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# Aiming for Higher: The Mastopexy

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Breast lift surgery, clinically referred to as a mastopexy, restores a youthful appearance to a woman's breasts  
cosmetic surgery

Breast lift surgery, clinically referred to as a mastopexy, restores a youthful appearance to a woman's breasts. Over the years breasts lose their shape and firmness due to pregnancy, nursing, and loss of skin elasticity, which basically means they end up sagging. A Mastopexy will raise and reshape breasts-slowing the effects of aging and gravity. This procedure can reduce the size of the areola, the darker skin surrounding the nipple.

Mastopexy is often performed in conjunction with breast augmentation to increase breast firmness and size. This may appeal to women who have lost breast volume after pregnancy. Pregnancy and nursing often result in stretched skin and therefore decreased volume. As with all cosmetic surgery, realistic expectations are important. Though breasts of any size can be lifted, women with smaller breasts enjoy longer lasting results.

A mastopexy is not a simple operation, though it is still normally safe when performed by a qualified plastic surgeon. Mastopexy is occasionally performed in a hospital, but more often is done in an outpatient facility. Breast lifts are usually performed under general anesthesia. The surgery may take anywhere between 1 1/2 to 3 1/2 hours, and there is some recovery time. As with any surgery, there are possible complications. A patient may suffer an adverse reaction to the anesthesia (very rare), or experience bleeding and infection following a breast lift, causing scars to widen. Poor healing and wider scars are more common with patients who smoke.

After surgery, stitches will be covered with gauze and an elastic bandage, or a surgical bra will hold the breasts in place. Breasts will be bruised, swollen, and there will be some mild discomfort for a couple of days. A soft support bra replaces the bandages or surgical bra after a few days. While recovering, a bra should be worn at all times. To ensure proper healing, plan to stay at home for at least a week before returning to work. The patient should avoid lifting anything over your head for 3-4 weeks and avoid strenuous exertion of any kind for a month

If an individual follows this advice, then with minimum pain and quick recovery she will be able to enjoy the benefits of a successfully finished procedure, and enjoy the added attention she will undoubtedly receive.

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