



Breast Lift (Mastopexy)

PROCEDURE GUIDE



DR. SOPHIE RICKETTS
PLASTIC SURGEON



Table of Contents

The Consultation

What is Breast Lift (Mastopexy)?

Risks & Potential Complications

Gallery

Breast Lift (Mastopexy) Q & A

Get in touch



The Consultation

During a breast lift (mastopexy) consultation, Dr Sophie will address your specific concerns and conduct a detailed examination of your breasts to determine the most suitable surgical technique for your body and desired outcome. Additionally, Dr Sophie will engage in a comprehensive discussion about the potential risks and complications associated with the procedure.

She will take the time to understand your goals and expectations, ensuring you have realistic expectations for the outcome. Dr Sophie will also review your medical history, including any previous surgeries, medical conditions, and medications you are currently taking, to ensure you are a suitable candidate for the procedure. You will be asked about your personal and family history of breast problems including cancer.

Furthermore, Dr Sophie will explain the different types of breast lift (mastopexy) techniques, such as the Inverted-T Lift or Wise Pattern Lift (anchor lift), Vertical Scar Lift (lollipop lift), and crescent lift, and recommend the best option based on your breast anatomy and desired results. She will also discuss the location and appearance of potential scars, as well as the expected recovery process and timeline.

Throughout the consultation, Dr Sophie encourages you to ask any questions you may have and will provide detailed answers to ensure you are fully informed and comfortable with your decision. This thorough consultation process is designed to ensure that you are well-prepared in your choice to proceed with a breast lift (mastopexy).



What is a Breast Lift (Mastopexy)?

A breast lift (mastopexy), aims to elevate the position of the breasts by tightening the skin and repositioning the breast tissue. While the procedure does not change the size of the breasts, it significantly impacts their shape and profile. For individuals desiring both lifted and larger breasts, a breast lift can be combined with implants. Conversely, for those desiring smaller breasts some of the size can be reduced during the lift.



Breast Lift (Mastopexy)

THE PROCEDURE

Breast lift surgery involves the removal of excess skin to tighten the surrounding tissue and reshape the breasts, along with the potential reshaping of the internal breast tissue. Dr Sophie may employ different surgical techniques based on your breast anatomy and desired outcome. These techniques include:

Inverted-T or Wise Pattern Technique (Anchor Pattern): This technique involves three incisions: one around the perimeter of the areola, one vertically from the bottom of the areola to the breast crease, and one along the inframammary fold (breast crease). It is typically used for significant lifting and modifying, especially in cases of severe ptosis and excess skin

Inverted Vertical Scar Lift (Lollipop Lift): This method includes two incisions: one around the perimeter of the areola and one vertically from the bottom of the areola to the breast crease. It is suitable for moderate ptosis.

Crescent or Periareolar Lift: This technique involves a single, crescent-shaped incision along the upper half of the areola, or circumferentially around the areolar. It is often used for minimal lifting and is suitable for patients with slight ptosis or need for repositioning of the nipple alone.

The length of your hospital stay following breast lift surgery hinges on your overall health and the complexity of the procedure. For some, it can be completed as a day case, while others may necessitate a brief hospital stay. Dr Sophie will guide you to the most suitable arrangement for your situation.



FAQ

Am I a good candidate for a Breast Lift (Mastopexy)?

Before opting for breast lift surgery, several important factors should be considered: Breast lift surgery primarily focuses on lifting and firming the breasts; it doesn't significantly alter their size. If you desire fuller or smaller breasts, breast implants or reduction surgery might be done at the same time to achieve your desired outcomes.

Dr Sophie typically advises waiting until breast development, childbirth, and breastfeeding have concluded before undergoing a breast lift. While breasts of any size can be lifted, the longevity of the results may vary, especially in women with heavier breasts and with more stretchy skin.

Certain criteria can also make you a potential candidate for breast lift surgery, such as being physically healthy, having realistic expectations, having fully developed breasts, loosening breasts with loss of shape and firmness, flatter or pendulous breasts, nipples falling below the breast crease, downward-pointing nipples and areolas, stretched skin, enlarged areolas, or uneven breast positioning.

It is essential to note that your breasts' pre-surgery shape and size will influence the surgical approach and final outcome.



FAQ

Will I need an implant as well?

If you are happy with the size of your breasts in a non-padded bra, then the answer to this question is “no.” Breast lift surgery takes away skin; it does not take away any significant amount of breast size but rather reshapes them to a rounder and higher position. If you are not happy with your size in an unpadded bra and would like to be fuller, then you may need an implant as well as a lift.



Risks & Potential Complications of a Breast Lift (Mastopexy)

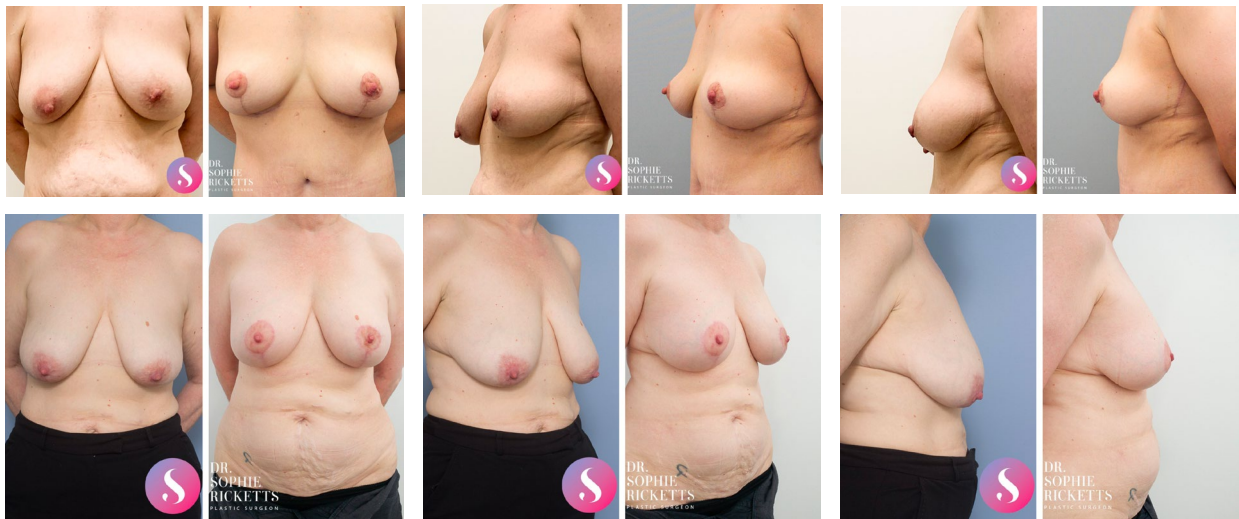
Breast lift, like any surgical procedure, carries certain risks and potential complications. Some of the risks and potential complications associated with breast lift include:

- Infection
- Bleeding
- Anaesthesia Risks
- Changes in Sensation
- Scarring
- Wound Healing Issues
- Asymmetry
- Nipple or Areola Complex Issues
- Unsatisfactory Aesthetic Outcome

Dr Sophie will engage in a comprehensive discussion about your procedure during the consultation, addressing potential risks and complications based on your health history and individual circumstances.



Gallery



CAN I BREASTFEED AFTER A BREAST LIFT (MASTOPEXY)?

Generally, you will still have functioning milk-producing glands that release milk through the nipple. However, there may be some disruption to a portion of these glands, and you might need to supplement your breast milk.

WILL MY NIPPLES STILL HAVE FEELING AFTER SURGERY?

There is sometimes a decrease in nipple sensation after a lift. This is highly variable, however. Some women feel no change in their feelings; some lose some feelings; and others have increased feelings. It is rare to lose feeling completely.

WHAT IS THE DIFFERENCE BETWEEN HAVING A BREAST LIFT SURGERY AND HAVING BREAST IMPLANTS?

A breast lift surgery aims to lift and reshape droopy breasts, while breast implants are used to increase the size of the breasts. Breast implants focus on increasing breast size and fullness, whereas a breast lift primarily addresses loose breast tissue and improves breast shape.

These procedures can be combined when a patient desires both an increase in breast size and a lifted appearance. It is essential to consult with Dr Sophie to discuss your objectives and expectations and determine the most suitable procedure for you based on your individual anatomy and needs.



Get in touch with Dr Sophie Ricketts today!

RICHMOND

Level 2, 650 Bridge Rd
Richmond, Victoria 3121
03 9828 1307 or 03 9828 1300

SHEPPARTON

20 Wyndham Street
Shepparton, Victoria 3630
03 9828 1307 or 03 9828 1300

drsophiericketts.com.au



DR. SOPHIE RICKETTS
PLASTIC SURGEON