

BREAST LIFT

ABOUT THE PROCEDURE

A breast lift involves lifting and repositioning the breasts and nipples to a more anatomically correct position. Loss of skin elasticity, weight loss, large breasts, pregnancy and breast-feeding are all factors that can cause your breasts to lose firmness and change their shape over time. A breast lift can raise and firm the breasts, resulting in a more youthful breast contour. For some women, the loss of breast volume is also an issue. In such cases, implants inserted in conjunction with a breast lift can increase breast size as well as enhancing the shape and position of the breasts.

ARE YOU A GOOD CANDIDATE?

Breast lift surgery might be right for you if you have breasts that are drooping, have lost volume and firmness and /or have nipples and areolas that point downward.

If you are pregnant or breast-feeding, you will want to wait for a few months until your breasts return to normal.

Since the milk ducts and nipples are left intact, breast lift surgery usually will not affect your ability to breast-feed in the future. However, you should discuss this with Dr MacDonald.

POST-OPERATIVE INSTRUCTIONS

- The average time off work is 4-6 weeks.
- For the first 2 weeks, limit your activity in anything other than walking and light arm movements.
- Don't do any activity that increases your blood pressure for 6 weeks after surgery.
- Don't wear an underwire bra or lie on your stomach for 6 weeks.
- If you are having pain post-op, use Tylenol extra strength or the prescription I give you. If you need something more, please call my office or see your family doctor.
- You will not need antibiotics post-operative.
- All the stitches are dissolving and will be absorbed on their own.
- Massaging your scars postoperatively can help minimize them (see general post-op instructions scar management).
- Call my office to make an appointment 1 week after surgery.

COMMON POST-OPERATIVE EXPERIENCES

- Around 3 weeks, some of the deeper stitches begin to dissolve under the skin and sometimes try to come through the skin in the form of a tender spot. It may look like a pimple or infection. Simply keep the area moist with ointment and if you see any pieces of the stitch, you can pull it out without cause any problems to the wound healing.
- Burning or itchiness around surgical site is normal.
- Bruising and swelling are normal and may spread down arm or chest but will settle in a few weeks.

OUTCOME

- You won't know your final size and shape for 6-12 months.
- See general post-op instructions.