



## PATIENT LEAFLET - BREAST LIFT / MASTOPEXY

### WHAT IS A BREAST LIFT?

Mastopexy or Breast Lift is an operation aimed to restore the youthful appearance of the breast. With age, after pregnancy and weight loss the breast tissue can stretch and become saggy, and the nipple position falls. Most patients seeking simple mastopexy, as opposed to reduction mastopexy (removing breast volume with the lift ) or augmentation mastopexy (increasing breast volume with the lift with an implant), are happy with their breast volume within the bra, but self-conscious of the appearance out of the bra. They may also get symptoms such as sweating and intertrigo (redness and soreness of skin) under the breast.

### HOW IS IT DONE?

Breast Lift surgery can be done a number of ways. Miss Bright-Thomas has extensive experience of all the latest techniques and will be able to advise which technique is best for you, depending on the amount of skin laxity you have, the nipple position and size, and your desired breast shape. Many surgeons are only familiar with one or two techniques, so it's important to know, whoever you see, that they are suggesting the operation that is best for you rather than just the operation they are able to do.

### BREAST REDUCTION OUTCOMES

Miss Bright-Thomas' patients are highly satisfied with their surgery. Her patients are more comfortable with their appearance after surgery, their confidence and self-esteem is better. They feel they can wear more revealing clothing and often personal and sexual relationships improve. It's an operation Miss Bright-Thomas enjoys doing, knowing that she gets predictably good results.