



**Marianne Mertens, MD**

Sint Michielskaai 8

Antwerp Belgium

Phone: +011 (32) 32481466

# BREAST LIFT

What is a Breast Lift?

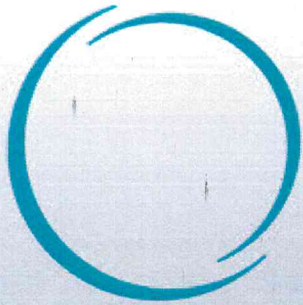
Consultation & Preparing for Surgery

The Procedure

Risks & Safety

## Recovery After Surgery / Results

Cost



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# WHAT IS A BREAST LIFT?

Also known as mastopexy, a breast lift raises the breasts by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour. Sometimes the areola becomes enlarged over time, and a breast lift will reduce this as well. A breast lift can rejuvenate your figure with a breast profile that is more youthful and uplifted.

A woman's breasts often change over time, losing their youthful shape and firmness. These changes and loss of skin elasticity can result from:

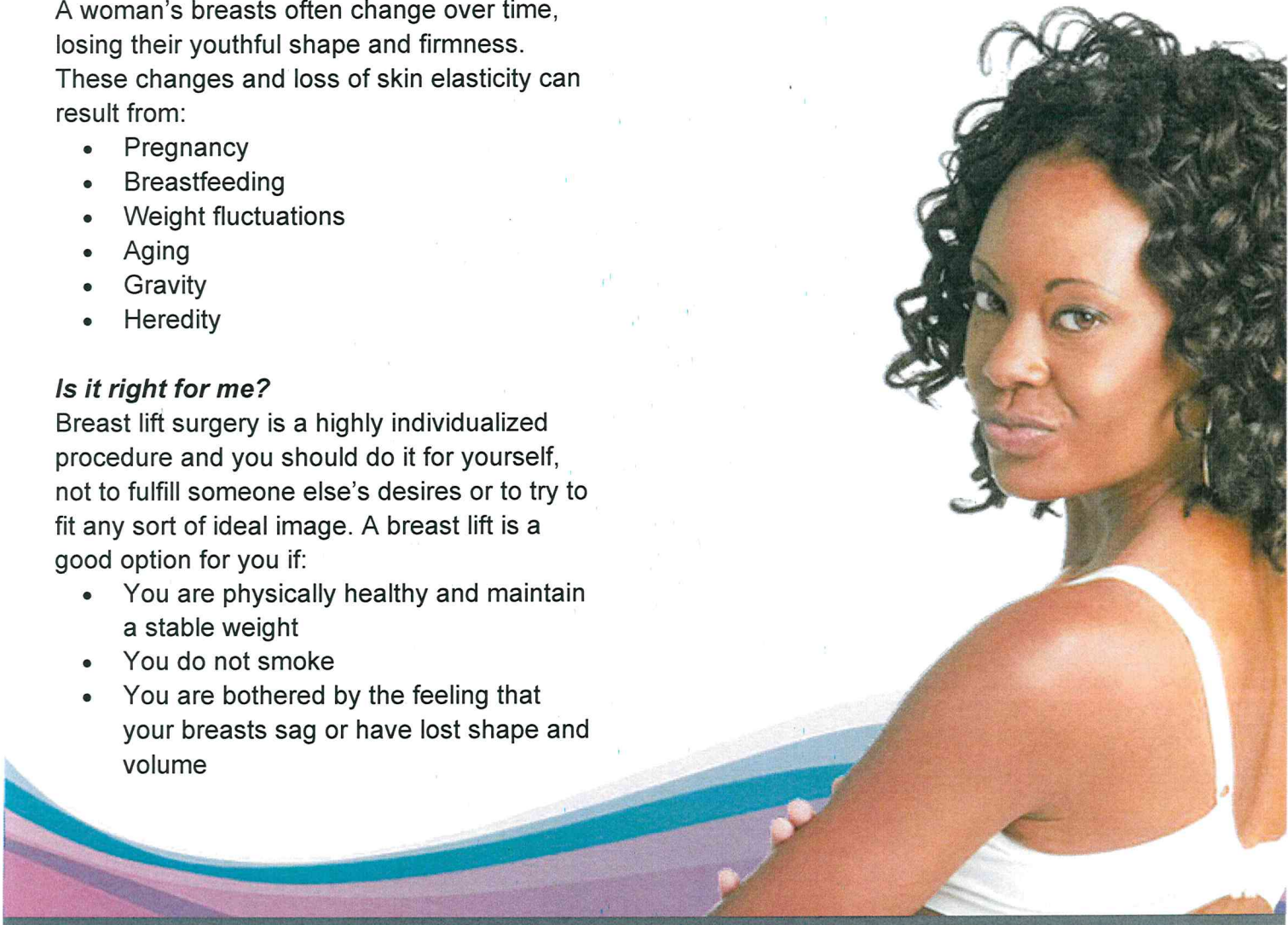
- Pregnancy
- Breastfeeding
- Weight fluctuations
- Aging
- Gravity
- Heredity

## ***Is it right for me?***

Breast lift surgery is a highly individualized procedure and you should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image. A breast lift is a good option for you if:

- You are physically healthy and maintain a stable weight
- You do not smoke
- You are bothered by the feeling that your breasts sag or have lost shape and volume

- Your breasts have a flatter, elongated shape or are pendulous
- When unsupported, your nipples fall below the breast crease
- Your nipples and areolas point downward
- You have stretched skin and enlarged areolas
- One breast is lower than the other



# CONSULTATION & PREPARING FOR SURGERY

## ***During your consultation be prepared to discuss:***

- Your surgical goals
- Medical conditions, drug allergies, and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco, and drug use
- Previous surgeries
- If you have a family history of breast cancer
- The results of any mammograms or previous biopsies

## ***Your surgeon may also:***

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine your breasts and may take detailed measurements of their size and shape, skin quality, and placement of your nipples and areolas
- Take photographs
- Discuss your options
- Recommend a course of treatment
- Discuss likely outcomes of breast lift surgery and any risks or potential complications
- Discuss the use of anesthesia during your breast lift

## ***Prior to surgery, you may be asked to:***

- Get lab testing or a medical evaluation
- Take certain medications or adjust your current medications
- Get a baseline mammogram before surgery and another one after surgery to help detect any future changes in your breast tissue
- Stop smoking
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding

Breast lift surgery may be performed in an accredited office-based surgical center, outpatient or ambulatory surgical facility, or a hospital. Be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

Be sure to ask your plastic surgeon questions. It's very important to understand all aspects of your breast lift procedure. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.



# THE PROCEDURE

Your breast lift surgery can be achieved through a variety of incision patterns and techniques. The appropriate technique for you will be determined based on:

- Breast size and shape
- The size and position of your areolas
- The degree of breast sagging
- Skin quality and elasticity as well as the amount of extra skin

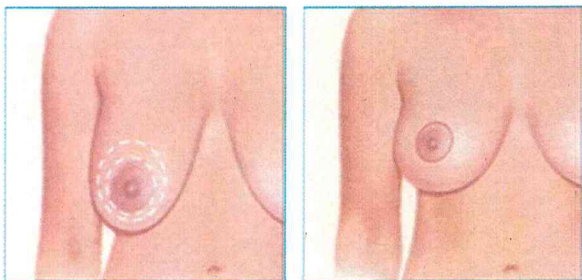
## **Step 1 – Anesthesia**

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

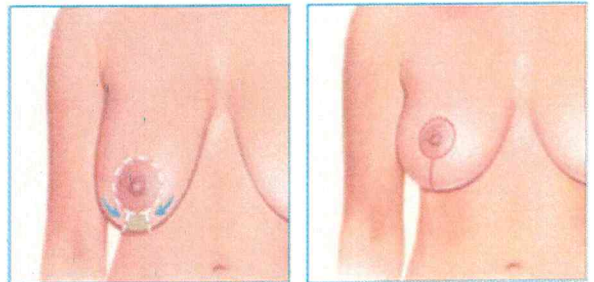
## **Step 2 – The incision**

There are three common incision patterns:

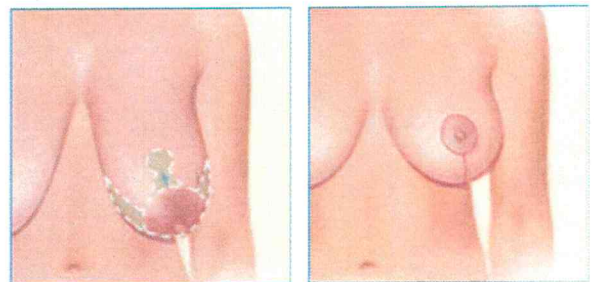
- Around the areola



- Around the areola and vertically down from the areola to the breast crease



- Around the areola, vertically down from the breast crease and horizontally along the breast crease



## **Step 3 – Reshaping your breasts**

After your doctor makes the incisions:

- The underlying breast tissue is lifted and reshaped to improve breast contour and firmness.
- The nipple and areola are repositioned to a natural, more youthful height.
- If necessary, enlarged areolas are reduced by excising skin at the perimeter.
- Excess breast skin is removed to compensate for a loss of elasticity.



# THE PROCEDURE

*(Continued)*

## **Step 4 – Closing the incisions**

After your breasts are reshaped and excess skin is removed, the remaining skin is tightened as the incisions are closed. Some incision lines resulting from breast lift are concealed in the natural breast contours; however, others are visible on the breast surface. Incision lines are permanent, but in most cases will fade and significantly improve over time.

Many women desire the smallest scar possible. However, your plastic surgeon will recommend the incisions that best suit your anatomy. Listen to your surgeon and do not diminish your result by demanding an incision that will not be appropriate for you.

Sutures are layered deep within the breast tissue to create and support the newly shaped breasts. Sutures, skin adhesives and/or surgical tape may be used to close the skin.

## **Step 5 – See the results**

The results of your breast lift surgery are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Satisfaction with your new image should continue to grow as you recover and realize the fulfillment of your goal for breasts that have been restored to a more youthful and uplifted position.



# RISKS & SAFETY



The decision to have breast lift surgery is extremely personal. You'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable. You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications.

**The risks include:**

- Anesthesia risks
- Bleeding or hematoma formation
- Infection
- Poor healing of incisions
- Changes in nipple or breast sensation, which may be temporary or permanent
- Breast contour and shape irregularities
- Breast asymmetry
- Fatty tissue found deep in the skin might die (fat necrosis)
- Fluid accumulation
- Potential partial or total loss of nipple and areola
- Deep vein thrombosis, cardiac and pulmonary complications
- Possibility of revisional surgery

These risks and others will be fully discussed prior to your consent. It is important that you address all of your questions directly with your plastic surgeon.

Some women may want to consider placement of a breast implant in addition to the breast lift. An implant can provide improved upper breast fullness or cleavage. Implants can be placed at the same time or as a second procedure, depending on the experience of the surgeon.



## RECOVERY AFTER SURGERY

After your breast lift procedure is completed, dressings or bandages will be applied to the incisions. You'll need to wear an elastic bandage or support bra to minimize swelling

## RESULTS

The results of your breast lift surgery are immediately visible. Over time, post-surgical swelling will resolve and incision lines will



and support your breasts as they heal. A small, thin tube may be temporarily placed under the skin to drain any excess blood or fluid that may collect.

You will be given specific instructions that may include how to care for your breasts following surgery, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health, and when to follow up with your plastic surgeon.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- Will stitches be removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

fade. Satisfaction with your new image should continue to grow as you recover from surgery. The final results of your breast lift will appear over the next few months as breast shape and position continue to settle. Incision lines are permanent but will continue to fade over time.

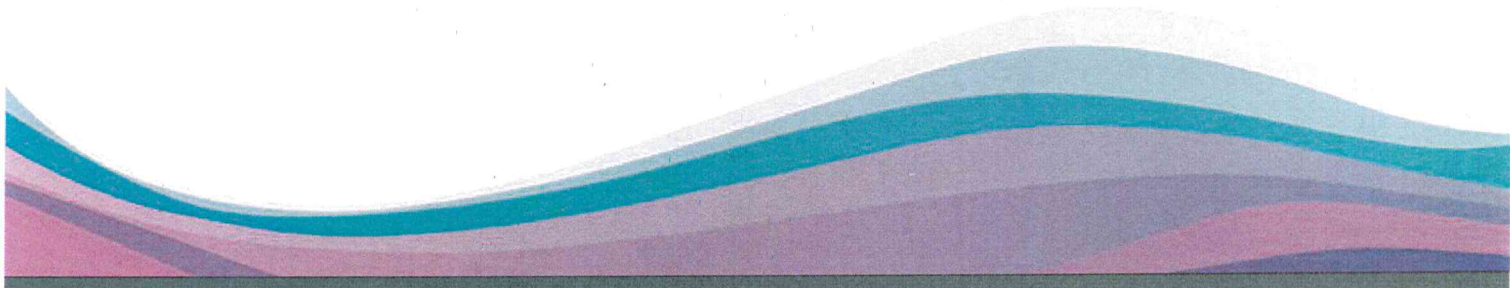
The results of your breast lift surgery will be long lasting. Over time, your breasts can continue to change due to aging and gravity. You'll be able to retain your new look longer if you:

- Maintain your weight
- Keep a healthy lifestyle

**Special note:**

Breast surgery should be entertained after child bearing is completed. Changes that occur in the breasts during pregnancy can minimize or reverse the improvement a breast lift provides. Likewise, significant weight loss after breast surgery can negatively impact breast appearance.

Following your physician's instructions is essential to the success of your surgery. It's important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself.



# COST

Prices for a breast lift can vary. A surgeon's cost may be based on his or her experience, the type of procedure used, and the geographic location of the office. Many plastic surgeons offer patient financing plans, so be sure to ask.

**Cost may include:**

- Anesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Breast implant fees
- Prescriptions for medication
- Surgeon's fee

**Most health insurance plans will not cover breast lift surgery. You must carefully review your health insurance policy.**

**Your satisfaction involves more than a fee:**

When choosing a plastic surgeon for a breast lift, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery.

Plastic surgery involves many choices. The first and most important is selecting an American Society of Plastic Surgeons (ASPS) member you can trust. ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery® (ABPS) or in Canada by The Royal College of Physicians and Surgeons of Canada®

- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Complete continuing medical education, (including patient safety) each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

**Do not be confused by other official sounding boards and certifications.**

The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with "cosmetic surgery" in its name. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board-certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.

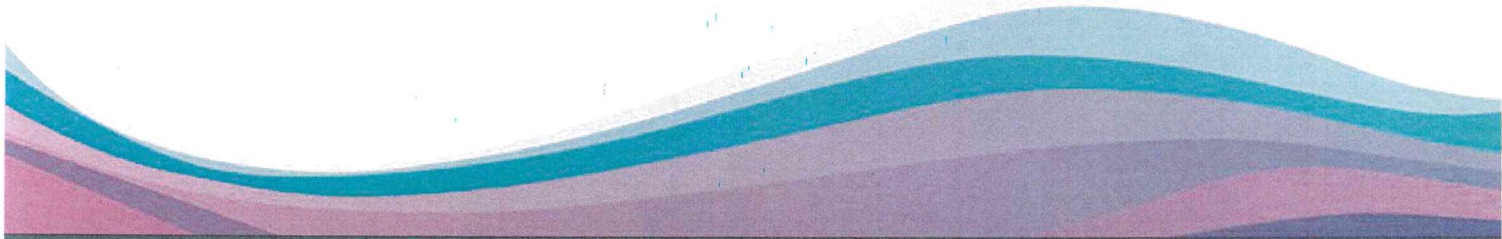
*This brochure is intended strictly for educational purposes. It is not intended to make any representations or warranties about the outcome of any procedure. It is not a substitute for a thorough, in-person consultation with a board-certified plastic surgeon.*



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Sint Michielskaai 8  
Antwerp Belgium  
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