

Breast Uplift

Surgery to lift, reshape and rejuvenate empty or sagging breasts

What is Breast Uplift?

Breast Uplift or Mastopexy is cosmetic surgery to lift and reshape the breasts to give a fuller, firmer, and more youthful appearance.

Uplift surgery doesn't alter the volume of the breasts. Instead, it reforms and repositions them, creating a fresh, full, and lifted contour.

Bella Vou provides a bespoke breast surgery service. The expert cosmetic surgeons will carefully assess your body, discuss your worries, and tailor a personal programme of care. If you are worried about the size, as well as the position and texture of your breasts, implants can also be inserted to fill, enhance, and lift the breasts.

Why have Breast Uplift?

Pregnancy, age, and the effects of gravity can stretch the breast's supporting ligaments, making the breasts saggy and pendulous. Breasts that appear deflated and droopy can affect your body image and reduce your self-esteem. If you're unhappy with the shape of your breasts and the way they are positioned on the body, uplift surgery can help.

You could benefit from an uplift if you like the way your breasts look when they are in a bra or a bikini but are disappointed in their appearance without support. Breast Uplift Surgery can lift breasts that hang low on the chest, tighten loose skin, reshape the breast tissue, and elevate downward-facing nipples and areolas to rejuvenate the breasts and boost body confidence.

What happens in Breast Uplift?

At Bella Vou, Breast Uplift is performed as a day case operation under general anaesthetic. For fit, healthy adults, it is a low-risk procedure.

The type of incision and the specific procedure will depend on the size and shape of your breasts and how much extra tissue needs to be removed. The surgeon carefully excises loose and excess skin from the sides and the underneath of the breast. They then reshape the tissue, preserving as much of your natural breast volume as possible, to give a firmer, fuller and uplifted breasts.

If extra volume is also needed, then an implant can be inserted at the same time. The surgeon will take your breasts, your figure, and the look you want to achieve into account to achieve the very best cosmetic result.

How long is the recovery from Breast Uplift?

Most patients only need a few days' downtime following Breast Uplift surgery. Some soreness, swelling, and bruising are normal; however, typically, women don't experience much pain following this procedure.

You will be given a supportive sports bra to protect the breasts and maintain your comfort as you heal. After two weeks, you will be able to increase activity gradually. However, excess arm movement and strenuous or repetitive activity should be avoided for up to six weeks, when you should be able to return to your usual routine.

Quick glance guide to Breast Uplift

Procedure Time: 2 hours

Recovery: 4-6 weeks, some women may feel ready to work after 2 weeks

Anaesthetic: General anaesthetic

Hospital stay: Day case, although sometimes one night in hospital is necessary

Treats: Sagging, empty and pendulous breasts

Why choose Bella Vou for your Breast Uplift?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Breast Uplift journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an accredited cosmetic surgeon. There is no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your breasts, and receive an impartial professional opinion about whether Breast Uplift can help you get the breasts you want.

The expert aesthetic surgeon will evaluate your breast volume and position, your skin elasticity, the position of the areola, and your body proportions. In careful consultation with you, they will plan the best treatment to achieve your goals. This could include Breast Uplift Surgery, Breast Augmentation, and Areola Reduction to ensure the breast looks pert, natural, and correctly placed on the chest. Mr Amir Nakhdjevani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with your consultant before proceeding to Breast Uplift. This will give you a chance to find out more about the procedure, understand any risks and complications, and to ask any questions you may have.

The specialist surgeon will take your medical history, examine your breasts to check for lumps, and ensure you're healthy and fit for surgery.

Preparation for Breast Uplift

The Bella Vou team will give you individual pre-operative advice to reduce your chance of bleeding and infection. As soon as your operation time is set, they'll also let you know when to stop eating and drinking in preparation for your general anaesthetic.

It's vital to let your surgeon know if you're on any medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can disrupt the healing process.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre.

What happens during Breast Uplift?

Breast Uplift is performed under general anaesthetic. It is often done as a day case. However, you may need to stay in the hospital overnight so that your recovery can be monitored.

The incision will depend on the extent of the surgery. Often the surgeon will just make a circular incision around the edge of the areola so that the scar is discreet and not noticeable. For bigger lifts, a 'lollipop' incision is needed. This is around the areola, extending vertically down to the breast crease.

The surgeon carefully removes loose, excess skin from the underneath and sides of the breast. They then tighten the remaining skin, reshape and pull up the breast, and reposition the nipple and areola to make the breasts firmer, fuller, and more pert.

Finally, the incision is closed with absorbable sutures that don't need to be removed, and a dressing is applied.

Recovery from Breast Uplift

You will usually be able to go home on the day of the procedure, with no drains or drips. The staff at Bella Vou will offer safe and effective painkillers, carefully monitor your recovery, and provide support every step of the way.

You will be given a supportive sports bra to protect the breasts and maintain your comfort as you heal. After one week, the nurse and wound care specialist will check your breasts and the scars. After two weeks, you will be able to increase activity gradually. However, excess arm movement and strenuous or repetitive activity should be avoided for up to six weeks, when you should be able to return to your usual routine.

At around six weeks, your surgeon will check your progress and ensure that you are healthy and happy with your results. The scars tend to heal well and fade to be unobtrusive. The Bella Vou staff are always available if you have problems or questions at any time.

FAQs

What happens after Breast Uplift Surgery?

You will be given a soft, supportive bra on the day of surgery. This will be put on for you at the end of the operation. You should wear this continuously for six weeks and avoid strenuous or repetitive activity during this time. You can go home on the day of surgery, and you are advised to rest quietly at home for a couple of weeks.

There is some post-operative pain, bruising, and swelling, but it is rare for this to be severe. The soft-tissue swelling in the breast takes around three months to resolve fully. At this stage, the breast should soften, start to feel normal, and you can appreciate the results of your uplift surgery. In the longer term, you will find that the nipple and the skin on the underside of the breast are a bit numb.

Will I lose sensation to my nipples?

There is a risk of nipple sensation changing following Breast Uplift and Breast Reduction Surgery. There is usually a temporary loss of sensation to the nipples, which may return as the swelling and bruising settles. Nipple sensation is generally derived from multiple sources from within the breast tissues. The reshaping and lifting of the breasts can interrupt the nerve supply, meaning that for some women, the change in nipple sensation can be permanent. Your surgeon will take time to answer all your questions and talk you through the risks and benefits of the procedures.

Can an implant lift my breasts?

Breast Augmentation can enlarge the breasts and provide some uplift. If you're unhappy with your breasts because they seem empty and have sagged following weight loss, pregnancy, or breastfeeding, then Breast Augmentation can help. Breast enlargement surgery restores lost volume, refills loose skin, and lifts the breasts so that they are bigger, more perky, and more youthful. However, if the breasts are very pendulous, Mastopexy Surgery is needed to lift the breasts into the right position, and achieve the best cosmetic result.

Your surgeon at Bella Vou will take time to answer all your questions, talk you through the benefits of the procedures, and advise the best treatment programme for your needs.