

# Mastopexy

Breast uplift surgery is designed to help those women whose breasts have sagged, either as part of the natural ageing process - sadly, gravity takes its toll on our bodies as well as our faces - or as a result of childbearing or weight loss.

## What is it?

A mastopexy is aimed at lifting and recontouring the breasts to a more youthful shape and position. This usually involves repositioning the nipples and might also include Breast Augmentation Surgery (p 63) or Breast Reduction Surgery (p 65), depending on what your breasts look like to start with and the results you are trying to achieve.

## Who does it?

● Plastic Surgeon ● Breast Surgeon

## Who is suitable?

You will need to undergo a thorough consultation to assess whether you are a suitable candidate. There are several different options depending on the degree of sagging.

The technical term for sagging is 'ptosis' and in breast uplift surgery the degree of ptosis is graded according to the distance between the nipple and the crease of the breast. In grade one, the nipple is about level with the crease; in grade two, the nipple is less than three centimetres below the crease and in grade three cases, it is more than three centimetres below the crease.

The surgeon will assess what grade of ptosis is present at the consultation and will then tell you which technique is most suitable for you. If you have only very mild sagging, you may only need a Breast Augmentation (p 63), but this will only lift the breasts by one to two centimetres and won't halt further drooping as you age.

## What's the treatment like?

The operation can take two hours or longer, depending on

what needs to be done, and is usually performed under general anaesthetic, although some surgeons do offer it under local.

The surgeon will make several cuts in your breasts, but the exact number and position will depend on the technique used.

Options include: the 'doughnut lift', suitable only for minor sagging, where cuts are made around the areola and a doughnut shaped area of skin is removed; the 'keyhole lift', suitable for grades one to two, where the doughnut lift is combined with a wedge of skin being removed between the nipple and the crease, and the 'wise pattern lift', which is suitable for grades two to three and involves a further incision along the crease.

Some surgeons also like to use an 'internal bra' device to help support the breasts in their new position. This can be made from silicone, or from an animal source - usually pig skin - or from your own skin which has been discarded in the process of the operation.

Once the excess skin has been removed and the tissues tightened, the incisions will be closed, with dissolvable stitches.

## What happens afterwards?

You will need to wear a non-wired support bra for about six weeks. You will probably have some swelling and bruising and your breasts will feel very sore, so you should avoid any strenuous activity for six weeks.

## Will I have a scar?

There will be a degree of scarring, but these will fade and most consider them a good trade-in for the original problem.

**Cost** From £4,000 to £5,000

## Mr Gary Ross offers his top tip when opting for mastopexy

Mastopexy or breast lift aims to reposition the breast upwards on the chest and at the same time recontour and rejuvenate the breast and skin. Childbirth, age and significant weight loss can lead to changes in the breast size and shape that mastopexy can address. Patients often describe an increase in their femininity, more confidence especially without a bra

and generalised improved self esteem.

Tip: Patients often need to consider the pros and cons of placing an implant at the same time as a mastopexy to give the upper fullness that is often lacking following mastopexy.

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