

Breast Lift

As we age, gravity affects every part of the face and body and that includes the breasts. Sagging skin and muscle can make the breasts droop and then nipples point downwards, causing embarrassment and distress to many women. Other factors that can affect the breasts in particular are changes in weight, pregnancy and breastfeeding.

A breast lift, which is known medically as a mastopexy, is a procedure to reshape the breasts into a more pleasing aesthetic contour. This can be done in a number of ways; the breasts can be lifted into a higher position on the chest wall, any excess skin and tissue can be removed if necessary, and the nipples can be resized and lifted to the appropriate position.

If sagging skin is combined with loss of volume, then an implant can be inserted once the breast has been lifted.

A breast lift calls for a high degree of skill and experience as it can compress a number of different techniques to get the best result. Mr Tariq Ahmad is a consultant plastic surgeon who has been undertaking the full range of cosmetic breast procedures for many years and he is able to produce a fantastic rejuvenating result for his breast lift patients.

What happens during a breast lift procedure?

During a breast lift procedure, Mr Ahmad prefers where appropriate to use a modification of the Hall-Findlay technique. This technique means a smaller incision is needed which means limited scarring afterwards. The incision extends around the nipple and then down from the base of the nipple to the natural fold under the breast. This is called a 'lollipop' scar. For some patients, it is necessary to make a very small incision along the crease as well. Mr Ahmad finds this technique offers patients the most natural and aesthetically attractive shape to the breast.

Any excess skin and tissue is removed, the nipple is moved higher and the breast is reshaped into its new contour.

If there is less sagging then you may require a variation of the technique and there may be a smaller scar sited elsewhere. An implant may also be inserted at this stage if necessary.

Before embarking on a breast lift procedure, Mr Ahmad will explain in full what will happen and what scarring you can expect after surgery.

A breast lift procedure is performed under general anaesthetic and will usually require an overnight stay in hospital.

What's the recovery like after a breast lift?

After a breast lift procedure, there will be swelling and bruising and you will feel sore immediately afterwards. This is usually easily managed with painkillers and Mr Ahmad will give you thorough instructions on how to care for yourself and your breasts after surgery. This includes wearing a specially designed support garment for a few weeks after surgery to get the best results.

As with all surgical procedures performed under a general anaesthetic there are a number of potential side effects and Mr Ahmad will discuss these in full before you make the decision to go ahead.

Scarring is more obvious after a breast lift procedure than for some other cosmetic procedures and can take up to a year to fade as much as possible. However, for most women this is an acceptable compromise, in exchange for a more youthful and improved shape to their breasts.
