



# **BREAST UPLIFT (Mastopexy)**

Your surgeon:

**Mr Ajay L Mahajan**

MB BS, FRCSI, MMedSc, MD, FRCS (Plast)

Consultant Plastic Surgeon | Honorary Senior Lecturer | Director of Research – PSBRU

**Your Predicament: “My breasts sag and are droopy. My nipples look at my feet instead of my partner’s face! I have to wear a bra all the time to gather them in to shape”**

**Our Solution: A breast up lift procedure, will help get rid of all the excess skin, making your breasts pert with the nipples relocated higher and pointing in the right direction. Wearing a bra will be optional!**

**The “MAHAJAN BREAST UPLIFT MARKER” innovation and technique.**

Mr Mahajan has innovated breast reduction surgery by designing a breast reduction marker that helps him achieve excellent results in his patients. He has presented his technique and its benefit at various national and international meetings (see presentations and publications below). He applies this marker and technique to his breast uplift procedures too, which are similar procedures, but a breast uplift does not involve reducing the amount of breast tissue.

Breasts may become droopy with age or following pregnancy or significant loss of weight. Both physical and psychological health can be affected in women with droopy breasts. One can get rashes and infections underneath the breasts. Patient have to wear a bra to maintain shape of their breasts. Patients are not keen on exposing themselves in front of their partners and have poor body image.

A breast uplift procedure helps remove excess breast skin to reduce the breast envelope to a smaller one that fits your existing breast tissue more snugly. Following the procedure, patients have a nice shape to their breasts and the nipples are elevated and placed in the right position on the new breasts. In the end, the breasts are no longer saggy and are much more perkier and attractive. Some patients have a very large areola which can be reduced to a smaller, regular and well defined areola that is much more desirable.

Patients often come to us for this procedure after contemplating about it for years. After the procedure, they wish that they had had it done ages ago and not had to live with their saggy breasts for all those years.

## **Pre Operation**

Mr Mahajan will acquire a detailed history from you about your concerns and your medical history. He will take the time to understand your desires and discuss in details as to how he can achieve the results you want. A detailed examination involving assessment of the breast tissue and overlying skin envelope in relation to your chest and physique will be noted. Measurements will be taken to gauge the degree of the problem and any asymmetry.

Depending on your examination a treatment plan will be formulated tailored to your needs. If you are happy with the volume of your breasts in an unpadded bra then a breast uplift procedure will help achieve the results you aspire for. However, if your breasts are droopy as well as empty then you may need an implant in addition to an uplift (Augmentation mastopexy). On the other hand, if you want to go bigger and have a mild droop to your breasts, then an implant on its own might be enough to uplift the breasts, avoiding the additional scars that go with a full breast uplift procedure. Mr Mahajan feels that your breasts should ideally be of a volume that suits your chest. The planned procedure will be tailored to your specific requirement. Pattern of the incisions, procedure and subsequent scars will be discussed in detail and you will be given an opportunity to probe into any aspect of the proposed procedure.

Once you decide to go ahead following the consultation, you will be required to attend the pre-assessment clinic to ensure you suitability for the procedure under general anaesthetic. It is not considered safe to carry out a breast uplift procedure in a patient who is a smoker or has a very high BMI.

## **Operation**

You will be admitted to the hospital on the day of the procedure. The operation will be done under general anaesthesia. It will be carried according to the technique that was planned at the consultation. This will depend on the characteristics of your breast and will involve using the vertical scar, the wise pattern or periareolar or minimal scar technique.

In large breast uplifts, Mr Mahajan prefers to use his innovated version of the wise pattern technique that helps him achieve very good results as desired by the patient. The procedure will be tailored to your requirement and scars will be kept to a minimum as required. The procedure may need to be combined with liposuction if there is significant fullness of the lateral chest wall. This can be discussed at the consultation prior to the procedure. The procedure can take 2 to 3 hours to do depending on the complexity of the case. Mr Mahajan will dedicate as much time as is necessary to mould the breast tissue into their new aesthetically pleasing form and achieve the results you desire.

## **Post Operation**

Following your procedure, you will be taken to your room once you have recovered from the anaesthetic. You will be cared for to the highest standards by our well-trained nurses. Once you have recovered enough after the surgery, you will be encouraged to sit out of the bed and mobilise to reduce the risks of blood clots in your legs or lungs. You will have some pain and discomfort for 3 to 7 days, but we will ensure that you are comfortable with adequate analgesia. You will have drains in that will come out in one to three days depending on the drainage.

You can go home as soon as the drains have been removed and you are feeling well enough to go home. You will have dissolvable sutures and as a result you will not need to endure the discomfort of them being removed and also this will prevent you from getting any stitch marks around your scars. Scars are unavoidable following any surgery, but Mr Mahajan aims to make these as neat as possible. Your breasts will be swollen, tense and appear prominent immediately following the surgery. Over the next few months the swelling will gradually go down and the breast will assume a more natural ptotic position. You are advised to wear a sports bra for 2 to 3 months. Once the swelling has decreased in 3 months or so you can consider investing in new lingerie!

You will be seen 2 weeks following the procedure to ensure that your wounds have healed well. After this initial follow up, you will be seen again in 3 months' time to assess the results when the swelling has settled reasonably. Mr Mahajan will be available to see you at any time following the procedure should there be any unexpected problem.

## NEED-TO-KNOW INFO

- Duration of surgery: 2 to 3 hours
- Anaesthesia: General Anaesthetic
- Duration of inpatient stay: 1 to 2 days
- Wounds healed in: 2 weeks
- Scars matured in: Settle in 3 to 6 months, Fully matured in 12 to 18 months
- Back to light work: 1-2 weeks
- Back to cardiac exercise / fast walking: 2 weeks
- Back to labour intensive work / Exercise: 4 to 6 weeks
- Sexual activity: 4 to 6 weeks
- Able to drive: 2 weeks (Should be able to apply emergency stop)
- 'Long haul' flights / holidays: Avoid four weeks before and after. Short flights are okay.
- Shower / bath: Keep dressings dry for 2 weeks
- Sun bathe: Keep the scars covered or protected with a high factor sun protection cream until they mature in about a year or so.
- Garments: Sports bra for 8 to 12 weeks
- Post operative review: 2 weeks, 3 months (As often as necessary if clinically indicated)
- Post Operative pain / discomfort: 2 to 7 days
- Potential risks: (Every effort is made to reduce the risk of complications, but potential risks are) Bleeding, bruising, swelling, haematoma / seroma, infection, delayed wound healing, scars – hypertrophic, stretched, sensitive, not in the inframammary crease, No guarantee of cup size or cleavage, Altered sensation – decreased or increased, altered lactation and mammogram, asymmetry, nipple loss, fat necrosis, risks associated with general anaesthetic, blood clots in legs or lungs.