

Mastopexy Uplift

(Breast Lift) | Patient Information

What is a Mastopexy Uplift?

Mastopexy surgery, commonly known as a breast uplift, is an operation to remove extra loose skin from the breasts, and to lift and reshape them, to make them look more youthful.

Why have a breast uplift?

Breasts naturally droop with age, after pregnancy and breastfeeding, and after weight loss. This is because the skin and fibrous ligaments in the breast become stretched so the breast tissue is not supported. It is not possible to recreate the fibrous support of the breasts, but they can be reshaped by removing extra skin, remodelling the breast tissue, and moving the nipples up to the best position on the new breasts. Other options are to reduce the size of the areola (the darker skin around the nipple), or to have the breasts enlarged at the same time. Having a breast uplift can make the breasts firmer and higher. After a breast uplift you may be more comfortable socially and personally. The best results are with women with small, saggy breasts, but breasts of any size can be lifted. The results of a breast uplift may not last as long with heavy breasts.

Is the procedure right for me?

A detailed consultation with your consultant plastic Surgeon is essential prior to undergoing any surgical procedure. During the consultation, your Surgeon will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. You will be examined, and measurements taken of your breasts. You will be given a 'cooling-off' period of at least 2 weeks between initial consultation and the date of your operation to ensure you have ample time to reflect on all aspects of the procedure before proceeding (although please bear in mind the waiting lists for our Surgeons mean this period is invariably significantly longer).

How is the procedure carried out?

Should mastopexy uplift be agreed upon as the most suitable treatment, the procedure will be carried out by your Surgeon in our state-of-the-art operating theatre. There are different types of uplift. The best type of uplift for you depends on your breast size and the result you want. Different types of uplift make different scars on the breasts. Whichever type of uplift you choose, the scars should not be visible when you wear normal clothing, bras and bikini tops. The most common type of uplift involves a cut around your areola and

vertically under your breast. Sometimes there is a cut in the crease under the breast to make an anchor shape. Extra skin is removed from underneath the breast, the breast is reshaped into a tighter cone and the nipples are moved to a higher level. The size of the areola can also be reduced. If your breasts are small and droopy, you can have them enlarged during the procedure with silicone implants. Having breast implants is the only way to significantly increase fullness above the nipples, but their weight can make the breast droop again over time.

Aftercare

The surgery is usually performed as a day case under a general anaesthetic or twilight anaesthesia. Our highly experienced medical team will be on hand during your stay to care for your needs. After mastopexy uplift surgery, it is normal to be a little tender over the chest area. It is common for the surgical site/s to ooze a little, this is usually associated with the local anaesthetic discharging but can look a little pink. Swelling at the treatment site should be expected for at least 10 days. Normally, you will need a couple of weeks off work and will need to avoid vigorous exercise for around six weeks. Light exercise may be recommenced immediately. Showering is permitted on the second post-operative day. It is essential to wear the provided post-operative garments during the day and at night in the weeks following the surgery. If your mastopexy uplift procedure involved the use of implants, these can take a few weeks to settle into position and it is quite normal for them to look a little high initially. This tends to settle after the first six weeks, but you will not get your long-term result for 3-4 months after the operation as a more natural shape emerges. Scars tend to be quite red in the first 6 weeks, turning to purple over the next 3 months and then fading to white. Most patients will form good quality scars over time.

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Risks and Complications

All surgical procedures are associated with risks. Your Surgeon will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Serious complications are uncommon, however patients should be aware of the following complications prior to undergoing breast augmentation-

- Anaesthesia risks
- Bleeding
- Infection
- Changes in nipple or breast sensation
- Poor scarring of skin
- Wrong or faulty position of implant
- Implant leakage or rupture
- The formation of tight scar tissue around the implant (capsular contracture)
- Fluid accumulation (seroma)
- Wrinkling of skin over the implant (if used)
- Pain, which may persist
- Possibility of revisional surgery

Other Considerations

- Pregnancy, weight fluctuations and menopause may influence the appearance of augmented breasts over the course of your lifetime
- If your mastopexy uplift involved the use of breast implants, it is important to understand that these are not guaranteed to last a lifetime and future surgery may be required to replace one or both implants
- Mastopexy uplift with implants requires regular examinations of breast health to evaluate the condition of your implants

Results

The results of mastopexy uplift is visible immediately. Over time, post surgical swelling will subside and incision lines will fade. Satisfaction with your new image should continue to grow as you fully recover from surgery. In order to achieve optimal results it is important that you follow your Surgeon's post-operative instructions and follow-up visits.

Cost

Prices for mastopexy uplift can vary. Costs may include-

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

After consultation and if you are planning to proceed with surgery, you will be given a written quotation regarding the cost of the planned procedure.

Alternative treatments

There are a number of non-invasive options which can subtly improve the tone of the breast and may result in a slightly lifted position. Where lost volume is the main concern, it is possible to enlarge the breasts somewhat using fat transferred from the hips, thighs or tummy. Only a relatively small amount of fat can be injected so most patients will require multiple operations to bring about a worthwhile effect. This is a much more gradual approach compared with a mastopexy uplift with or without implants and will not improve the position of the breast.

If you experience any problems or have concerns following surgery, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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Pre-Operative Preparations

6 week period before surgery-

Patients requiring twilight or general anaesthesia should not travel long haul for the 6 week period before and 6 week period after surgery.

4 weeks before surgery-

Preferably, stop taking the contraceptive pill and HRT 4 weeks before surgery.

2 weeks before surgery-

We would recommend that you start taking Arnica anti-bruising tablets, three times a day, two weeks prior to and two weeks after surgery. These are available from several health and wellbeing stores, including Holland & Barratt.

1 week before surgery-

Avoid Aspirin, Ibuprofen, Nurofen and other similar painkillers one week before and two weeks after surgery. Paracetamol is the safest painkiller to take, if necessary.

Stop taking Vitamin E and its compounds (such as evening primrose oil, fish oils, garlic and garlic capsules) one week before surgery and two weeks after surgery. Taking Vitamin E in any form can cause bleeding and post-operative complications.

1 day before and on the day of surgery-

Shower with Hibiscrub antiseptic liquid soap (provided on prescription from Coppergate Clinic) the day before and morning of your surgery before coming into the clinic. Do not apply moisturiser after showering.

Day of surgery-

You must avoid eating solid food and milky drinks for 6 hours prior to your appointment for sedation. Water, clear drinks, black tea and black coffee can be consumed for up to 2 hours before your sedation/general anaesthetic.

You must take your routine medicines at the usual time, unless advised otherwise and bring them with you (including inhalers).

At least one nail must be free from acrylic or nail polish nails as a monitor will be placed on a finger.

Post-Operative Instructions

Average length of stay-

The surgery will be performed as a day case under a general anaesthetic or twilight anaesthesia unless your surgeon

advised otherwise during consultation. **If you live further than 1 hours drive from the clinic, it is mandatory to stay in the vicinity until the following day.**

6 week period after surgery-

Patients requiring twilight or general anaesthesia should not travel long haul for the 6 week period before and 6 week period after surgery.

0-2 weeks after surgery

- It is essential to ensure activity is kept to a minimum and to rest as much as possible
- Wear the provided TED stockings day and night, except for when showering
- Shower if you wish, but please be as quick as possible and do not linger. Dressings should be gently patted dry before the compression garment is put back on. At your follow up appointment, your surgeon will guide you on when leisurely showers and baths may resume
- Upper body activities should be kept to a minimum
- Paracetamol can be taken as required

0-6 weeks after surgery

- Wear the provided compression garment day and night, except for when showering

2 weeks after surgery onwards

- Gentle activity may resume (for example driving) but do listen to your body- it will tell you if you are overdoing things

6-12 weeks after surgery

- Swimming and more strenuous exercise may resume, as advised by your surgeon

12 weeks after surgery

- Underwired bras can be worn if preferred
- The scar and surrounding breast skin can be moisturised daily

General Scar Care

Scars should be supported by micropore tape for the first 2 weeks post-surgery. During this period, tape should be left on during baths and showers and simply patted dry afterwards. After 2 weeks, as soon as the tape naturally starts to become loose, it may be gently removed and discarded.

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