

Summary

Breast Lift (Mastopexy)

Why? When a woman ages the skin loses its elasticity and causes the breasts to sag. Stretch marks and loss of volume in the breasts due to weight changes occurs. This can be helped a surgical procedure such as a breast lift. If the patient's areola is large the surgery may help this too. Sometimes the sagging causes shoulder pain.

How does it relate to the skin? The droopy appearance of the breasts is skin laxity. Breast lift surgery can be performed using local or general anesthesia. Normally the nipple is cut and repositioned on the breast during the lift and a scar is down from that on each breast.

Where does it typically occur? Breasts of any size may be lifted. Mastopexy does not increase the breast volume. If a patient wants larger breasts, implants will be inserted at the time of the breast procedure. The nipple is moved higher during the surgery. Recovery time is different for everyone. Elastic supports must be worn as advised by the surgeon. A drain tube may be inserted to drain blood and fluid. Breast lift surgery is sometimes in combination with a breast reduction.

What causes this? Women should have real expectations when having cosmetic procedures. They should be emotionally ready. Incisions will be seen while the patient heals and follow up care is very important. Health insurance usually does not cover this surgery. Breast lifts do not last forever. The natural aging effects and the breakdown of elasticity in the skin will eventually cause sagging again.