

## Six Important Questions about Breast Lifts

During the course of our consultations, we have noticed that many patients ask the same questions regarding breast lifts. For your convenience, we have listed the six most frequently asked and important below. We hope you find the information useful.

### 1. Can I still breastfeed after a breast lift procedure?

In principle, yes, as the technique we use keeps the connection between the milk producing gland and the nipple, open.

### 2. Can the nipples be reduced as well with this procedure?

The nipples are usually reduced in diameter to be in proportion to the lifted breasts.

### 3. During this procedure, is the skin at the neck-line also lifted, or is a separate procedure necessary for this?

This is not included in the breast lift operation. However, the tension on the neckline caused by drooping breasts is lessened, and this helps prevent stress lines progressing.

### 4. Is there a minimum recommended age for having a breast lift? Should child bearing be completed before undergoing the procedure?

A breast lift procedure can generally be performed from the end of puberty onwards, even into old age. If you are planning to have a child in the near future, a breast lift should be left until after this.

### 5. Are there any special risks associated with a breast lift?

There can be a temporarily lessened sensitivity in the nipples. If your skin is prone to scarring, these could also be an issue. However, this occurs very rarely and can be corrected.

### 6. Can a breast lift be repeated?

Generally it is possible to perform several breast lift procedures, however, by employing the latest techniques, the result is usually enduring.

## Breast Lift - at a glance

### Length of procedure:

- Approx. 2 hours

### Postoperative care:

- No major physical activities for 4 weeks
- Stitch removal within 2 weeks
- Support bra for 4 weeks

### Anesthesia:

- usually general, occasionally under local anesthesia

### In-patient stay:

- 2 days