

SWISS PLASTIC SURGERY

BREAST LIFT

Procedure: This operation is performed to remove excess skin in the breast area: skin that has been stretched during pregnancy or due to changes in weight.

Breast implants are also occasionally used to achieve the desired result.

Duration of procedure: Roughly 2-3 hours

Anaesthetics: Usually performed under a general anaesthetic. The procedure can also be performed using a local anaesthetic and intravenous sedation.

Outpatient/inpatient: Both are possible depending on the patient's condition and the surgeon's preferences.

Side-effects: Temporary swelling, slight pain and changes in sensation. Dry, stretched breast skin.

Risks: Undesirable scarring with keloid formation (rare). (Rarely) skin loss, infection, asymmetrical position of nipples, and the possibility of permanent changes in sensation in the nipple and breast.

Recovery phase: Able to return to work after 1-2 weeks; strenuous activities after one month.

The scars can take several months to 1 year to heal completely.

Results: Results vary from patient to patient. Other factors that affect the results are gravity, pregnancy, ageing; changes in weight can also affect a pendulous breast. The results may last longer if a breast implant is simultaneously inserted to provide additional support to the remodelled breast.

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