

Breast Lift

Newton was right: gravity exists. Over time most women see and feel gravity's effects on their breasts, especially after childbearing, breastfeeding, significant weight loss, or after a lifetime of physical activities such as jogging and other sports. A breast lift, or mastopexy, can lift and reshape the breast. Your physician will determine the appropriate procedure based on the size and shape of your breasts, areola size and placement, and the skin's elasticity and texture. Breast implants may be useful in some cases for optimal shape and to increase size, if desired.

This procedure is usually performed under general anesthesia on an outpatient basis. You can expect swelling, bruising and discomfort for a few days to several weeks after surgery. Recovery and healing are gradual. You can usually resume work a week or two after surgery. You should be able to resume physical activities after three to four weeks. Some scarring is inevitable with any of these techniques. The extent depends on the degree of lifting required.