

BREAST UPLIFT

Breast uplift is one of the most popular procedures in cosmetic surgery. If you consider having this surgery, you need to know a few things about it.

1) What happens during the initial consultation?

- You will meet your surgeon and will tell him exactly what you want, why you want it and for how long.
- You will be asked to give information about your previous operations (cosmetic and non cosmetic), your health condition, your current medications, your allergies to medications, if you are a smoker or not. (then you have to stop smoking totally before the surgery).
- You will be asked to say what is your current bra size, which one you are looking for, and how high you want your breasts to be.
- Your surgeon will examine you, and will take some measurements.
- Then, the whole operation will be explained to you in details, including:
 - the type of anesthesia (general/sedation)

-the incisions (length, position (periareolar, or inverted T shape, or vertical only), and outcome)

A periareolar scar can be sufficient for an uplift when the degree of sagging is limited. For all other cases, an inverted T scar is mandatory

-the work performed inside (inside stitches)

-the drains

-the type of sutures used on the skin, the type of dressing

-This uplift can sometimes be combined with breasts implants

As you are usually staying overnight, your drains will be removed the next day, and your big dressing change for a smaller one. Then, you are supposed to use a sport bra and to keep it on for 3 weeks, day and night

2) What happens when you decide to go ahead with your surgery?

You are always welcome to have a second consultation

Remember that if you decide to have an uplift, it is not recommended to have any pregnancies in the future, as it might ruin the result of this operation

Then, you call the office; we book the hospital for you.

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You will have to do a blood test(usually in a private lab),mostly to check your red and white cells and your coagulation.

Before the operation, you are not supposed to take aspirin or similar tablets.It is recommended to stop contraceptive pill , one month before the surgery.

You will have to stop eating, drinking and smoking 6 hours before the operation.

You will see your surgeon before going to theater and have time to ask him any question you forgot to ask before.He will ask you to sign a consent form,where all the possible risks are mentioned.

He will then do some markings on your skin and take some before photographs (they will stay in your file and are totally confidential)

-Then, you will meet the anesthetist and you will be taken to theater.

Your operation takes about one hour and a half.

You will spend half an hour in recovery, before being taken back to your room.

You will be discharged the next morning before 12 noon

3)Do I need a reduction?

The surgeon will take in consideration your current size, your wish and also your measurements and the quality of your skin.When the breasts are obviously too heavy,it makes sense to have them reduced

There is obviously a limit to what can be done , if you want your breasts to look natural .

4)What happens after the surgery?

-Back home you are supposed to take it easy: no sport, no heavy lifting for 3 weeks

-You cannot shower your breasts for two weeks, you cannot drive for one week

-You might be in pain and will need to take some painkillers.You will be told to take some antibiotics for one week

-Your dressing will need to be changed every other day by a nurse or your local GP

-On top of your dressing , you will need to wear a support bra (for 3 weeks, day and night)

-You are supposed to come back to the clinic after one week for the first wound check (but you can contact the office anytime in between), and then you will see your surgeon on the second week.

After this first post operative check up you will see your surgeon,one month

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,(when you stitches are usually removed)and then,3 months and 6 months after the surgery.Then, it will only be once a year

The initial swelling will disappear within 3 weeks, which is the time you need ,before seeing how big you are going to be ,and how your breasts will look like.

5)What are the risks of this operation?

Apart from the usual side effects (pain (3-5 days), swelling,numbness (for 3 weeks) , there are some potential risks ,which are still very rare:

-bleeding: you will have to go back to surgery to have it stopped.This is why it is so important to stop smoking before the surgery

-bruising

-infection (this is why you have the antibiotics)

-asymmetry (no breasts are totally symmetrical and it is generally more obvious after the surgery)

-capsule contracture(only if breast implants are also used): rare condition, when the breast gets hard (due to the building of inside scar tissue) (see breast augmentation information sheet for more details on specific risks of breast implants)

Best prevention is early and daily breast massage

-False expectations :obviously, the goal of this operation is to lift your breasts in the most natural way .It is not to give you back the breasts you used to have when you were 16 years old

Again all these risks of complications are rare, but remember that surgery is not an exact science and there is no magic in surgery.

Would you have more questions, do not hesitate to ask your surgeon,who will be always pleased to see you again during a second consultation