



Spire Healthcare

Treatment summary

Breast uplift operation (mastopexy)

About breast uplift

A breast uplift, known as a mastopexy, is an operation to raise and re-shape your breasts. The operation involves removing skin from underneath the breast or from around the areola (the area of dark tissue surrounding the nipple). The skin and tissue of the breast is also tightened and your nipple is moved to a higher position to give a more youthful and firm appearance.

A breast enlargement or reduction procedure may be performed at the same time. For more information about these, please see the separate Spire Healthcare treatment summary sheets, *Breast augmentation operation and Breast reduction surgery*.

A breast uplift typically requires an overnight stay in hospital and is done under general anaesthesia. This means you will be asleep during the procedure.

Your surgeon will explain the benefits and risks of having a breast uplift operation and will also discuss the alternatives to the procedure. Your surgeon will also give you advice about the size and type of bra you will need to take to hospital for after the operation.

About the operation

Your surgeon will make a series of cuts on your breasts. The exact number and position of these varies, depending on the exact technique being used by your surgeon. Skin is either removed from around the areola or from under your breasts to lift and firm the breasts.

The nipples are re-positioned, and the size of the areola may also be reduced, to suit the new shape.

If you are having breast implants for enlargement, these will be placed either directly under the breast tissue or deeper behind the muscle on which the breast lies. If you are having a breast reduction, some breast tissue will also be removed. The cuts are closed with stitches and covered with a dressing. Depending on the extent of surgery required, the operation can take two hours or more.

Mastopexy is generally a safe operation. For most women, the benefits are much greater than any disadvantages. However, all surgery carries an element of risk.

Complications specific to this operation include infection, which may need to be treated with antibiotics and sometimes further surgery. Occasionally, bleeding occurs inside the breast causing it to swell and become painful. This is called a haematoma. This may require further surgery.

The wound can be slow to heal. The skin may form a scab that can separate, leaving a broad scar that can take years to fade. Rarely, alterations in the blood supply may result in the loss of part, or even all, of a nipple.

It's possible that your breasts may not be exactly the same shape or size as each other, or that your nipples may be unevenly positioned after surgery.

As with any cosmetic procedure, it is important that you review your expectations thoroughly with your surgeon before you decide to proceed.

The chance of complications depends on the exact type of operation you are having and other factors such as your general health. Ask your surgeon to explain in more detail how any risks apply to you.

To find out more about having a breast uplift in a Spire Healthcare hospital, please contact your local Spire hospital.



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