

Breast lift (mastopexy).

This is an operation that is used to correct the droopiness of breasts by lifting the breast tissue and removing any excess skin. It is usually performed under general anaesthesia and the entire procedure takes about 2 ½ hours. There is usually a one night stay in hospital and most women are able to return to work after 2 weeks.

The operation cannot recreate the natural breast tissue support, but it can re-shape the breast into one that looks more youthful and feels much firmer. It is important to remember that although this is a very effective cosmetic procedure, you are left with scars and possibly some numbness of the nipples.

After the operation you will have two wound drains in place, one in each breast. This is to help drain any excess blood or fluid from each breast that may have collected in that area. These drains will remain in place for a short time. You will be given pain killers to ease the discomfort that you will experience in the first few days. You will also be encouraged to wear a firm supportive bra or binder for 3-6 weeks following your surgery.

It is important to remember that a breast lift will not last forever and that the general effects of the ageing and gravity will cause the breasts to droop again. Pregnancy and breast feeding may undo the benefits of the operation so it is best done once women have completed their families.

- **We would ask you not to take any herbal or over the counter medicines prior to having a surgical procedure. Many Homeopathic chemists advocate arnica before surgery however this is quite harmful as it causes more bleeding during surgery.**
- **You will be given antibiotics during your surgery. Do remember that for women using the oral contraceptive, this will be less effective as a result of taking antibiotics, especially the oral ones. You will need an alternative form of contraception whilst taking the antibiotics and for seven days afterwards.**