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Breast Lift

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What is Breast Lifting?

Breast lifting (Mastopexy) is a surgical procedure that aims to remove excess skin from the breasts without removing breast tissue. In cases of saggy breasts, like after pregnancy, breastfeeding, or massive weight loss, or if you have uneven breast sizes, breast lifting surgery helps to reshape the breasts to a more youthful, lifted shape and achieve a breast size proportionate to the body if you need to add more volume to them. It might also help improve your self-image and regain your self-confidence.

Check the illustrative video [here](#)¹ and [here](#)².

Before the Surgery... Preparation and Expectations

It is important to consider the following before deciding to undergo a breast lifting surgery:

- Breast lift surgery or Mastopexy is meant for women with saggy, pendulous breasts, who have lost their breast skin elasticity and tightness by time, gravity, pregnancy, weight fluctuations or after massive weight changes. If your breasts have large areolas that are falling below the breast crease, nipples pointing downwards, or have one breast more saggy than the other, you are a good candidate for this surgery.
- Breast lift surgery alone tightens the breast skin around your breast tissue and decreases the size of your areola if they are too large but without changing the breast volume. If you would like to add volume to your breasts with the lifting, you can consider one of these procedures:
 - Augmentation Mastopexy: Breast Augmentation using Silicone Implants to add volume with breast lift surgery. They can be done in one surgery or in 2 different surgeries.
 - Auto-augmentation Mastopexy: Using your own breast tissue (if you have enough volume) to be lifted and supported internally to add more breast projection and reshape it to look fuller with the lifting.
 - Mastopexy and Fat injection of the breasts: Liposuction from an area of your body and filling the fat in areas of your breast that are flattened and give more volume with the breast lift surgery.
- You can have breast lift surgery at any age (even as a teenager) if you have uneven breast sizes or if your breasts are naturally saggy. But if your breasts aren't yet fully developed, you might need a second surgery later in life.
- You might postpone breast lifting surgery if you have certain plans in the future, such as: childbirth/breast feeding (although certain surgical techniques can help preserve your ability to breastfeed) and weight loss (as this may result in changes to your breast size).

¹ <https://bit.ly/2zADR7a>

² <https://bit.ly/2CMWKTg>

Before the surgery, a detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests. You might also be asked to get a baseline mammogram and/or a breast ultrasound.
- Examine and measure your breasts.
- Photographs of your breasts from different angles and close-up photos of some features.
- Discuss your expectations for breast size and appearance after the surgery.
- A 3D simulation can be done for you to get an idea of the expected results.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your procedure will be performed and the date of operation.

Important Instructions

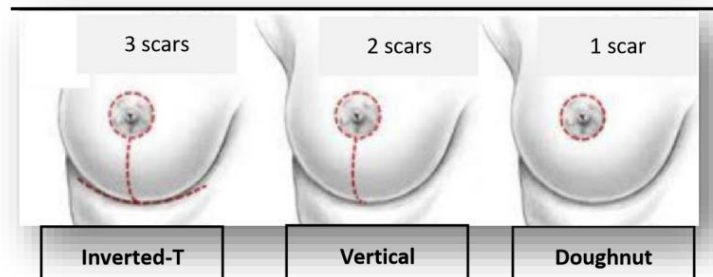
- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by your surgeon.
- Stop smoking 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Local or general anesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** The technique used to lift your breasts can vary, however, the procedure might include surgery through incisions and liposuction to harvest fat from an area of your body to inject into your breast if you decided to do so. Usually, we make an incision around the areola and down each breast, remove excess skin to reduce the size of the areola then we reshape the breast and reposition the nipple and areola.

- The incisions can be around the areola only, lollipop incision which is around the areola and vertically down the breast or an inverted T scar which includes the latter with an added incision at your breast crease.
- If you have decided to increase your breast size by using Silicone Breast Implants at the same time, we will insert them either underneath your breast tissue or underneath your chest muscle according to the thickness of breast tissue that will cover the implant.
- We will tailor your breast skin to have a tight and rejuvenated uplifted contour and stitch your skin internally with absorbable sutures that you won't have to remove later.
- We will try to achieve symmetry between your breasts, but some variation in breast size and shape might occur. The size of the areola also might be reduced.
- The surgery lasts for 2-4 hours depending on the surgical details and patient's situation.

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- Right after the surgery, your breasts will be covered with a gauze dressing or bandages.
- Expect some pain, swelling and bruising after the procedure.



After the Surgery

- Medication will be prescribed to help control the pain and antibiotics to reduce the risk of infection.
- Soreness and swelling are likely to happen for a few weeks after surgery. Bruising is possible. All will improve gradually with time.
- A tube might be placed under each arm to drain any excess blood or fluid.
- If you notice warmth and redness in your breast or have fever, you might have an infection. Contact our medical team as soon as possible.
- It is recommended to apply silicone gel one month after the operation, for a period of 3-6 months.

Post-Procedure Precautions

1. We recommend wearing an elastic compression bra after the operation and for 1- 2 months, to protect the breasts. It must be comfortable, of good cotton material and not compressive. This is one of the most important factors for the success of the surgery and maintaining the aesthetic shape.
2. Avoid normal underwire or push-up bras for a few months after surgery.
3. Sleep at a 45-degree angle for a week after the operation.
4. Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
5. Massage 1-3 weeks after the surgery. You can do it yourself at home or ask our clinic for support. Check massage video [here](#)².
6. Avoid aspirin and herbal supplements that may increase bleeding. Stick only to the medication prescribed by our medical team.
7. Stop smoking. It slows the healing process and may make you more likely to get an infection.
8. Rest and eat high-fiber foods, such as fruits and vegetables, to avoid constipation.
9. Limit your dietary salt intake to help faster swelling recovery.

Recovery and Results

- While the results of breast lift surgery are immediately noticeable, final results may take months for the swelling to completely go down and the surgical scars to fade.
- If you have added fat to your breast, around half of the injected volume will be resorbed by your body in a few months and the rest will stay.
- After 6 weeks, your ability to participate in physical activities will increase and you will promote a more positive self-image.
- Your incision scars will fade over time but it will never completely disappear.
- The final result is generally permanent, although breast shape and size can change due to factors such as aging and weight gain or loss.

Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visits (once a month) during the next 6-12 months.

²https://youtu.be/_1GGRa_g0xU

Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of breast lift surgery are acceptable. Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Breast lifting risks might include:

- Bruising, which is usually temporary
- Seroma: collection of fluid that can be aspirated in the clinic
- Hematoma: a small collection of blood
- Scarring
- Removal of or loss of sensation in the nipples and skin surrounding the nipples (areolae)
- Difficulty or inability to breast-feed
- If you have added a breast implant: Capsular Contracture, rarely implant rupture, seroma, breast implant illness might happen over time or you might need to change the implant after 10-15 years.
- Differences in the size, shape and symmetry of the surgically altered left and right breasts, which might lead to further surgery later on to improve your appearance. Naturally, both breasts are never the exact same size before surgery, however we try as much as possible to make them symmetrical.

Medication

R/Tavanic 500mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Neurontin 300mg	One tablet before sleeping for 5 days
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controloc 40mg	One tablet before breakfast for 10 days

Cited in:

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>