

## What is UpLift<sup>SM</sup> Breast Surgery?

UpLift<sup>SM</sup> Breast Surgery (also known as mastopexy) surgically moves sagging breasts farther up on the chest in order to add youthful fullness and lift to a woman's figure. During the procedure, some of the excess breast skin is removed so that breast tissue is raised to a higher position, creating a "perky" look. If the areola (the pigmented skin around the nipple) has enlarged as part of the aging process, it can also be reduced during breast surgery.

## Am I a good candidate for UpLift<sup>SM</sup> surgery?

Women with small, sagging breasts are ideal candidates for breast lifts. Women with larger breasts can also be good candidates for breast lifts; however, the results may not last as long after the surgery. Although perfection may not be achieved with breast lifts, significant improvements can be made to the shape and contour of droopy breasts.

## What should I expect during the surgery?

UpLift<sup>SM</sup> Breast Surgery is performed under general anesthesia, and lasts about 2 hours (facility and anesthesia fees will apply). During surgery, an incision is made in each breast. Although the two most popular techniques are the anchor-shaped breast lift and the doughnut mastopexy, the size and shape of your breasts, as well as your surgeon's recommendation, will determine what type of incision is made. After making an incision, your surgeon will relocate the nipple and areola to a higher position on the breast, remove some skin and tissue, and close the incision with sutures.

## How long is the recovery period?

Women typically recover from UpLift<sup>SM</sup> Breast Surgery within a matter of days, and are generally up and about by the day after surgery, although bending and lifting may be difficult. You should be able to return to work after about a week, and may resume exercising after 4 weeks. You will also be wearing a surgical bra for the first few days, followed by a support bra for a few weeks after surgery. UpLift<sup>SM</sup> Breast Surgery generally leaves some bruising along the incisions, which will diminish in seven to ten days. Scars will be prominent for at least three months following your surgery.

A pre- and post-treatment series of ScarRepair<sup>SM</sup> treatments will minimize scarring so that results look as natural as possible (additional fees apply).

## What results can I expect?

Every woman's UpLift<sup>SM</sup> results are different, but in general, one can expect fuller, perkier breasts that sit higher on the chest. Your breasts will appear less deflated or droopy following the surgery.

## What risks are associated with UpLift<sup>SM</sup> Breast Surgery?

Though rare, possible complications include infection, hematoma, and/or a poor reaction to anesthesia. Temporary swelling, bruising, and general discomfort are to be expected, and do not usually signify a problem. Loss of feeling in the nipple area is generally only temporary and sensitivity should return after a few weeks.

## Can UpLift<sup>SM</sup> increase breast size?

Because UpLift<sup>SM</sup> Breast Surgery will not make your bust size bigger, there are options that can increase your cup size. Many women opt for breast lifts combined with breast implants. Not only does your bust size increase following a breast lift with implants, but your implants will also maintain the new younger-looking breast shape for longer after your surgery.