

MARK E. GOLD MD FACS

Plastic Surgery

Board Certified:
American Board of Plastic Surgery

Member:
American Society of Plastic Surgeons
The American College of Surgeons

Breast Lift



With weight gain and loss, as with pregnancy, the breast envelope can become stretched. If this happens the breasts will sag and the nipple will position will change. When the nipple sits

below the level of the infra-mammary fold, the breasts are considered ptotic. The Breast Lift (Mastopexy) is a surgical procedure that tightens the breast envelope and repositions the nipple. The actual cup size of the breasts does not significantly change. Large breasts may prevent some patients from participating in exercise or athletic activities, and can make breast self-examination and even mammograms more difficult

What Breast Lift Does

Tailoring the lower skin envelope of the breast to reposition the breast mound upward to a more normal position, and Repositioning the nipple-areola complex upward onto the newly shaped and positioned breast mound

Most patients experience a dramatic improvement, and are able to wear many types of clothing for the first time.

Limitations

In order to remove excess skin from the breasts and reposition the breast mound, incisions must be made in the lower part of the breast. These incisions produce scars, which are visible, but improve significantly over 6-12 months. The scars are usually located around the nipple, from the lower center of the areola to the fold beneath the breast, and across the fold beneath the breast. The extent and location of the scars depends to some

degree on the size and shape of your breasts, and the procedure necessary to correct them. Differences always exist between your two breasts—they are different sizes, and the nipple locations are also different. After breast lift, these differences will be less, but will always exist to some degree.

In order to reposition the nipple upward onto the new breast mound, some of its attachments must be detached. This stalk of tissue is designed to include blood supply and nerve supply, but both may be decreased after a lift. Most patients experience complete return of sensation over a few months, but some loss of sensation is possible

Nursing After Lift

Breast lifts do not affect the ability to breast-feed. The glands and ducts are not involved in the procedure.

Risks

Other risks common to all surgical procedures such as bleeding, infection and scar tissue formation occur in a very small percentage of cases. We encourage you to discuss any concerns you have during your consultation.

The Operation

Prior to your breast lift, Dr. Gold will make several measurements and mark specific areas of your breasts with you sitting or standing. These markings are precise guidelines, which are used when your breasts are distorted or shifted when you are lying down. Dr. Gold will also refer to your preoperative pictures during surgery to assure the best possible result.

During the procedure the excess loose skin (mostly in the lower portions of the breast) is then removed.

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To reposition the breast mound upward, the skin of the lower portion of the breast is tightened, tailored, and then sutured closed. The nipple-areola complex is repositioned upward onto the proper position on the new mound and sutured in place.

Recovery

All of your incisions will be carefully closed with stitches placed beneath the skin, so there's no chance of your having "railroad track" type marks but rather very fine line scars. You'll be able to shower or bathe immediately.

Following breast lift procedures, most patients have very little pain, but rather experience nuisances such as tightness or fullness.

Your breasts may feel tight to you for 48-72 hours, and the tightness will gradually resolve over the next several days as the swelling decreases. You may develop slight bruising on the breasts, which will resolve in about a week.

The Stages Of Recovery

Our patient's usually want to know about four stages of recovery: surgery time, when swelling or bruising is resolved, when they'll be able to return to work or social activity, and when they can return to full aerobic or strenuous exercise.

For breast lift procedures, the average is:

Hospitalization time: Your breast lift can be performed as a day surgery in the office, which has full State accreditation,

Bruising and swelling resolve: 10-14 days.

Return to work, social activity: 5-10 days.

Aerobic or strenuous activity: 14-21 days.

We encourage returning to full normal activity immediately. Don't do any type of strenuous exercise that would push your pulse over 100 for about two to three weeks. Any aerobic activity that increases your pulse over 100 also increases your blood pressure, and could make you bleed.