

B09 Lite

Breast Uplift

Expires end of January 2021



This fact sheet is for general information about this procedure only. It is not intended to be used as medical advice or to replace advice that your relevant healthcare professional would give you. If you have a particular medical problem, please consult a healthcare professional.

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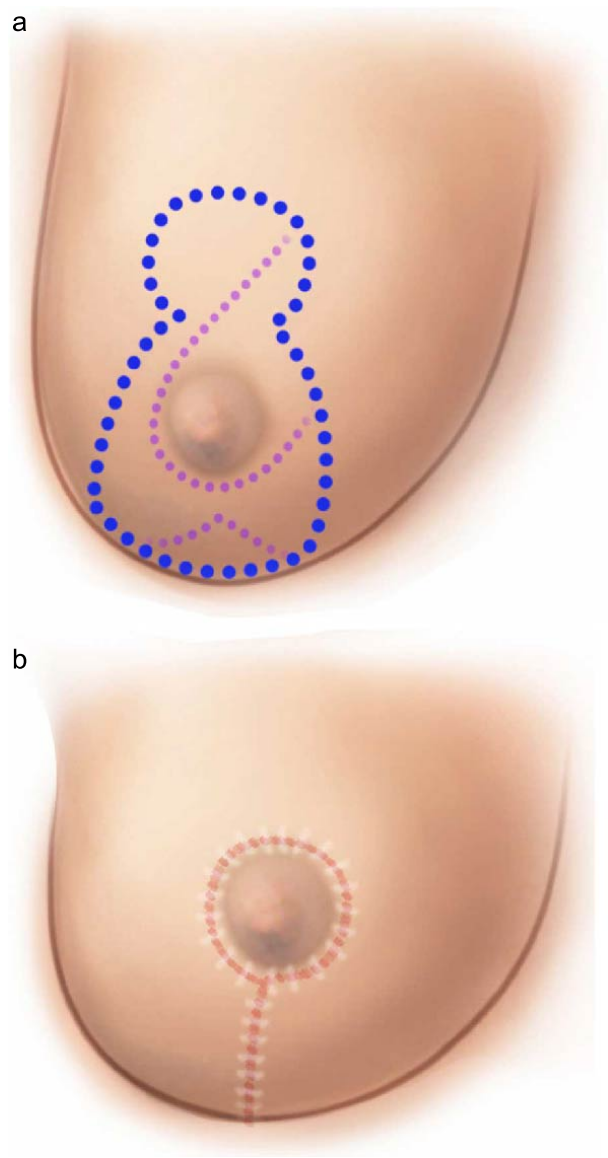
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What is a breast uplift?

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



a The excess skin is removed

b The breast is re-shaped and the nipple is lifted

What are the benefits of surgery?

Your breasts should 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 breast 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 90 minutes to 2 hours.

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

What complications can happen?

Some complications can be serious and can even cause death.

General complications of any operation

- Pain
- Bleeding
- Unsightly scarring of your skin
- Infection of the surgical site (wound)
- Allergic reaction to the equipment, materials or medication
- Blood clot in your leg
- Blood clot in your lung

Specific complications of this operation

- Developing a collection of blood (haematoma) or fluid (seroma) inside a breast
- Developing a lump
- Numbness or continued pain on the outer part of your breast
- Stiff shoulder
- Loss of skin, including the areola and nipple
- Change of breast and nipple sensation
- Reduced ability to breastfeed
- Cosmetic problems

How soon will I recover?

You should be able to go home the same day.

You should be able to return to normal activities after 2 to 3 weeks.

You should be able to return to work after 2 weeks, depending on your type of work.

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

The results of a breast uplift improve gradually over the first 6 months. Your breasts should become softer and more natural, and the scars should fade.

Summary

A breast uplift is an operation to improve the shape of your breasts. You should consider the options carefully and have realistic expectations about the results.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

Acknowledgements

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