as well as lifting them.

What is right for me?

Mastopexy is an effective procedure to improve the shape of the breast and can also be used when planning surgery for breast asymmetry.

If you are unhappy with the shape of your breasts particularly after pregnancy or in later life, breast reshaping can help you. You should discuss the shape you want to achieve with your surgeon in advance. If you want to increase the size of your breasts, you may have to combine reshaping with the placement of implants.

Breast reshaping is best considered once you have completed your family. Future pregnancies can eliminate the benefits of the operation and there is a risk you will not be able to breast feed subsequently.

Your surgeon will be happy to discuss what you want to achieve and help you decide if breast reshaping is right for you.

What are the limitations?

Mastopexy can improve the appearance of your breast but cannot always recreate the shape your breasts were in the past.

It is not possible to recreate the natural supporting structures of the breast with surgery. Therefore, on its own, a mastopexy may not add to the fullness of your breasts above the nipple.

In common with all cosmetic surgery procedures, a mastopexy will not stop the clock. Your breasts will continue to age and will eventually sag again. It may be possible to have a further lift many years later, should you wish to.

If you opt to have implants placed at the same time as a mastopexy, the extra weight may accelerate the drooping process although augmentation of a small breast may help keep the breasts relatively high. Supporting your breasts as much as possible with a well-fitting bra will help counter the effects of gravity over time.

It is usually best to have breast reshaping once you have completed your family. Although there is no risk for future pregnancies, becoming pregnant is likely to stretch the breast again and reduce the beneficial effects of the procedure.

All surgery to the breast will leave permanent scars. It may be possible to limit the extent of scarring; for example by performing a 'vertical scar' or 'Le Jour'-type procedure. Your surgeon will discuss this fully with you before the operation.

What are the risks?

No surgery is risk-free. The risks of breast reshaping are similar to those described for breast reduction.

As with any major operation under general anaesthetic, there is a small risk of chest infection and thrombosis in the veins in your legs (DVT). While you may be given preventive treatment to reduce these risks, you can help reduce your risk by coming off the contraceptive pill before your operation and stopping smoking. You should not consider any non-urgent surgery if you are pregnant.

Bleeding

The breast contains many blood vessels and there may be some bruising following the procedure. Occasionally, a more significant bleed occurs and a haematoma (blood collection) develops within the breast. Should this occur, you will be taken back to the operating theatre to have the blood washed out and the bleeding vessel resealed. This would not normally delay your discharge and should not affect the longer-term outcome of the surgery.

Infection

Occasionally, an infection develops a few days after surgery. This normally results from the bacteria that are lying dormant in the ducts of the breast. It can cause part of the wound to break down which in turn prolongs the healing period and may worsen the quality of the final scars. Infections are usually treated with a short course of antibiotics.

Pregnancy

There is a risk that you may not be able to breast feed after breast reshaping surgery.

If you decide to have silicone implants at the same time, you should consult our information on breast augmentation, which describes the added risk of this procedure. The risk of infection around the implant is somewhat higher when a mastopexy is combined with an implant, as opposed to using an implant alone.

Unfavourable scars

The scars following breast uplift surgery usually settle very well. In some women, however, areas of the scar may stretch, become thickened or cause itching. These may require special treatment to help them settle. Your surgeon will always try to leave you with neat scars that are as short as possible.

Effect on the nipple

As part of a breast uplift procedure, the nipple is elevated to a better position. As a result of this process, the nipple may become numb and this may be permanent. In very rare circumstances, the nipple may not survive this repositioning and can be lost. Stopping smoking is very important in minimising this risk.

Call us
0844 939 6363
www.beyou.co.uk

What can I expect afterwards?

Following surgery your breasts will be swollen and may bruise. Simple painkillers are usually all that is necessary and often patients will go home on the first day after surgery.

Stitches

Most wounds will be closed with buried, dissolving sutures. Occasionally, some stitches may require removal, usually around two weeks after the operation.

Scars

Surgical scars are initially red in colour and gradually fade as time passes. This process may take six to twelve months following your operation but can take up to two years.

Getting back to normal

We recommend that you take two weeks off work to recover from the operation. You should refrain from strenuous exercise such as swimming for a month to six weeks afterwards.

Contact Us

For information and appointments please contact us and we will be happy to help.

t: 0844 939 6363

f: 01506 602632

e: info@beyou.co.uk

w: www.beyou.co.uk

Call us
0844 939 6363
www.beyou.co.uk