

## **Mastopexy (Breast Tightening or Uplift) combined with own fat or implants**

The mastopexy or breast tightening procedure involves repositioning the droopy breast so that the breast tissue no longer sits low and flat against the chest. The volume is retained, the breast is reshaped and positioned. The aim of this surgery is to obtain a more youthful look, particularly if the breast has changed in shape following weight loss, breastfeeding or ageing and gravity.

The mastopexy procedure also involves elevating the position of the nipple and areola (coloured area around the nipple), reducing the size of the areola and removal of the excess skin of the breast. This therefore results in scars placed around the areola, vertically over the lower part of the breast and sometimes in the lower breast crease too.

### **QUESTIONS YOU MAY CONSIDER ASKING AT THE CONSULTATION:**

Are the scars visible?

How would my breasts look in 10 years?

Do I have the same sensation in the breast after  
the surgery?

### **INFORMATION ABOUT THE PROCEDURE:**

Duration of case: 1.5 hours

General Anaesthesia required

Post-operative recovery approximately 10 days

No physical activity/sport for approximately  
3 weeks