



CENTER FOR  
AESTHETICS  
— AND —  
PLASTIC SURGERY

## FAQ's about Breast Lift Surgery

**What is a breast lift?** A breast lift surgically lifts and reshapes the breasts, creating breasts that are more firm, rounded and lifted, producing a more youthful position, shape and appearance.

**Why might a breast lift be recommended for me?** The changes a woman experiences after childbirth, weight loss, with age, or simply the result of heredity can change the appearance, size, shape or position of your breasts over time.

**Who is a candidate for a breast lift?** Women of various ages and from many circumstances choose breast lift surgery. These factors generally define good candidates for breast lift procedures:

- You can clearly define why you want the surgery
- You understand what breast lift surgery can and cannot accomplish
- You accept the potential risks of breast surgery and your responsibilities as a patient
- You are healthy, emotionally secure and you're stable
- You accept that you will need to make healthy lifestyle choices to maintain the results achieved by breast surgery
- You have realistic expectations and are willing to accept minor asymmetries

## What do I need to know about breast lift?

- Breast lift is performed on an outpatient basis
- Breast lift is performed under general anesthesia
- The incision pattern for your surgery will be discussed with you during your consultation. Scars are a normal outcome of surgery and are generally concealed beneath modest clothing and lingerie
- Return to normal activities of daily living is usually between 24-48 hours with minimal restrictions. Full sports activity - running, jogging, high impact aerobics is usually 4 weeks
- Results are permanent, but weight loss/gain or pregnancy can change your results and normal aging and gravity may affect your long term results
- You need a capable adult with you for 24 hours after surgery
- All surgeries carry the potential for risks which will be fully discussed with you during your consultation