

## **Aspire Procedural Information Guide Mastopexy – Breast Lift**

Welcome to your Aspire Experience. This is your informed decision informational packet. It will give you information concerning your Aspire surgical experience from the start to the completion. It is important that you read this information carefully and completely.

Time takes its toll on your breasts, as do weight loss, pregnancy and breast-feeding. But you can recover their youthful shape and firmness with a breast lift.

A breast lift (also known as mastopexy) is just as it sounds—the skin and underlying structure are pulled up and tightened. If the areolas have become enlarged, they might be reshaped as well. If you want to add fullness to your breasts, you can combine a breast lift with a breast enlargement. If you want to reduce the size of your breasts, you can combine a breast lift with a breast reduction.

If your breasts have begun to sag and have a flatter, elongated shape, or if your nipples point downward, a breast lift is a good option. A breast lift can also even out your breasts if one is longer than the other. A breast lift can improve your body's contour as well as your self-esteem.

### **Consultation**

If you're considering a breast lift, the first step is a consultation with Dr. Lee. He will take the time to get to know you and to talk about what you hope to achieve with a breast lift. Dr. Lee will ask you about your desired breast shape and how your nipples will be repositioned. He will take measurements of your breasts and photos for your records.

Dr. Lee will take your medical history. Be prepared to talk about any medical conditions, previous surgeries, current medications and allergies, and whether you've had any breast biopsies.

A breast lift will not affect your ability to breastfeed, but pregnancy and breastfeeding can affect the results of your breast lift. Tell Dr. Lee if you are planning to become pregnant after your procedure.

You should also tell Dr. Lee if you plan to lose a significant amount of weight. Weight loss can affect the size and shape of your breasts. You may need to achieve your goal weight before undergoing surgery.

### **Before Your Breast Lift Surgery**

Knowing what to do and what to expect before your surgery will make for the best possible outcome.

Before your breast lift, you may be asked to undergo lab tests or a medical evaluation. Dr. Lee may ask you to get a baseline mammogram and another after surgery to help identify any future changes in your breast tissue. You will need to avoid aspirin and anti-inflammatory drugs, which can increase bleeding. If you



Your surgery will be performed at the fully accredited Southwest Surgical Suites or another accredited facility. They will contact you prior to your procedural date to review medical history and instructions. Do not eat or drink anything after midnight the night before your procedure for a morning surgery; including water, mints, chewing gum, and vitamins. For an afternoon procedure, obtain specific instructions during your pre-operative call. Having an empty stomach is extremely important for your safety.

You likely will receive general anesthesia—Dr. Lee will recommend the best choice for your procedure. You will need to arrange for someone to drive you home after your surgery and spend the first night with you.

### **Your Breast Lift Surgery**

Upon arrival at the surgical facility and after registration, you will be escorted to the preoperative area where you will be prepared for surgery. One guest may be with you until you go into the operating room. Both your physician and your anesthesiologist will meet with you prior to your procedure.

There are several techniques for breast lifts. Dr. Lee will choose the one best for you based on your breast size and shape, the size and position of your areolas, and your skin quality and elasticity.

Your incision might be made around the areola; around the areola and down to the crease of your breast; or around the areola, down to the breast crease and horizontally along the crease. As much as possible, incisions are hidden in the folds of your breast, but some permanent incision lines may remain. They will fade significantly with time.

In a breast lift, the underlying tissue is lifted and reshaped, and the nipples and areolas are repositioned. If your areolas are enlarged, they will be reduced, and excess skin may be removed from your breasts to make up for a lack of elasticity.

Sutures are made in layers to first support the deep breast tissue and then to close the surface incisions. Tubes may be inserted to help drain fluids as these layers heal.

Sutures are layered deep within the breast tissue to create and support the newly shaped breasts. Sutures, skin adhesives and/or surgical tape may be used to close the skin.

### **After Your Breast Lift Surgery**

When your surgery is complete, you'll be taken into a recovery area where you will be closely monitored. Although the time varies, most patients are discharged one to two hours after the procedure. Southwest Surgical Suites also offers overnight stays if ordered by the physician and appropriate for the procedure performed.

Your breasts will be bandaged, and you will need to continue wearing an elastic bandage or support bra to minimize swelling.

You will be encouraged to get up and about for short periods the day after surgery. You may need to sleep on your back for the first few weeks to avoid pressure on your breasts. You will need to protect your breasts from excessive motion and abrasion while your incisions heal to avoid scarring. You'll also need to avoid straining, bending and lifting to prevent bleeding or increased swelling.

If you have drains, they will be removed within a few days after surgery. Your stitches will be removed in stages at follow-up visits over the course of the next three weeks.



Depending on your job, you likely will be able to return to work after a week. You will be able to resume most other activities, including mild exercise within several weeks after surgery.

You'll be required to avoid sexual activity for at least two weeks; beyond that time, you'll need to be gentle with your breasts.

You may experience diminished sensation in your nipples and areolas. This is typically temporary, but it may take up to a year before full sensation returns. Your incisions may be red or pink for several months after your breast lift as well.

If you experience shortness of breath, chest pains or an unusual heart rhythm after you return home, seek immediate medical attention.

### **Important Facts About Breast Lift Risks and Complications**

Thousands of women undergo breast lifts every year without complications, and Dr. Lee is a board-certified plastic surgeon with decades of experience. Every plastic surgery, however, has risks. The potential risks of a breast lift include:

- Scarring
- Bleeding
- Infection
- Poor healing of incisions
- Changes in nipple or breast sensation, which may be temporary or permanent
- Anesthesia risks
- Breast contour and shape irregularities
- Skin discoloration, permanent pigmentation changes, swelling and bruising
- Damage to deeper structures such as nerves, blood vessels, muscles, and lungs, which may be temporary or permanent
- Allergies to tape, suture materials and glues, blood products, topical preparations or injected agents
- Breast asymmetry or uneven nipples, which can typically be adjusted at a later time
- Fatty tissue deep in the skin could die (fat necrosis)
- Fluid accumulation
- Excessive firmness of the breast
- Potential partial or total loss of nipple and areola
- Deep vein thrombosis, cardiac and pulmonary complications
- Blood clots
- Pain, which may persist
- Possibility of revisional surgery

A breast lift may also make diagnostic procedures such as a mammogram more difficult.

Dr. Lee will discuss these risks with you during your consultation. Please be sure to ask him about any questions or concerns that you might have.

### **The Results of Your Breast Lift**

You will notice the results of your breast lift immediately, and their appearance will continue to improve as the swelling subsides and the incisions fade over the next few months.

As long as your weight remains fairly constant, the results of your breast lift will be long-lasting. You should be able to enjoy your more youthful shape for years to come.



The key to a truly successful breast lift is maintaining an open line of communication with Dr. Lee. He and his team are eager to respond to your questions and can help provide skin care to maintain and enhance your results—they are your partners in achieving the results that you seek.

*Sources: The American Society of Plastic Surgeons; The American Society for Aesthetic Plastic Surgery*