

**Graham Offer** BSc FRCS (PLAST)  
Consultant Plastic, Reconstructive and Cosmetic Surgeon

Tel: 0116 265 3652  
Email: [info@grahamoffer.com](mailto:info@grahamoffer.com)

[www.grahamoffer.com](http://www.grahamoffer.com)

# B09lite Breast Uplift

Expires end of December 2013  
Issued December 2012

You can get more information and share your experience at [www.aboutmyhealth.org](http://www.aboutmyhealth.org)  
Tell us how useful you found this document at [www.patientfeedback.org](http://www.patientfeedback.org)



[www.rcseng.ac.uk](http://www.rcseng.ac.uk)

[www.bads.co.uk](http://www.bads.co.uk)

[www.rcsed.ac.uk](http://www.rcsed.ac.uk)

[www.asgbi.org.uk](http://www.asgbi.org.uk)

[www.pre-op.org](http://www.pre-op.org)



This document will give you information about a breast uplift. If you have any questions, you should ask your GP or other relevant health professional.

### What is a breast uplift?

A breast uplift (mastopexy) is a cosmetic operation to remove excess skin from your breasts to improve their shape.

### What are the benefits of surgery?

If the operation is successful, your breasts should be firmer and have a better shape.

### Are there any alternatives to a breast uplift?

Using padded bras or inserts can make your breasts appear to have a better shape.

If there is not much excess skin and your breasts are not droopy, your surgeon may be able to assess you for a breast augmentation.

If you have a large bust size, your surgeon may be able to assess you for a breast reduction.

### What does the operation involve?

The operation is performed under a general anaesthetic and usually takes about an hour and a half.

Your surgeon will make a cut on the line of the areola (the dark area around the nipple) and a vertical cut underneath your areola. They will remove excess skin and reshape the breast tissue. Your surgeon will lift your nipple so it is in a higher position (see figure 1).

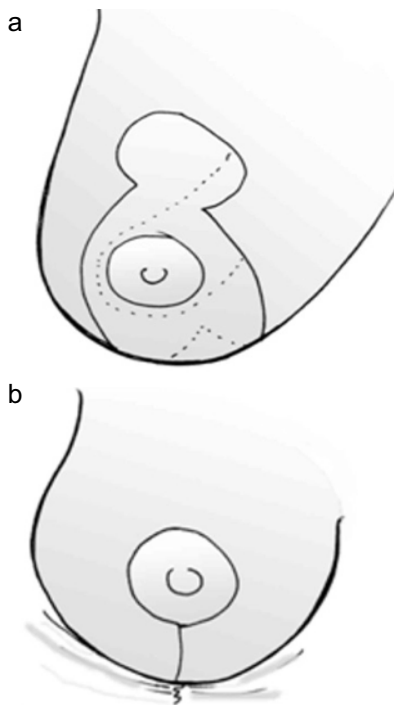


Figure 1

- a Excess skin is removed
- b The breast is re-shaped and the nipple lifted

### What complications can happen?

#### 1 General complications

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Unsightly scarring
- Blood clots

#### 2 Specific complications

- Developing a swelling inside the breast
- Developing a lump in the breast
- Numbness or persistent pain on the outer part of the breast
- Stiff shoulder
- Loss of skin, including the areola and nipple
- Change of breast and nipple sensation
- Cosmetic problems
- Reduced ability to breastfeed

### How soon will I recover?

Your breasts will look discoloured and feel firm and swollen. You should be able to go home the same day.

Most women return to normal activities within two to three weeks. You should be able to return to work after the second week, depending on your type of job. You should be able to do a limited amount of activity, such as lifting young children, after about two weeks.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

The results of a breast uplift improve gradually over the first six months. Your breasts should become softer and more natural.

### **Summary**

A breast uplift is a cosmetic operation to improve the shape of your breasts. It is suitable only for certain women. You should consider the options carefully and have realistic expectations about the results.

### **Acknowledgements**

Author: Mr Eoin O'Broin MD FRCS (Plast.) and Mr Graham Offer BSc FRCS (Plast.)

Illustrations: Mr Eoin O'Broin MD FRCS (Plast.)

**This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.**