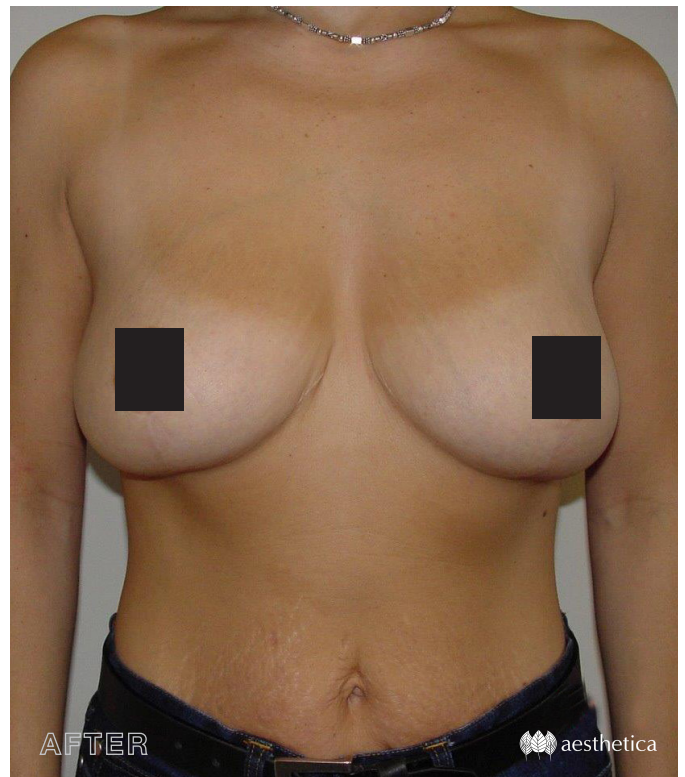
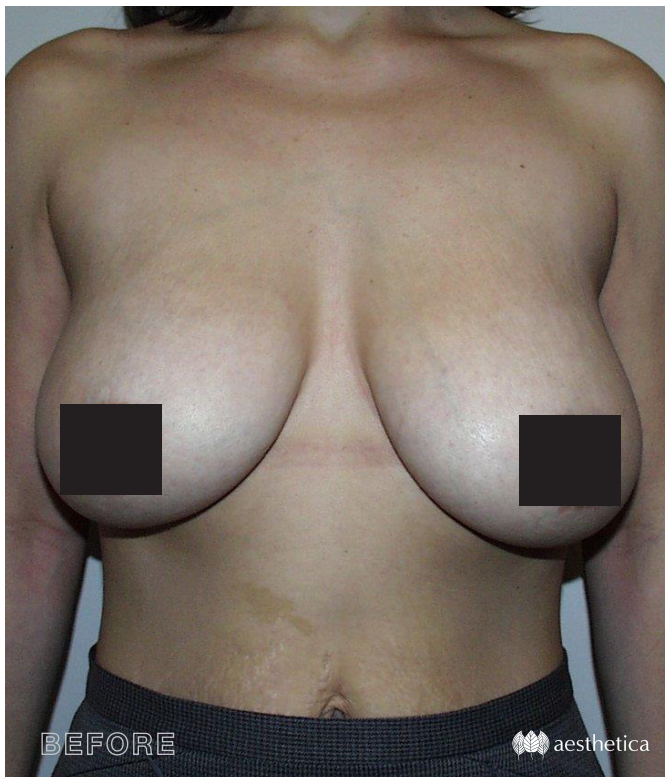


Breast Lift



Mastopexy or “breast lift” surgery is an operation that involves the repositioning of the areola and tightening of the sagging breast tissues. This procedure helps restore the breast to a more youthful appearance. Surgical treatment of glandular ptosis (breast sagging) can be very challenging. The position of the areola in relation to the inframammary crease fold is evaluated, in addition to the degree to which the breast tissue sits below the fold. If the patient is happy with the size of the breasts and only concerned about the breasts being ptotic (saggy), then a breast lift alone can be done to restore the breasts to a more perky state. However, if the patient feels the breasts are small and saggy, a combined breast augmentation with an implant is done in conjunction with the breast lift in order to optimize the results.



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Breast Lift



PROCEDURE: There are different types of lifts that can be done which is determined by the doctor based on the amount of ptosis you have. A crescent lift is an incision made on the top of the areola to move the nipples up 1-2cm. A circum-areolar or “donut” lift is an incision made around the entire areola. A vertical or “lollypop” lift is around the nipple and down the breast. People with more severe ptosis will need the Inverted T or “anchor” lift to fully address their concerns. Some minor forms of ptosis can be corrected with augmentation alone. However, it is not uncommon that a patient will need a combined lift-augmentation to optimize their result. Many women want upper breast fullness and shape which will only come from placing an implant. It should be noted that the procedure of a combined lift-augmentation is a technically and conceptually challenging operation and may sometimes require revision at a later date.

Typically the incisions heal quite well and the restored youthfulness of the breasts is much more desirable to the patient than to avoid the incisions.



RECOVERY: Patients can resume normal activity two weeks postoperatively.

If a combined lift-augmentation procedure is done then the patient will need to do breast massages for 2 months after surgery. Patients can resume normal activity at 2 weeks postoperatively.

COMPLICATIONS: Some potential complications and risks with surgery are infection, bleeding, delayed wound healing, wound dehiscence, infection, hematoma, seroma, asymmetry, scarring, unsatisfactory scarring, nipple necrosis, sensation alteration, loss of sensation, persistent pain, nerve changes, vascular and/or lymphatic changes.

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