



DR MATTEO
VIGO

PLASTIC SURGERY

**BREAST LIFT SURGERY:
RE-SHAPING YOUR
BREASTS**



Breast uplift surgery is an operation to re-shape your breasts to change how they look and make them feel firmer.

Like all surgery, this major operation has risks. It's important to find out about the procedure and choose your surgeon carefully. We hope the information here will help you make the right decision for you.

It's common for breasts to become less firm after pregnancy and breastfeeding or with gravity over time. Many women feel comfortable with this. But if you want to change how you look, you may consider breast uplift surgery.

How breast uplift surgery is done depends on the size of your breasts and how you wish to look afterwards. Usually, your surgeon re-shapes your breasts by removing extra skin from underneath them. The skin and surrounding tissue is tightened, and your nipple moved to a higher position. Breast uplift surgery doesn't significantly change the size of your breasts. A breast enlargement or breast reduction procedure can be done at the same time.

The timing of surgery is important. Most surgeons won't do breast uplift surgery if you're under 18, because your breasts may still be developing before this age. Being pregnant after breast uplift surgery is likely to stretch your breasts again. Because of this, many women wait until after they've completed their family before having surgery. Your surgeon may also advise waiting at least six months after breastfeeding, so your breasts can regain their shape.

All breast uplift surgery will leave scars. However, your surgeon will try to keep these to a minimum and make sure they don't show when you wear a bra or bikini top.

WHAT IS BREAST UPLIFT SURGERY?

Breast uplift (mastopexy) is a cosmetic operation to remove excess skin from your breasts to improve their shape. The procedure is very similar to breast reduction surgery. However, in a breast lift procedure your breasts are reshaped by tightening the skin, without removing any breast tissue. This means your breasts will remain the same size, but be reshaped so they look firmer and perkier. If you would like extra volume or a larger breast, then a breast uplift and breast augmentation using a breast implant can be combined to create your desired look.

WHAT DOES A BREAST UPLIFT DO?

- Firmer and higher breasts that look more voluminous.
- Restore youthful nipple position.
- Improved and more attractive appearance in a wider range of clothing options including swimsuits and strappy and fitted tops.
- Able to wear clothing without the need for a bra to support the breast.
- Looking good with pert breasts often makes a woman feel better about herself and more feminine and, can increase self-confidence.
- Can achieve symmetry of the breasts.
- Relieve contact of the breast skin on the chest.

AM I SUITABLE FOR A BREAST LIFT?

Living with breasts that are sagging and no longer firm and pert can affect a woman's self-esteem and make her feel self-conscious both in and out of her clothes. If your breasts are having a negative impact on your physical appearance and/or your self-confidence, then a boob lift may be appropriate for you.

You are suitable for breast uplift surgery if you are experiencing one or more of the following:

- Sagging and pendulous breasts
- Flatter and more empty looking breasts
- Nipples that point downwards
- You've achieved substantial weight loss and your breasts are deflated with a lot of loose skin

Whilst there is no age limit, the best candidates for a breast uplift procedure are in good health and emotionally-stable. If you're planning to have children in the future or to lose considerable weight, then it might be best to postpone breast uplift surgery until after these events.

At your initial consultation your cosmetic surgeon will discuss with you your options and, realistic goals and expectations of a breast lift procedure. The final decision will be made between you and your cosmetic consultant.

HOW THE OPERATION IS PERFORMED

A Mastopexy or breast uplift is usually required if the position of the nipple is pointing downwards or if it lies below the natural crease of your breast (the inframammary fold.) It is performed under general anaesthetic as a day case procedure, meaning advanced sedation





techniques are employed to enable patients to recover more quickly after surgery and return home on the same day.

THE INCISION SITE

Generally this procedure is performed to rejuvenate and reshape the look of the breasts - due to the scarring associated with this particular breast procedure, the incision sites will be considered in great detail. There are various places where the incisions can be placed as detailed below:

Periareolar mastopexy or 'donut'

This method of uplift addresses the loose/sagging skin or envelope of tissue. The incision in this instance is limited to the circumference of the areolar only and is often combined with an augmentation to help restore lost volume. This method proves satisfying for most patients although there is a potential risk of the extra weight of the settling implant distorting the areolar, although the benefit is that scars are kept to a minimum.

Vertical or "lollipop" mastopexy

This method helps to reshape the breast very well indeed, however there will still be a visible scar down the centre and underside of the breast. The scar does eventually fade with time - this method is best suited primarily for breast lifts and breast reductions of any size without augmenting and adding further weight to the breast whilst it heals.

Traditional 'T-Scar' or 'Anchor' technique

This is by far the most common and preferred technique of uplift - typically, your scar will start around the areolar, travel vertically down the underside of the breasts and then horizontally across the natural breast crease or inframammary fold. There is of course a consideration around scarring, however, with our expert aftercare team your wounds should heal beautifully and with time fade almost completely. This method usually incorporates an augmentation very well as the new weight of your breasts is distributed evenly across all incision sites.

Often as part of a mastopexy procedure your nipple will be realigned – the aim of this surgery is to rejuvenate the look of low, pendulous breasts, therefore, the nipple will be repositioned so that after your surgery, when you stand in front of the mirror naked your nipple is adjacent to the midline of the upper arm.

THE TYPES OF STITCHES/SUTURES

All sutures are placed below the skin and are dissolved by the body over the course of a few weeks. Nothing needs to be pulled out/removed by a nurse following your procedure. Often surgeons will seal the wound with tissue glue, to limit the risk of superficial wound infection – this glue peels off over 1-2weeks.

ASYMMETRY

Most women have some form of minor breast asymmetry. One side may differ from the other in volume, position of the nipple or shape of the chest wall – this is completely normal and your surgeon will be able to assess how best to correct these variances during your procedure.

RECOVERY

Your breasts will look discoloured and feel very firm and swollen immediately after breast uplift surgery. You should be able to go home the same day.

Most women return to normal activities within two to three weeks. You should be able to return to work after the second week, depending on your type of job and, also do a limited amount of activity, such as lifting young children, after about two weeks. The results of a breast uplift improve gradually over the first six months. Your breasts should become softer and more natural.

AFTER CARE

How you behave in the immediate weeks after your operation can significantly impact the results you are able to achieve, for example, wearing the correct supportive post-operative bra will support the breast position and protect the settling scars during the crucial initial healing stage. You must also ensure that you lie resting in a slightly elevated position to help reduce swelling, you must also try to not move yourself up the bed using your arms as this action moves the muscle on your chest and could potentially move the implants or cause bleeding. You should use your stomach muscles and bottom to move up the bed. Do not allow anyone to assist you up the bed by lifting you up from under the armpits.

An appointment will be made for 1 week after your surgery where your incision sites will be checked, cleaned and redressed and you will be given instructions on how to care for these areas for the remainder of your healing. A follow up appointment will also be arranged at 2 weeks, 1 month and then 3-6months time. Dr. Vigo advises patients should be able to return to their normal day-to-day activities after about two weeks – we would recommend one week off work with the option of two if you require, as swelling is greatest during this time and it is advisable to give wounds an appropriate time to heal. During this period, it is advisable to keep all physical activity to a minimum including visits to the gym, practicing aerobics, yoga or any other sports that involve using your arms.



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A BRIEF NOTE FROM
DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

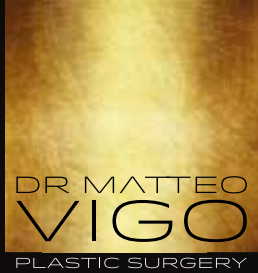
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

“Because you deserve the best” is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



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Click here to learn more about
[Breast Lifting](#).

To book a consultation with
Dr Vigo, please contact us today.

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Locations

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