

# C2-BREAST LIFT MASTOPEXY



## C.2.BREAST LIFT/Mastopexy

Mastopexy, commonly known as a breast lift, is a cosmetic surgical procedure designed to raise and reshape sagging breasts, improving their firmness and contour. This procedure can enhance breast appearance after changes due to aging, weight loss, pregnancy, or breastfeeding. Here's a comprehensive overview of mastopexy, including its indications, procedure, benefits, recovery, and considerations.

### Indications for Mastopexy

- Sagging Breasts
- Changes Post-Pregnancy
- Weight Loss
- Asymmetry

### Benefits of Mastopexy

- **Improved Breast Shape**
- **Enhanced Confidence**
- **Clothing Fit**
- **Long-Lasting Results**

## **The Mastopexy Procedure**

### **1. Consultation:**

◦ A careful consultation with a Brazilian board-certified plastic surgeon to discuss goals, medical history, and any concerns. The surgeon will evaluate the breasts and recommend the best approach.

### **2. Anesthesia:**

◦ The procedure is typically performed under general anesthesia.

### **3. Incision Patterns:**

◦ The surgeon will make incisions in one of several patterns, depending on the extent of lifting required:

§ **Periareolar Incision:** Around the areola, suitable for minimal lifting.

§ **Vertical Incision:** From the areola to the breast fold, used for moderate lifting.

§ **Anchor Incision:** Around the areola, down to the breast fold, and along the fold, used for significant lifting and reshaping (lollipop incision).

### **4. Breast Tissue Reshaping:**

◦ The surgeon will remove excess skin and tissue to elevate the breast and reshape the underlying breast tissue. The nipple and areola may also be

repositioned higher on the breast.

#### **5. Closure:**

◦ The incisions are closed with sutures, and the procedure usually takes about 3 to 4 hours.

#### **Recovery After Mastopexy**

· **Initial Recovery:** Swelling, bruising, and discomfort are common in the first few days. Pain can usually be managed with prescribed medications.

· **Downtime:** Most patients can return to normal activities within a week, though heavy lifting and strenuous exercise should be avoided for 8 to 12 weeks, the patient should refrain from sleeping on the abdomen or the side for 3 months after the procedure.

· **Follow-Up Care:** Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.

#### **Risks and Considerations**

· **Scarring:** While the surgeon aims to minimize visible scarring, some scars will remain, particularly with more extensive incisions.

· **Changes in Sensation:** Temporary or permanent changes in nipple or breast sensation may occur after surgery.

· **Asymmetry:** There is a risk of uneven results, although experienced surgeons strive for symmetry.

· **Breastfeeding:** Some women may experience difficulties with breastfeeding after a breast lift, though many can successfully breastfeed.