



Mastopexy
(Breast Uplift)

Aesthetic Surgery Ireland

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Clinic Ethos

Aesthetic Surgery Ireland is committed to providing patients with the greatest opportunity for achieving optimum clinical outcomes and receiving comprehensive and continuous care through the application of Art, Science and Integrity

Art

Performing the art of cosmetic surgery revolves around a surgeon's skills and aesthetic finesse, combined with a feeling for form and harmony. Training and knowledge of both reconstructive and cosmetic plastic surgery is an essential foundation for developing effective aesthetic surgical skills.

Science

The science of cosmetic surgery involves a comprehensive knowledge of surgical techniques and medical devices, and a clear understanding of what can be achieved for each patient. Only a Consultant Plastic Surgeon is equipped with this extensive knowledge of surgical and non-surgical techniques for cosmetic surgery.

Integrity

At the centre of a surgeon-patient relationship is a commitment by Aesthetic Surgery Ireland to treat each patient with the utmost integrity.

At the heart of our integrity are the following core principles:

1. Consultant Plastic Surgeons are on the Specialist Register of Plastic Surgery of the Irish Medical Council and reside in Ireland
2. Patients are treated with honesty, empathy and transparency at all times
3. Patients are offered comprehensive and balanced procedure information
4. Patients are afforded freedom of choice without undue influence
5. Clinically proven devices and equipment are used to support aesthetic outcomes
6. Comprehensive and continuous care is provided by Consultant Plastic Surgeons and appropriately qualified, highly experienced Nurses
7. Patient privacy and confidentiality is respected at all times
8. Clinical outcomes and patient care are of paramount importance
9. All surgical procedures are performed only in major Dublin hospitals.

Cosmetic surgery can offer powerful benefits to patients by improving their aesthetic appearance and increasing their self esteem. In order to optimise their individual outcomes, patients have a right to expect the highest ethical and clinical standards.

A guide to choosing the right surgeon

When considering plastic surgery in Ireland, a good choice is a member of the Irish Association of Plastic Surgeons (IAPS).

Members of the Irish Association of Plastic Surgeons

- Are certified by The Royal College of Surgeons of Ireland
- Complete a combination of at least two years of general surgery with a minimum of six years of plastic surgery training.
- Operate only in accredited medical facilities.
- Adhere to a strict code of ethics.
- Fulfil continuing medical education requirements, including standards and innovations in patient safety.
- Are on the Specialist Register of Plastic Surgery of the Irish Medical Council.

Our Consultant Plastic Surgeons are fully trained in Plastic, Reconstructive and Aesthetic plastic surgery. They are all listed on the Specialist Register of Plastic Surgeons of the Irish Medical Council, and in possession of a Certificate of Completion of Training. They are all members of the Irish Association of Plastic Surgeons, and most are members of the British Association of Plastic and Reconstructive Surgeons. It is also very important that you choose a Plastic Surgeon who is resident in Ireland and who can therefore provide comprehensive and continuous patient care, especially after your operation.

Overview

Breasts may sag due to significant weight loss or one or more pregnancies and subsequent breast feeding periods. The objective of a breast lift or mastopexy is to raise and reshape sagging breasts: this is achieved by removing excess skin and repositioning the remaining tissue and nipples to improve the breast's appearance. A breast lift can also reduce the size of the areola, i.e. the darker skin surrounding the nipple. If a patient's breasts are small or have lost volume, one option is to combine breast implants with the breast lift.

It is advisable that you first discuss this procedure with your General Practitioner (GP), who may then refer you to the Consultant Plastic Surgeon of your choice. Sharing your expectations with your GP and surgeon is the best way to increase the possibility of achieving your desired outcomes.

What are some of the possible outcomes of breast lift surgery?

Breast lift surgery will make your breasts firmer and more uplifted. The position of your areolas and nipples will be improved, and the size of your areolas will be aesthetically pleasing. The incisions from your breast lift surgery will heal and fade over time. It is important to realize, however, that the incision lines will be permanently visible. In some instances, they will eventually be only faint lines. Certain individuals may have incision lines that are more noticeable. Fortunately, the incisions for your breast lift are in locations easily concealed by clothing, even low-cut necklines.

Unless you gain or lose a significant amount of weight or become pregnant, your new breast shape should remain fairly constant. However, gravity and the effects of aging will eventually alter the size and shape of virtually every woman's breasts. You are advised to wear a bra as breasts, which contain no muscles and therefore cannot be exercised, will be pulled down by gravity and larger breasts will tend to sag. If, after a period of years, you again become dissatisfied with the appearance of your breasts, you may choose to undergo a second breast lift procedure to restore their more youthful contour and appearance.

Breast Uplift

What happens before the operation?

During the consultation, you will be asked about your desired breast shape and size. Your Consultant Plastic Surgeon will discuss with you how your nipples and areolas will be repositioned. You should mention anything else about your breasts that you would like to see improved. This will help your Consultant Plastic Surgeon to understand your expectations and determine if they realistically can be achieved.

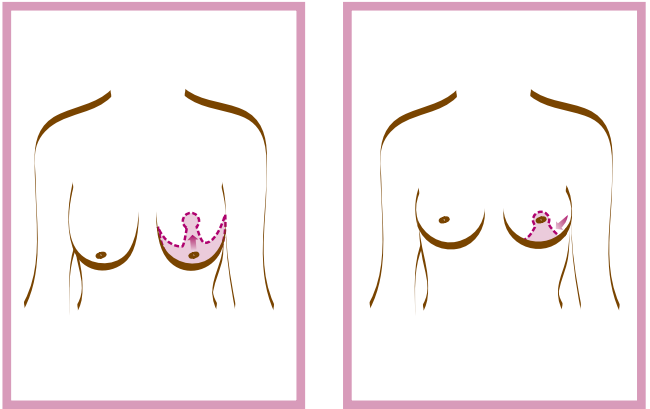
Your Consultant Plastic Surgeon will examine your breasts, taking measurements and photographs for your medical record. The size and shape of your breasts, the quality of your skin, and the placement of the nipples and areolas will be carefully evaluated. You should come to the consultation prepared to discuss your medical history. This will include information about any medical conditions, drug allergies, medical treatments you have received, previous surgeries including breast biopsies, and medications that you currently take. It is important for you to provide complete information.

You should tell your Consultant Plastic Surgeon if you plan to lose a significant amount of weight, particularly if you have noticed that your breasts sag or become smaller with weight loss. Your Consultant Plastic Surgeon may recommend that you stabilize your weight prior to surgery. Individual factors and personal preferences will determine the specific technique selected to lift your breasts.

What happens during the operation?

The procedure for a breast lift is similar to that for breast reduction although usually involves smaller scars. A common method of lifting the breasts involves three incisions. One incision is made around the areola. Another runs vertically from the bottom edge of the areola to the crease underneath the breast. The third incision is horizontal beneath the breast and follows the natural curve of the breast crease.

Incisions following the breast's natural contour define the area of excision and the new location for the nipple and areola. After the Consultant Plastic Surgeon has removed excess breast skin, the nipple and areola are shifted to a higher position. The areola, which in a sagging breast may have been stretched, can be reduced in size. The nipples and areolas remain attached to underlying mounds of tissue, and this usually allows for the preservation of sensation and the ability to breast-feed.



Once the nipple / areola are repositioned, skin that was previously above and adjacent to the areola is brought in and used to reshape the breast.

Breast Uplift

Are there other breast lift surgical techniques?

There are many variations to the design of the incisions for breast lift surgery. The size and shape of your breasts, size of your areolas, and extent of sagging are factors that will help your Consultant Plastic Surgeon determine the most suitable technique for you.

In some instances, it may be possible to avoid the horizontal incision beneath the breast. Sometimes a technique may be used that avoids this horizontal incision as well as the vertical incision that runs from the bottom edge of the areola to the breast crease.

Ideally your breast lift surgery should be performed in a major hospital. Medications are administered for your comfort during the surgical procedure. Usually, a general anaesthetic is administered, so that you will be asleep throughout the procedure.

What happens after the operation?

When surgery is completed, you will be taken into a recovery area where you will continue to be closely monitored. Sometimes, small drain tubes will have been placed in your breasts to help avoid the accumulation of fluids. Gauze or other dressings may be placed on your breasts and covered with an elastic bandage or surgical bra. You usually have to stay a minimum of one night in the hospital after your operation.

The day after surgery, you will be encouraged to get out of bed for short periods of time. After several days, you should be able to move about more comfortably. Straining, bending and lifting must be avoided, however, since these activities might cause increased swelling or even bleeding. You may be instructed to sleep on your back to avoid pressure on your breasts.

Any surgical drains will be removed within a few days of surgery, at which time your dressings may also be changed or removed. You may be instructed to wear a support bra for a few weeks, until the swelling and discoloration of your breasts diminish. Generally, stitches will be removed in stages over a period of approximately three weeks, beginning about one week after surgery. You should be careful not to stretch your arms too high over your head as this may put undue stress on the stitches.

Your breasts may also require some time to assume a more natural shape. Incisions will initially be red or pink in colour. They will remain this way for many months following surgery.

Will I feel less sensation in my breast following surgery?

You may notice that you feel less sensation in the nipple and areola areas. This is usually temporary. It may, however, take weeks, months or even more than a year before sensation returns to normal.

Breast Uplift

What are some of the potential complications with mastopexy surgery?

All operations involve potential complications:

1. Bruising and swelling are commonplace but usually last for approximately two weeks but can continue for a month or more.
2. Although uncommon, bleeding and infection are possible risks and can be serious.
3. You will have pain and discomfort after the mastopexy although the pain is temporary and usually only lasts for a few days.

Remember that the human body is asymmetrical and that even after surgery both sides of the body will look different and there may be some change in the shape of the breast over time.

At the time of surgery the small nerves that supply feeling to the skin are damaged. This may cause changes in sensation including numbness.

Specific potential complications relating to mastopexy include: loss of the nipple due to poor blood supply, persistently heavy scarring and an inability to breast feed.

Approximately one per cent of all operations lead to major complications. Potentially serious complications such as a blood clot or embolus or an unexpected response to drugs or anaesthetics, although extremely rare, can occur.

Please note: that with all procedures there is a possibility of patient dissatisfaction with the outcome.

Will there be a scar?

A fundamental part of surgery is the need for an incision: the severity of visibility of scars left after the incision are dependent on your physiology and the Consultant Plastic Surgeon's expertise. In most patients the scar heals well, but in a small number of people the scar remains thick and heavy.

Allergic reaction to anaesthetic

In very rare cases anaesthetics can cause allergic reactions. The best current estimate is that a life-threatening allergic reaction (also known as anaphylaxis) happens during one in 10,000 to one in 20,000 anaesthetics. Your anaesthetist will choose the drugs for your anaesthetic by taking into account many different factors, in particular, the type of operation, your physical condition, and whether you are allergic to anything.

Most people make a full recovery from anaphylaxis. It isn't known how many anaphylactic reactions during anaesthesia lead to death or permanent disability. One review article suggests that one in 20 serious reactions can lead to death. This in effect implies that the chance of dying as a result of an anaphylactic reaction during anaesthesia is between one in 200,000 and one in 400,000 anaesthetic procedures.

For additional information regarding this procedure please contact your Consultant Plastic Surgeon.

Breast Uplift

Additional patient rights

(a) Informed consent

Patients are entitled to receive, and Aesthetic Surgery Ireland shall at all times strive to provide, comprehensive, accurate and balanced information regarding all clinical treatments, surgical procedures and patient care. Informed consent from competent patients to progress with the procedure is a fundamental requirement for Aesthetic Surgery Ireland. Patients will be asked, without any undue influence, to confirm their agreement to proceed with the procedure by signing a Patient Consent Form.

(b) Patient photographs

As a normal part of the clinical process and to assist the surgeon with patient care, photographs of the patient are taken both before and after the respective procedure or treatment. To advance medical understanding occasionally Aesthetic Surgery Ireland may ask patients for their written consent to use their photographs in medical presentations and research. When used for this purpose the patient's identity shall be protected and kept confidential at all times. Only photographs of patients who have provided written consent expressly for this purpose, shall be used.

(c) Minimum age

The minimum age for cosmetic clinical treatments and surgical procedures is 18 years.

(d) Patient confidentiality

At all times Aesthetic Surgery Ireland shall respect and protect the patient confidentiality. Only sensitive personal information relevant to patient care shall be disclosed to clinicians involved in the respective patient's wellbeing.

(e) Cooling off period

All patients are entitled to 14 days, from the date of signing the consent form, to consider whether or not to proceed with the surgery or to seek additional information.



*Additional information
regarding each procedure can be found
on the Aesthetic Surgery Ireland website
www.aestheticsurgery.ie*

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to providing patients with the greatest
opportunity for achieving optimum clinical
outcomes and receiving comprehensive and
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