

Uplifting Surgery

Leading plastic surgeon Mr Gary Ross explains the options available once gravity takes its toll

Gravity is the enemy of us all and as well as causing the face to sag it can also have an effect on our breasts. The breasts age due to a combination of tissue changes in the skin, breast tissue, the ligaments within the breast and the position on the chest wall.

Changes to these tissues occur most acutely with fluctuation in weight and the impact that pregnancy has on the body.

Mastopexy is a technique used to lift the breast. Each component of the breast can be lifted and each component needs to be addressed individually by a surgeon experienced in this operation.

The consultation regarding vertical scar mastopexy must take into account the patient's ideal size and a discussion needs to be had regarding

previous shape and the desired outcome. Often breasts are slightly different both in terms of size and shape and the position of the nipples. Sometimes

“ Gravity is the enemy of us all and it can cause the breasts to sag ”





Making Beauty

Mr Gary Ross is a Consultant Plastic Reconstructive and Aesthetic Surgeon at the BMI Alexandra Hospital in Cheshire specialising in breast, facial and body contouring surgery. He is also an NHS consultant at The Christie Hospital Manchester with a practice specialising in head and neck and breast surgery.

Mr Ross provides an aesthetic practice tailored to the individual to optimise outcomes and meet expectations.

“A bespoke service tailored to the individual”

Q What should patients look for in a cosmetic surgeon?

A A surgeon who provides optimal results without compromising patient safety.

Q What is the best part of your job?

A Observing patients' reactions as they see their result for the first time and seeing over time how the procedure has changed and improved their lives.

Board Certification

Full member of British Association of Plastic Reconstructive and Aesthetic surgeons (BAPRAS), full member of the British Association of Aesthetic Plastic Surgeons (BAAPS), GMC specialist registrar for plastic surgery

Medical Qualifications

FRCS Ed (Plast), MD, MBChB

Areas of Expertise

Facial aesthetics, breast aesthetics, body contouring

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Before & After Dual Plane Breast Augmentation



Before & After Mastopexy Implant



Before & After Breast Reduction



“ Women no longer have to accept the hand that time has dealt them and it is possible to regain the shape they have lost ”

the nipples need to be lifted a considerable distance in combination with the breast tissue (patient one).

The ideal position of the breast on the chest wall is the key and will dictate whether a small amount of tissue needs to be raised and repositioned into a new inframammary fold or in some cases removed (patient two). The overall size needs to be tailored to the individual using methods to minimise risk to the

blood supply to the tissues. The breast mound is then designed in order that the breast can be lifted into a new position. Finally the skin is redraped over the breast.

A single vertical scar can be used in the majority of patients (patient three). Occasionally if there is too much skin a small inframammary scar is required alongside a vertical scar. If only a small skin lift is requested a scar around the areola can be used

to give a small lift without altering the inframmary fold or lifting the breast tissue.

Finally, the vertical mastopexy technique can also be used in combination with an implant to give superior fullness to the breast.

Recovering from a mastopexy

Patients undergoing vertical scar mastopexy should be aware that the breast will sit high on the chest wall and will drop over time, which will usually take three months (patient four). It is important following surgery that a well-fitted non-wired bra is worn at all times.

Often patients can go home on the night of surgery and recovery is usually quick with the wounds healing in a week (bruising and swelling is relatively common and can take a couple of weeks to settle).

In conclusion

Women no longer have to accept the hand that time has dealt them and it is possible to regain the shape they have lost. A consultation regarding the pros and cons of mastopexy will help to clarify the expectations of patients and provide results that are achievable to meet these expectations.

CS&AG

Treatment: Vertical scar mastopexy

Price: From £5,000

Time taken: Two hours

Anaesthetic type: General

Hospital stay: Same day or overnight

Available from: For more information on Dr Ross and the procedures he offers visit www.garyross.com or contact him by calling 0800 955 8551 or emailing gross@gmail.com

Info

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