

# Breast Lift

## Fact Sheet

### What reasons prompt women to consider breast lift surgery?

Women with sagging or drooping breasts often consider breast lift surgery. If the droop is very slight it can sometimes be corrected with implants. More substantial drooping requires a lift. While there is no one right shape or size that a breast "should" be, a woman who wishes to change the way her breasts look can often find the solution in a breast lift.

### Are there different types of lifts?

There are mini lifts and full lifts. The choice of procedure is generally determined by the degree of sagging present and the condition of the skin. A mini lift results in smaller scars, but will not give satisfactory results for a woman who seeks major correction.

### Will my breast size change after the lift?

Many women are slightly smaller after breast lift surgery due to the tighter configuration of the breast tissue. Size loss, if it occurs, is usually less than half a cup size and rarely problematic. Unless the woman requests smaller breasts, no breast tissue is removed during the procedure.

### How long does the lift last?

The lift reshapes and repositions the breasts. Natural aging and the effects of gravity continue after surgery as they did before. The new "perky" shape remains for years, but normal changes such as pregnancy or menopause also affect the skin and breast shape.

### Can I still have mammograms?

Absolutely. Women who have had breast surgery should have regular cancer screening just like women who have not.

### Where is the surgery performed?

The procedure is performed in a surgical facility on an out patient basis. In most cases the surgery is done with local anesthetic and IV sedation administered by a board certified anesthesiologist. For most women this facilitates a relatively comfortable surgical experience with quick recovery afterwards. General anesthesia is available in certain cases.



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### How long does the surgery take?

Surgery takes approximately two hours, although each case is different. There is time prior to surgery to get ready and set up for the procedure and time afterwards to recover and get ready to go home, so the total amount of time in the facility is more than just the surgery time itself.

### Do I need to buy a special bra before my operation?

No, a bra is provided at the time of surgery. We put it on as you are becoming more alert following the procedure. We do recommend getting a sports-type bra to have as a back-up at home. Since it can be difficult to predict the size of the bra, many women opt to get a second bra after the procedure. You will be advised not to wear underwire for six weeks after the procedure. It is important to have a few bras that you feel comfortable wearing during that time.

### How much pain should I expect afterwards?

Of course, each woman is different. Most women describe the post operative pain as similar to the feeling of milk “let down” when one can’t nurse. A feeling of tightness is common, more so with a major lift. Probably the most important variable is the woman herself. Women who expect that there will be some pain, that it will be manageable, and aren’t fearful of the pain do much better than women who may have unrealistic expectations about surgery being pain-free.

### When can I shower after surgery?

This depends on the type of surgery performed. There are no restrictions about lifting arms above the head — a woman may reach and move as much as she is comfortable.

### When can I return to work?

In general, women return to work within a week or so following surgery. Women who have very physical jobs may need to take more time away from work. Of course, each person’s recovery is different and some women may take a bit more time before they feel ready to return to their jobs.

### What are the most common risks of breast lift surgery?

The most common surgical risks are bleeding and infection. Limitations of breast lift surgery include asymmetry, loss of some breast volume (even though no tissue is removed at the time of surgery), possible numbness or extra sensitivity to the nipples, bad scarring, and dissatisfaction with the size. Fortunately serious complications are rare.



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