

Breast Lift (Mastopexy)

Overview

With age, pregnancy, and breastfeeding, breasts tend to lose their normal position and start sagging. This can be corrected by a surgical procedure called Mastopexy or a breast lift. During this procedure, the breasts are lifted to promote a more youthful appearance and enhance feminine proportions.



What is a Breast Lift (Mastopexy)?

The number one goal that can be achieved through a breast lift is to restore the perkiness and firmness of sagging breasts. Essentially, this procedure improves the aesthetics of breasts and creates a more youthful appearance.

During a breast lift, a plastic surgeon removes excess skin stretched out. The breast tissues are reshaped, and the nipple and areola area is repositioned. Larger areolas can also be reduced during this type of surgery, creating a better-proportioned breast.

Reasons for Breast Lift (Mastopexy)

There are many reasons why women choose to undergo breast lift surgery. One of the main reasons is to enhance the physical look and aesthetics of the breasts. Pregnancy and breastfeeding can lead to sagging breasts. Even without the use of implants, a breast lift can immediately remove the sagginess of the breasts so that they can be restored to a firmer and more contoured shape.

Women who have significant weight loss can also suffer from stretched and excess skin because the breast volume is decreased. A breast lift can help in this area by removing the excess skin and restoring the look of the breasts.

What to Expect During a Breast Lift

A Breast Lift is performed by a plastic surgeon in a medical office or hospital. On the day of the surgery, an anesthesiologist will also be present before the procedure.

The surgeon will mark the position where the nipple will go; then, the patient will undergo sedation or general anesthesia. The surgeon will remove the excess skin and lift the breast tissue. If the patient is also getting breast implants simultaneously, the implants will be inserted at this point, and the incision will be closed up.

Different Types of Breast Lift

There are multiple options when it comes to the incision site of a breast lift. Choosing among the different types is dependent on the quality of the breast tissue and the amount of skin that has to be removed. Here are the different types of breast lift incisions:

- Crescent Lift – Used for women who have minimal sagging
- Donut Lift – Can correct sagging with a minimal scar
- Lollipop Lift – used for moderate sagging with extensive reshaping
- Anchor Lift – Used for extensive sagging

A knowledgeable plastic surgeon can answer all your questions about the procedure and help you fully understand the procedure and what to expect during recovery.