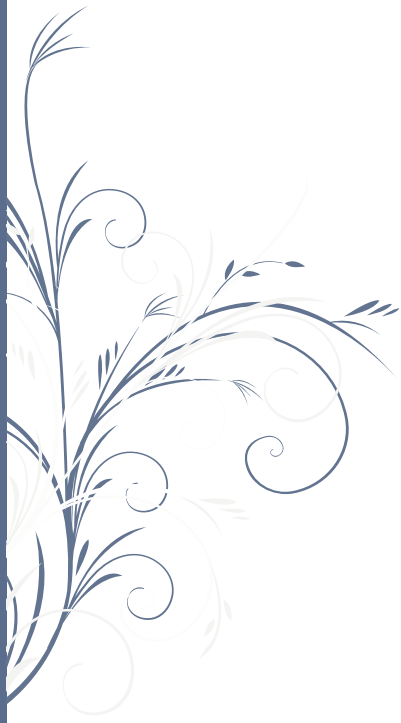




Angelica Kavouni MD FRCS EBOPRAS
Cosmetic Plastic Surgeon

Breast Uplift





Breast Uplift (Mastopexy)

Many women, following the birth of their children, find that their breasts have drooped and lost both elasticity and volume. In a normal 'average' breast, the nipple and areola are positioned at a point level with the centre of the upper arm. If the breast has been stretched by breast feeding or weight gain the nipple will be at a lower level. In both breast augmentation and reduction, the aim is to change the size of the breast, whereas mastopexy (breast uplift) changes the shape alone. As nothing can be done to restore the breasts' former elasticity, the only solution is to remove sections of slack and redundant skin. This procedure may remove a few stretch marks, but most remain, although some may be less noticeable.

Breast drooping not only occurs following pregnancy, it can also occur following weight loss and a breast uplift can offer solutions in both instances. Scarring from this operation should be discussed with the surgeon as it can vary in the individual. In cases where the breasts have only slightly drooped, it may be better to consider breast augmentation alone as an aid in lifting and firming the breast. However; you should bear in mind that this may cause an unacceptable increase in breast size. In cases where breast droop is minimal, your surgeon may opt for a technique which produces less scarring or he may advise you against surgery, rather than opting for a minor lift with obvious scars. A combination of lift and implant can also provide an aesthetically pleasing restoration of breast shape.

This operation may be considered before you have finished childbearing as, dependent upon the technique, it may not interfere with breast-feeding. A breast uplift will not prevent the breasts from drooping again if presented with the same circumstances that made them droop in the first place.

The Operation

Breast uplift, also known as breast ptosis correction or mastopexy, takes approximately two hours. It is performed under general anaesthesia and requires an overnight stay in hospital.

Excess skin will be cut away from above, below and around the nipple and areola. The skin will be stretched taut when rejoined. The pattern followed by the surgeon is that which will cause the breast to be lifted and allow repositioning of the nipple. Loss of nipple sensation, not uncommon in breast reduction is not expected, nor is breast-feeding prevented.

A routine precaution against blood clotting is taken with this procedure so you will wear 'TED' stockings (anti-embolism stockings) on your legs which should not be removed until you are discharged from the hospital. You will also be expected to get out of bed and move around as soon as possible after surgery.

After the Operation

Following surgery, your breasts will probably be uncomfortable, possibly painful. However, this is easily relieved, initially by injection and thereafter by taking two pain-killing tablets (such as Paracetamol) as required. Aspirin should be avoided.

There will be dressings and possibly drains on your breasts after surgery, which are usually removed on the first post-operative day. The wounds will be redressed with a simple light tape dressing which should be kept dry and in place until the stitches are removed and the wounds checked at ten days. You may shower during this period being careful to keep the tapes dry, or take a shallow bath. A comfortably fitting bra can be worn immediately after surgery.

You should be aware that bruising of the skin of your 'new' breasts may occur but will probably disappear in 2-3 weeks. To help rapidly decrease swelling and bruising you may, if you wish, take Arnica one week prior to surgery and two weeks afterwards.

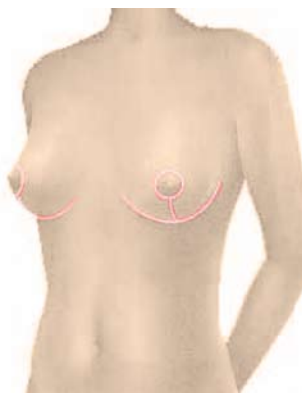
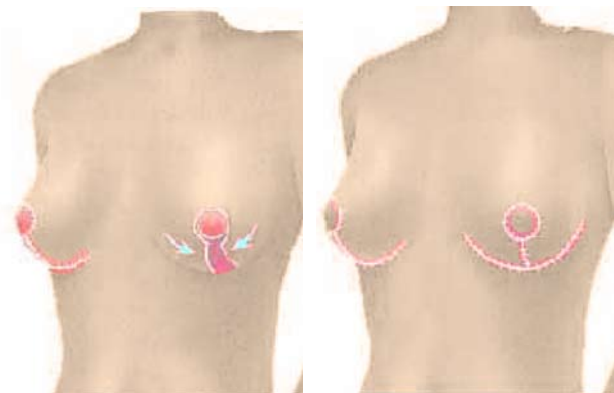
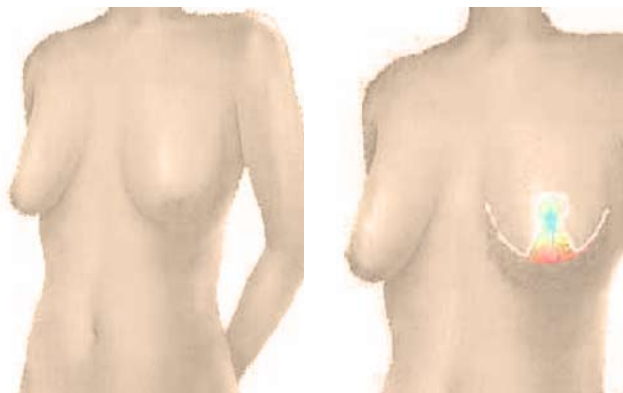
As in any surgery, there is a possibility of infection, but this is readily treated with antibiotics and/or dressings as required. Delayed wound healing is more likely if you smoke tobacco after surgery.

The scars in this procedure are around the areolae of the nipples, possibly extending down to the under breast crease and along this crease. Your surgeon will define the extent of the scars as they vary depending on your initial shape. Immediately after surgery, the skin adjacent to the incision may appear slightly 'pleated'. Initially, the scars can be hard, red, raised and lumpy and can take up to 18 months to flatten and resolve, depending on the healing qualities of the individual. Pressure on any lumpy scars with a firm well-fitting bra will help them to soften more quickly.

Expect to be somewhat tired for up to two weeks after your surgery. You may drive after three or four days but do not return to vigorous exercise for two weeks and it is not advisable to make any travel plans for at least one month after your operation.

Summary

Scarring is a consideration with breast reduction. As explained, they will eventually return to normal skin colour, but you should not assume that they can ever be described as hairline. Bearing this in mind, the results following breast reduction are usually excellent. It is probably one of the most successful and immediately satisfying of aesthetic plastic surgery procedures, allowing the patient to enjoy a more active life with increased self-esteem and confidence.





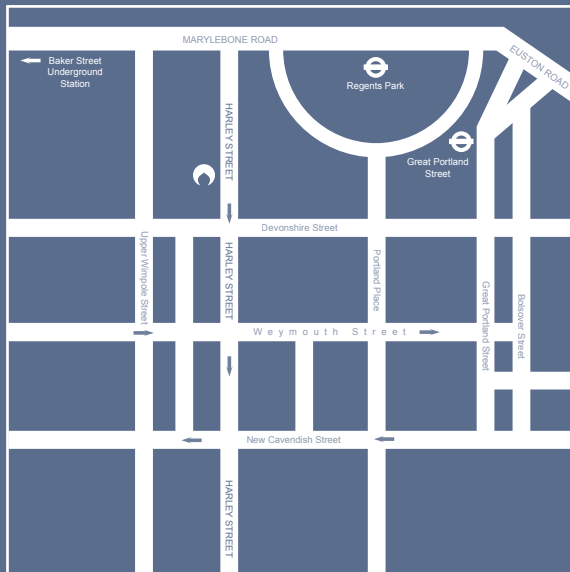
Ms Angelica Kavouni FRCS EBOPRAS Cosmetic Plastic Surgeon graduated from the medical school of Thessaloniki, Greece and continued her postgraduate studies at the University of Bristol Medical School on a scholarship from the Erasmus European Institute.

She trained in Plastic Surgery in London NHS Hospitals; following her certification by the European Board of Plastic, Reconstructive and Aesthetic Surgery she specialised in Cosmetic Surgery as a fellow at London's Institute of Aesthetic Plastic Surgery and then spent two more years working as an associate cosmetic surgeon to Mr Jan Stanek, a busy cosmetic surgeon. She completed her doctoral thesis (MD) on growth hormone and wound healing for the University of Thessaloniki.

On the General Medical Council specialist register in Plastic Surgery her qualifications include:

- Fellowship of the Royal College of Surgeons of England FRCS
- European Board of Plastic, Reconstructive and Aesthetic Surgery EBOPRAS
- Fellowship of the European Boards in Plastic, Reconstructive and Aesthetic Surgery
- Membership of the Hellenic and International Federation of Plastic, Reconstructive and Aesthetic Surgery IPRAS

Personal: Ms Kavouni is married to a fellow Plastic Surgeon, is the busy mother of two small boys, but manages to find the time to enjoy tennis, winter skiing and actively supports the WRVS amongst other charities.



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