



# Breast Lift

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## What is a Breast Lift?

A breast lift, or 'breast uplift' or 'mastopexy', is a surgical procedure designed to lift and/or reshape breasts that hang low over the chest and have the majority of their volume at their base. It is an effective procedure to restore firmer, more youthful-looking and voluminous breasts.

The Breast Lift, or mastopexy, procedure is ideal for patients with sagging or drooping breasts that have developed either over time due to the onset of age, following dramatic weight loss, or following pregnancy and breastfeeding, or occur naturally due to basic genetics.

Breast lift surgery restores the elasticity of the female breast tissue by removing excess sagging tissue in the breast, and reshaping and repositioning the breast mound and nipple. The blood supply is preserved at all times.

A slight 'over-correction' is typically performed in order to anticipate the breasts dropping into a more natural position as the swelling subsides. The overall effect created is a more "perky" and rejuvenated looking breast which falls naturally and proportionally in relation to the rest of the chest.

To ensure the best possible results, your surgeon may also recommend a breast enlargement or reduction, to be performed alongside your breast lift. This will be discussed at your initial consultation.

The Cadogan Clinic employ virtual imaging software to help you visualize potential outcomes in your individual case via Crisalix Imaging software, as well as carefully manage expectations and increase the chances of achieving your goals.

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## Why do people have it?

Breast lift surgery can help increase body confidence and self esteem for those whose breasts hang low over the chest and have the majority of their breast volume at their base.

A breast lift is the most effective and swift procedure to correct these symptoms, and provide a more rejuvenated and firm overall breast appearance.

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## What does it involve?

The Breast Lift, or mastopexy, procedure is an invasive surgical procedure that is performed under general anaesthetic and takes between 1.5 - 2 hours to perform.

The overall effect is to lift the breast position in order to generate a rejuvenated appearance of the breast. Whilst there are several techniques generally employed, largely relating to the location of the incision, each technique involves making an incision in or around the breast, the surgical excision of excess tissue and skin, the reshaping of the breast mound and lifting of the breast, and finally the repositioning of the nipple if required.

The procedure is commonly combined with a breast augmentation procedure to restore the optimal aesthetic and positioning of the breast post-surgery.

The blood supply is preserved to leave a fully functioning and proportionate breast post surgery, hanging in the most regular position.

Recovery time tends to be between 2 – 3 weeks, during which time we recommend some time off work and reduced physical movement until the swelling has subsided. Regular physical activity and exercise can be fully resumed in roughly 6 weeks.

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## Who is suitable?

Cadogan Clinic considers individuals fit for the procedure, if **all of the following** are true of them:

- Over the age of 18
- Physically and psychologically fit and healthy, and have fully developed breasts
- Concerned by the size, shape or position of at least one of their breasts
- Have realistic expectations of what can be achieved by surgery

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## What to expect?



### PHASE 1: CONSULTATION

The first step for all of our patients is to meet with the surgeon we feel is most suite to you and best placed to perform your procedure for a consultation.

At the consultation you will be able to discuss with your surgeon what your hope to achieve from the breast lift procedure, as well as discuss in detail what may or may not be possible given your existing breast anatomy, bone structure and skin quality.

A comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.



### PHASE 2: PRE - PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure.

Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and with complications
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission

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## What to expect?



### PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant tests, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself is takes place under general anaesthetic over the course of between one and half and two hours. The surgery involves the placement of an incision around the nipple or underneath the breast, the reshaping and positioning of the breast mound, and finally the re-suturing of the breast in an elevated position.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

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### PHASE 4: POST PROCEDURE & RECOVERY

Once home you will have access to our dedicated oncall nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and recovery, and are there to field any questions you may have in the immediate post operative phase.

Breast Lift recovery is fairly swift and any residual discomfort should subside in a matter of days. Patients are able to return to a normal light routine and return to work after a 1-2 weeks following the procedure. The full healing process takes between 6 – 8 weeks.

We advise patients to take at least a week off work whilst swelling is at its peak. We ask our patients to be sensitive to their breast area during this time, and not try to do too much too soon. We also recommend avoiding UV light for 2-4 weeks to aid the scarring process.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing process.

You should start to see your results clearly at the 6 week mark. We ask that you come in to see your surgeon after 6 weeks for a post procedure for a final check up.

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## What are the risks?

As with any surgery there are risks, these include:

- Bleeding or haematoma
- Swelling
- Infection
- Scarring
- Sensation change

Your surgeon will discuss each of these risks comprehensively at your consultation.

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## Why come to the Cadogan Clinic for your breast lift?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- Cadogan Clinic specialises in breast surgery and the latest surgical breast techniques. We have a roster of top breast specialists on our team
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure

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## At a glance facts



### SURGERY TIME

1.5 to 2 hours



### HOSPITAL STAY

2 to 3 hours following procedure



### TIME OFF WORK

1 - 2 weeks



### FULL RECOVERY

6 – 8 weeks

