

B09lite Breast Uplift

This document will give you information about a breast uplift. If you have any questions, you should ask your GP or other relevant health professional.

What is a breast uplift?

A breast uplift (mastopexy) is a cosmetic operation to remove excess skin from your breasts to improve their shape.

What are the benefits of surgery?

If the operation is successful, your breasts should be firmer and have a better shape.

Are there any alternatives to a breast uplift?

Using padded bras or inserts can make your breasts appear to have a better shape.

If there is not much excess skin and your breasts are not droopy, your surgeon may be able to assess you for a breast augmentation.

If you have a large bust size, your surgeon may be able to assess you for a breast reduction.

What does the operation involve?

The operation is performed under a general anaesthetic and usually takes about an hour and a half.

Your surgeon will make a cut on the line of the areola (the dark area around the nipple) and a vertical cut underneath your areola. They will remove excess skin and reshape the breast tissue. Your surgeon will lift your nipple so it is in a higher position (see figure 1).

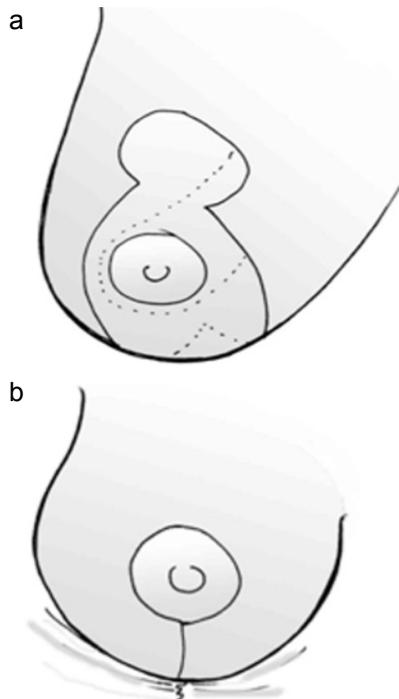


Figure 1

- a Excess skin is removed
- b The breast is re-shaped and the nipple lifted

What complications can happen?

1 General complications of any operation

- Pain
- Bleeding
- Infection in a surgical wound
- Blood clots
- Unsightly scarring

2 Specific complications of this operation

- Developing a swelling inside the breast
- Developing a lump in the breast
- Numbness or persistent pain on the outer part of the breast
- Stiff shoulder
- Loss of skin, including the areola and nipple
- Change of breast and nipple sensation
- Cosmetic problems
- Reduced ability to breastfeed

How soon will I recover?

Your breasts will look discoloured and feel very firm and swollen. You should be able to go home the same day.

Most women return to normal activities within two to three weeks. You should be able to return to work after the second week, depending on your type of job. You should be able to do a limited amount of activity, such as lifting young children, after about two weeks.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

The results of a breast uplift improve gradually over the first six months. Your breasts should become softer and more natural.

Summary

A breast uplift is a cosmetic operation to improve the shape of your breasts. It is only suitable for certain women. You should consider the options carefully and have realistic expectations about the results.

Further information

- NHS smoking helpline on 0800 169 0 169 and at www.gosmokefree.co.uk
- www.eatwell.gov.uk – for advice on maintaining a healthy weight
- www.eidoactive.co.uk – for information on how exercise can help you
- www.aboutmyhealth.org - for support and information you can trust
- NHS Direct on 0845 46 47 (0845 606 46 47 - textphone)
- www.eidohealthcare.com

Acknowledgements

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