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Patient Information Leaflet

Breast Lift Surgery — Mastopexy

What is a Breast Lift?

A breast lift, also known as a **mastopexy**, is a surgical procedure designed to improve the position, shape and firmness of the breasts.

Over time, many women notice changes in their breasts due to pregnancy, breastfeeding, weight changes, ageing or natural loss of skin elasticity. The breasts may become softer, flatter or begin to sag. In many cases, the total breast volume may remain similar, but the youthful firmness and elevated breast position are gradually lost.

A mastopexy aims to lift and reshape the breast by removing excess skin, repositioning the breast tissue, and placing the nipple and areola in a more youthful position.

What a Breast Lift Can and Cannot Do

A breast lift improves breast position and shape, but it does **not significantly increase or reduce breast size**. If you would like more upper pole fullness or increased breast volume, a breast implant may sometimes be recommended together with the lift.

In some patients, a small implant may be used to improve fullness and firmness where the natural breast tissue alone is not enough to achieve the desired shape.

Surgical Scars

The type of scar depends on the amount of breast sagging and the degree of reshaping required.

In mild cases, the scar may be placed around the edge of the areola. This is called a **peri-areolar scar**.

In more significant cases, a “keyhole” or “lollipop” pattern may be required. This usually results in:

- A scar around the areola
- A vertical scar from the areola to the breast fold
- A short scar in the infra-mammary fold, which is the natural crease underneath the breast

Scars are usually most noticeable in the first 6 to 12 months after surgery. They gradually fade and improve with time, but they will not disappear completely.

Hospital Stay

You will usually remain in hospital overnight after your surgery. This allows for monitoring and ensures that you are comfortable before going home.

Recovery

Recovery usually takes approximately **10 days**, although this may vary from patient to patient.

You may experience swelling, bruising, tightness or mild discomfort after surgery. These symptoms are expected and should gradually improve. It is important to rest, avoid strenuous activity, and follow all post-operative instructions carefully.

Most patients can return to light daily activities within 1 to 2 weeks, depending on their recovery and the nature of their work.

Sutures

All sutures used are absorbable and do not need to be removed.

Post-Operative Bra

After surgery, you will need to wear a supportive post-operative bra **day and night for one month**, unless otherwise advised by your surgeon.

The bra helps support the breasts, reduce swelling and assist with healing.

Final Breast Shape

It is important to understand that the final breast shape is not seen immediately after surgery.

The breasts may initially appear swollen, firm or slightly high. Over time, the swelling settles and the tissues relax into a more natural position. It may take up to **one year** for the final breast shape to fully settle.

Possible Risks and Complications

As with any surgical procedure, breast lift surgery carries potential risks. These may include:

- Bleeding or haematoma
- Infection
- Delayed wound healing
- Prominent or widened scars
- Changes in nipple or breast sensation
- Asymmetry between the breasts
- Skin or nipple-areola circulation problems, although this is uncommon
- Loss of nipple sensation
- Need for revision surgery
- Anaesthetic-related risks

Your surgeon will discuss these risks with you in detail during your consultation.

Follow-Up

Follow-up appointments are important to monitor your healing and breast shape. Please attend all scheduled follow-up visits and contact the practice earlier if you notice increasing pain, swelling, redness, wound discharge, fever, or any other concerns.

Important Note

Every patient is different. The best surgical plan depends on your breast shape, skin quality, degree of sagging, breast volume and aesthetic goals. A thorough assessment with Dr Chen is required to determine the most appropriate approach for you.