

BREAST LIFT (MASTOPEXY) PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

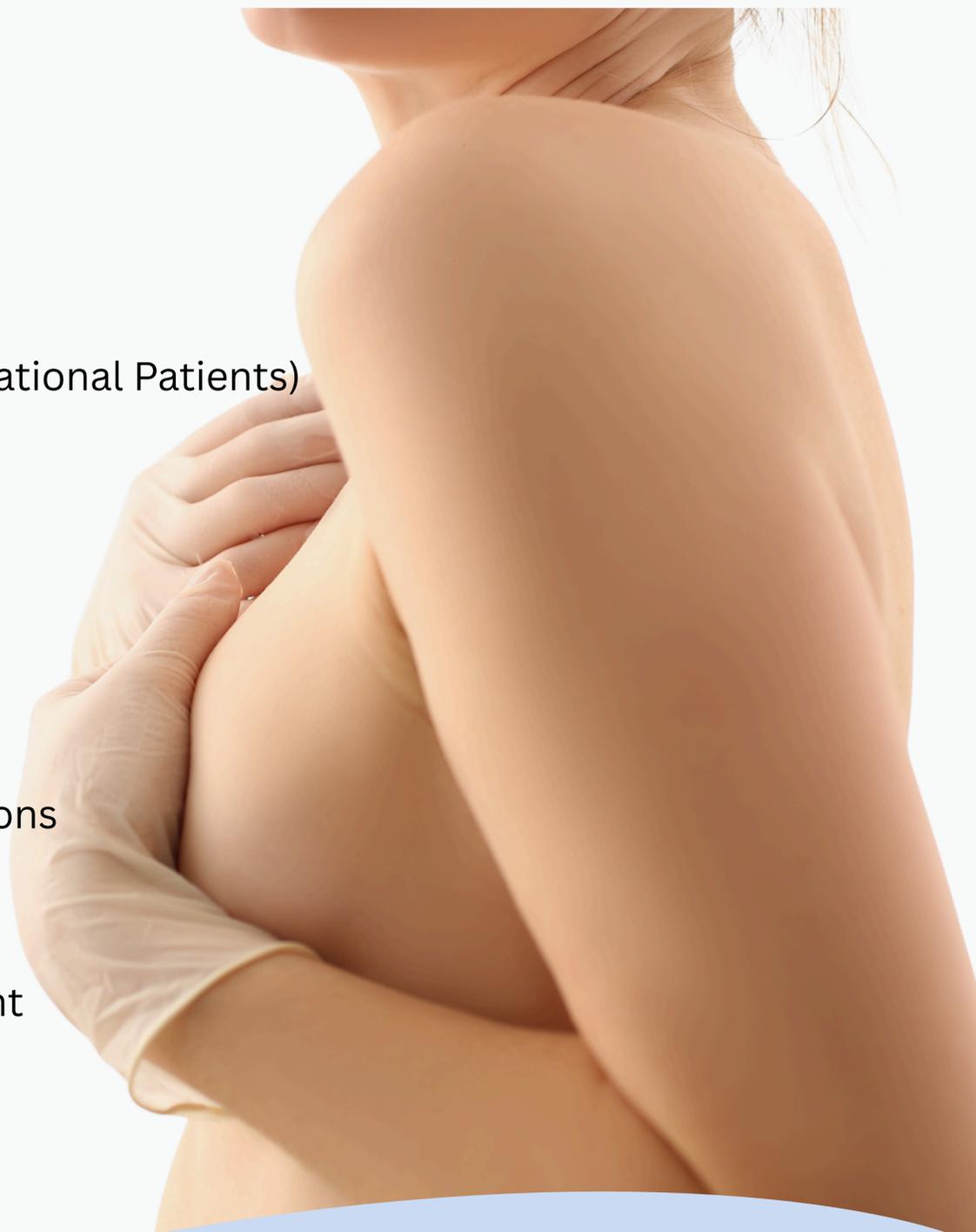
This booklet provides information to help you decide whether to have breast lift surgery (mastopexy). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is a Breast Lift?

A breast lift (mastopexy) is a surgical procedure designed to raise and reshape sagging breasts.

Over time, factors such as pregnancy, breastfeeding, ageing, gravity and weight changes may cause the breasts to lose firmness and position.

The procedure removes excess skin, reshapes the breast tissue and repositions the nipple to create a more youthful contour.

In some cases, a breast lift may be combined with breast implants to restore volume.

Why Consider This Procedure?

A breast lift may be considered if you:

- Have breasts that appear sagging or drooping
- Notice that nipples point downward
- Experience loss of breast shape after pregnancy or weight loss
- Feel the breasts have lost firmness over time

Your surgeon will assess whether a lift alone or a lift combined with implants may be appropriate.



Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking at least 4 weeks before surgery
- Avoid blood-thinning medications unless approved
- Disclose all medical conditions and medications
- Undergo blood tests or imaging if required
- Maintain stable weight prior to surgery

Fasting will be required before general anaesthesia.

Your Treatment Journey (International Patients)

Initial Assessment

Photos and medical history are reviewed.

Travel Arrangements

Airport pickup and accommodation are arranged via the treating hospital.

Pre-Operative Appointment

Final examination, surgical planning and consent confirmation take place.

Surgery Day

The procedure is usually performed under general anaesthesia and may take 2–3 hours.

Post-Operative Stay

Hospital stay is typically 1 night.

Return Travel

Patients are generally advised to remain abroad for 7–10 days before flying home.

The Procedure

The surgery may involve:

- Removal of excess skin
- Reshaping of breast tissue
- Repositioning of the nipple and areola
- Tightening of surrounding skin

If implants are used, they are placed either beneath the breast tissue or chest muscle.

The type of incision depends on the degree of lift required.

After the Operation

After surgery you may experience:

- Swelling and bruising
- Temporary changes in nipple sensation
- Tightness in the breast area
- Mild discomfort

A surgical support bra is typically worn during recovery.



Recovery and Expected Results

First 2 Weeks

Swelling and discomfort are common.

Weeks 3–6

Gradual reduction in swelling and return to normal activities.

Months 3–6

Breast shape settles and scars begin to mature.

Final scar appearance may take up to a year.

Aftercare Instructions

You may be advised to:

- Wear a surgical bra continuously for several weeks
- Avoid heavy lifting for at least 4–6 weeks
- Avoid strenuous exercise initially
- Keep incisions clean and dry
- Attend follow-up appointments

Following aftercare instructions helps reduce complications.

Potential Benefits

A breast lift may:

- Improve breast position
- Restore a more youthful breast shape
- Improve body proportions
- Improve confidence

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications include:

- Infection
- Bleeding
- Changes in nipple sensation
- Scarring
- Asymmetry
- Difficulty breastfeeding
- Implant-related complications (if implants are used)

Procedure-Specific Considerations

Implants vs Lift Alone

Some patients require implants to restore lost volume.

Scarring

Breast lift surgery leaves permanent scars which fade over time but do not disappear completely.

Breastfeeding

Future breastfeeding ability may be affected.

Weight Changes

Significant weight changes may affect results.

Pregnancy

Future pregnancy may alter breast shape after surgery.

When to Seek Medical Advice

Seek urgent medical attention if you experience:

- Severe swelling
- High fever
- Increasing pain
- Sudden redness or discharge
- Shortness of breath

Questions to Ask Your Surgeon

You may wish to ask:

- Do I need implants in addition to a lift?
- What incision pattern will be used?
- What scars should I expect?
- What is the expected recovery timeline?

Further Information and Consent

Before proceeding with surgery you will be asked to confirm that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions

The final decision regarding suitability for surgery is made by the treating surgeon following in-person assessment.

Contact Information

If you require further clarification before your consultation or treatment, please contact:

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Document Information

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