

BREAST LIFT SURGERY CHECKLIST

WHAT IS BREAST LIFT SURGERY?

- A **Breast Lift (Mastopexy)** involves the reshaping and lifting of the breast to remedy severely droopy or sagging breasts.
- This procedure may be required for women following pregnancy, breastfeeding, ageing or significant weight loss.
- A Breast Lift can be combined with other surgical procedures, the most common being the placement of breast implants, to add shape and volume to the breasts as well as a lift.

AM I A GOOD CANDIDATE?



- Have your breasts lost their shape, volume, and does their position on your chest bother you?
- Have your breasts developed a flatter, elongated shape over time?
- When unsupported, do your nipples fall below the breast crease or point downwards?
- Has your breast tissue stretched and caused you to develop enlarged areolas?
- Does one breast sit lower on your chest than the other?
- Has weight loss, pregnancy or breastfeeding left your breasts looking deflated?
- Would like to restore your breasts to a better shape and position?

PRE-SURGERY CHECKLIST



Before you decide on your Surgeon or proceed with Breast Lift Surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Plastic Surgeon?
- Is my Breast Implant surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Breast Lift surgery can actually achieve?

- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able to undergo an initial recovery period of approximately 2 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?
- Have properly researched my surgery and I am ready for my first surgery consultation?

PREPARING FOR YOUR FIRST CONSULTATION

What can I expect at my initial surgical consultation?

You will typically:

- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected surgery options
- Have your photos taken
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have your questions answered

How should I prepare?

- Ask a friend or family member to come along with you for extra support
- Do your research - if there is anything that you can't find out about your surgeon online, be sure to make a note so that you can ask during your consultation
- Prepare a list of questions you would like to ask your surgeon so that you don't forget



General Disclaimer - Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Note that results can vary from patient to patient and that all invasive surgery carries risks. Be sure you do your research before proceeding.

WHAT TO EXPECT?

There are different types of Breast Lift procedures that your chosen Surgeon may perform, these include:

- Crescent Breast Lift** - A simple Breast Lift that corrects mild, or Grade I ptosis.
- Benelli Breast Lift** - Typically considered less invasive than other types of breast lifts and it will correct mild to moderate ptosis in the Grade I or Grade II range.
- Vertical Mastopexy Breast Lift** - Provides more lift than the Benelli for those with moderate or Grade II ptosis (lollipop).
- Full Mastopexy Breast Lift** - Also known as an Anchor lift or the Inverted-T and corrects severe Grade III ptosis.

Your Surgeon will be able to suggest and advise the preferred Breast Lift procedure for you, depending on the condition of your breast tissue and what approach will work best to attain a successful surgical result.

Download our free procedure guide to find out more about the levels of breast ptosis and different Breast Lift Surgery approaches.

FIND OUT MORE - FREE SURGERY GUIDE!

Are you considering Breast Lift Surgery but would like to find out more? Our **FREE** downloadable Surgery Guides have you covered.

Our Breast Lift Surgery Guide covers:

- Breast Lift Surgery explained
- How to plan for your Breast Lift Surgery
- The surgical process and recovery tips
- Answers to some of our FAQs

DOWNLOAD THE FULL GUIDE HERE



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