

breastlift

Sydney plastic surgeon **Dr Mark Kohout** explains that breast droop is a common problem for women and it can be as distressing as underdeveloped breasts.

Breast drooping (ptosis) is a result of multiple factors. Ageing, pregnancy, breastfeeding and weight loss all take their toll. It is the result of softening and stretching of the ligaments responsible for keeping the breast up and of tissue stretching due to breast enlargement during pregnancy. Breast droop after pregnancy is often accompanied by loss of breast tissue, together giving the characteristic, sagging look with flatness in the upper pole of the breast.

Minor degrees of breast droop can be adequately corrected by breast augmentation alone. However, once the breast droop

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has reached a point where the nipple is at or below the level of the breast crease, mastopexy is the only way to restore the youthful, high nipple position. Mastopexy, or breast lift, also tightens the skin to give the breast a firmer feel.

Mastopexy is often combined with augmentation if decrease in breast volume is also a problem.

Together, these procedures can restore the breast into its natural fullness, shape and position. Whilst the breast lift will restore the youthful higher nipple position, insertion of an implant will give the breast more fullness and firmness.

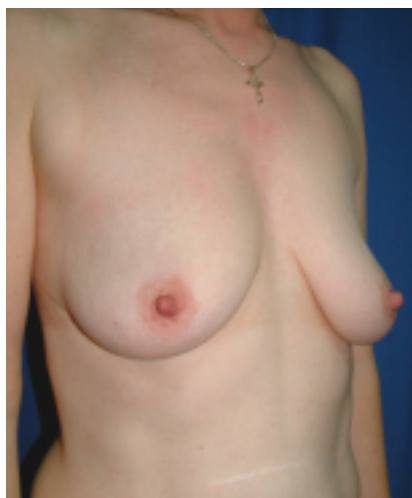
The operation can be done either under intravenous sedation or general anaesthetic depending on the individual situation. **acsm**



BEFORE



AFTER mastopexy by Dr Kohout



BEFORE



AFTER mastopexy and breast augmentation by Dr Kohout