

Patient information sheet – Breast lift

Why is Breast lift done?

Breast lift (Mastopexy) is done give more projection to deflated and saggy breasts. This procedure makes the breast more perky and when combined with an implant, can increase the size of the breast.

What are the types of Breast lift?

Breast lift can be done alone or in combination with augmentation, where an implant is also inserted. Depending on the extent of the lift, it could be a circumareolar incision (Around the nipple), Vertical scar incision or an inverted T shaped incision.

How many days of hospital admission is required?

It is a daycare procedure and you will be discharged from the hospital on the same day of surgery.

What does the surgery involve?

You will be seen by our anaesthetist before surgery and then admitted on the day of surgery. The surgery is conducted under general anaesthesia and takes about 1 hour. Depending upon the type, cuts are made on the breast as described above. Sometimes an implant is also inserted. The wound is closed with absorbable stitches. You will be given some pain killers and antibiotics and discharged on the same day evening. You will be advised to wear a comfortable sports bra after surgery.

What happens after surgery?

There will be a follow up appointment after 1 week to check the wound. Most of the swelling goes down in a week, but final results can be usually seen after 6 weeks of surgery when the swelling and bruising completely recedes.

What is the downtime after surgery?

You will be able to go back to normal activities from the next day. Strenuous activity like jogging, gym and sports can be resumed after 3 weeks.

What complications can I expect?

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital.

Will I be able to breast feed after this surgery?

Many women have breast fed after this surgery, but one can expect feeding disturbances. We would advise you to opt for this surgery after the completion of your family.

I have a few more questions. What do I do?

Kindly write to us at contact@drvvybhavderaje.com. We will be happy to reply to any of your questions and concerns.

Email Id: contact@drvvybhavderaje.com

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Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.

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