

Breast Lift (MASTOPEXY)

DISCLAIMER:

Please read the following points:

- ❑ The details supplied on this website are for information purposes only and full medical details should be obtained from Mr Mutimer at a pre-arranged appointment
- ❑ All details supplied by people who log onto this site are confidential and are safely secured by this website only. However, if you do not wish to add details to this website there is the option of performing this via the office on telephone: 9592 0522 or by fax on 9592 0320.
- ❑ All patient photos and literature on this website are firstly consented to and signed by the patient themself

Breast Lift (MASTOPEXY)

A Breast Uplift is a procedure performed for women for a variety of reasons:

- ❑ to reshape sagging breasts and improve the contour of the breast shape
- ❑ caused by loss of skin elasticity due to weight loss, pregnancy or breast feeding.
- ❑ to increase the firmness of breasts
- ❑ to lift and increase breast size
- ❑ to reduce areola size
- ❑ to reposition the nipple if it is pointing downward

Sometimes an augmentation (breast implant) is inserted at the same time. A Breast Lift is only recommended when breast development, childbirth or breast-feeding has stopped. This surgery is also used in conjunction with breast reconstruction following mastectomy or if there is a deformity with one or both breasts. It should be noted that breasts are never the same shapes, in contour or size.

WHAT TO EXPECT AT YOUR CONSULTATION

The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a patient to make enquiries about such a delicate matter. Our caring and supportive staff are more than happy to help you make the necessary arrangements for an appointment for you to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed about the procedure as possible. Please do not hesitate to ask the staff for any assistance.

Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre.

Strictest care is taken to ensure your privacy.

Easy parking is available at the rear entrance.

During your consultation with Mr Mutimer he will ask you about your desired breast shape and your expectations of the breast surgery. He will then evaluate the information, and decide whether the results you want can be realistically achieved.

Pre-operative photographs will be taken at the consultation.

You will need to inform Mr. Mutimer of your medical history, including medications you may be currently taking, if you have had prior breast surgery, lumps

or cysts removed, breast biopsies or if you intend to lose weight or have recently experienced weight loss or any serious illnesses. If you have had any previous mammograms, please bring all relevant information to the consultation.

Mr. Mutimer will also need to know if you are intending to have children in the future and want to be able to breast-feed.

A thorough examination of your breasts will take place, and measurements taken. He will examine the skin elasticity and texture, and will check the position of your nipples and areolas. You should expect to be with Mr. Mutimer for at least 30 minutes.

WILL MY HEALTH INSURANCE COVER MY SURGERY?

Breast lift surgery can sometimes have an MBS item number if it relates to surgery after a mastectomy or because of deformity. If you do not have an MBS item number on your account, you will incur a surgeon's fee, anaesthetist fee, operating room fee and bed fee all of which will incur GST to it. The patient care-coordinator will thoroughly explain the fees to you and print a detailed account summary. If you have any questions please do not hesitate to contact the office.

If you have an augmentation in conjunction with this surgery you will be billed for the theatre time it takes to perform this surgery



Loss of skin elasticity, gravity and other factors can affect the shape and firmness of the breasts.

A breast lift will make the breasts firmer and more uplifted. The position of nipples and areolas is enhanced. Incision lines will fade over time but will be permanently visible.



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Part of Mr. Mutimer's and the anaesthetist's costs may be covered by Medicare and your insurance fund. An implant may also be covered by your hospital insurance.

Schedules for refunds vary depending on the reason for having the surgery. If you are having the surgery purely for "cosmetic" reasons the costs incurred will be greater.

WHERE ARE THE INCISIONS PLACED?

These will vary according to the method used. Commonly, a Breast Uplift requires the incisions to be made around the areola, down the breast and horizontally along the natural curve of the crease underneath the breast. When Mr Mutimer has removed the excess skin and fat from the breast the nipple and areola are repositioned and closed with sutures. The locations of the incisions however depend on the size of your breast and its contour. You may be an appropriate candidate for a minimal scar method. Stitches are removed over a 2-week period post-operatively.

RISKS, COMPLICATIONS AND SIDE EFFECTS

Breast uplift surgery is a safe procedure that has been performed on thousands of women with very rewarding results. However you should be aware of the risks and complications before proceeding with surgery. Mr Mutimer will discuss these in detail with you at your consultation. They including:

- ❑ Wound infection - treated with antibiotics
- ❑ Bruising and swelling- this will subside in a couple of weeks
- ❑ Bleeding from the wound sites
- ❑ Scars which take longer to fade and become thickened
- ❑ Loss of sensation in the nipple area may occur, however this is rare and will subside in time
- ❑ Sometimes the breast may not be symmetrical or the nipples may vary in height.
- ❑ Some patients may notice lumps in their breasts, which are an accumulation of blood, or dead fat cells, which are taking a longer period of time to heal.

PRE-OPERATIVE PREPARATION

- ❑ Mr. Mutimer may ask you to have a mammogram prior to your surgery.



Incisions following the breast's natural contour define the area of excision and the new location for the nipple and areola. Skin in the shaded area is removed, and the nipple and areola are moved to a higher position.



Skin formerly located above the areola is brought down and together beneath it to reshape the breast.

- ❑ A Betadine wash should be applied to the chest and armpit area after showering two weeks prior to surgery.
- ❑ Smoking should be ceased 2 weeks prior to surgery (including nicotine patches)
- ❑ Any blood thinning tablets (i.e. disprin/aspirin) or vitamins should be ceased two weeks prior to surgery.
- ❑ Amica tablets should be taken 3 days prior to surgery (5 tablets a day) excluding the day of surgery and should also be taken after surgery until finished. These help with bruising and swelling.
- ❑ Fasting is required 7 hours prior to surgery.

If you would like help in obtaining a bra please do not hesitate to speak to the wound care manager or patient care co-ordinator, who will assist you. These can be purchased from Advanced Skin Care Technology.

(Telephone number 9578 2888 - 1st Floor, 57a North Road, Ormond.)

WHAT TO EXPECT ON THE DAY OF SURGERY

The patient care co-ordinator will give you an admission time, which is usually 1-2 hours prior to surgery. You will have fasted for 7 hours prior to surgery.

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You will need to bring to hospital -

- ❑ insurance details
- ❑ toiletries
- ❑ night wear and loose comfortable clothing consisting of a top that is either zipped or buttoned at the front - not one that you would need to pull over the head

It is important to have informed Mr Mutimer or the anaesthetist of any medications you are currently taking and of previous reactions to anaesthetics. All anaesthetists that work with Mr. Mutimer are friendly and of high expertise in anaesthetics. Your surgery will take between 90-120 minutes, after which you will be taken to the recovery room. You will have drain tubes inserted to allow drainage of any excess blood or fluid. They will be removed after 24 hours or as instructed by Mr. Mutimer. You will have an elastic dressing placed around your chest with adhesive tape placed on the incision areas. Swelling and bruising are to be expected at this stage.

The nursing staff are very experienced and able to assist you with all your needs and concerns post-operatively.

WHAT TO EXPECT AFTER MY SURGERY

It is important not to expect too much too soon at this stage. You will need to take it easy following your surgery, though it is helpful for you to be walking around, as this aids with your circulation. It may be slightly uncomfortable when you cough.

For the first few days after surgery you will experience pain and swelling which should start to diminish after one week. Mr. Mutimer will prescribe medication to help alleviate your discomfort.

You should try to sleep on your back, but if this is difficult you may need to ask Mr. Mutimer to prescribe medication to help you sleep.

You can expect to be an inpatient for 2-5 days depending on your home support and personal choice.

You will have been instructed by Mr. Mutimer about obtaining a suitable bra. It is very important that it is properly fitted, as you will experience swelling for the first few weeks' post operatively.

As the swelling goes down you will start to see the new shape of your breasts.

The incisions will take 10-21 days to heal and you will have your sutures removed by the wound care manager at this time. You will need to keep the

wound areas dry so you will need to be careful when showering. Mr. Mutimer will advise you as to the most effective way to do this. He will carefully monitor the wound sites in the postoperative period. The scars will remain prominent for a few months after surgery but will fade in time. Massaging the wounds with a moisturising cream will help to improve your scars in the long term. If you are unsure about performing this task, please ask the wound care manager for advice. Do not sunbake with your breasts exposed or use sun lamps for one-year post operatively. Remember to keep taking your Arnica tablets to help with swelling and bruising and refrain from smoking.

WHEN CAN I RESUME NORMAL ACTIVITIES?

Mr. Mutimer will instruct you as to when you are able to resume physical activity, usually around 4 weeks after your surgery. You will need to take 2 weeks off work depending on your job. Sexual activity should be avoided for the first 7-14 days. Lifting, bending or stretching should be avoided for the first four weeks, especially if you have young children. Driving is prohibited for 2 weeks as a seat belt can cause discomfort. If you suffer severe pain or discomfort you should contact the office and speak to Mr. Mutimer.

MAINTAINING A PATIENT/DOCTOR RELATIONSHIP

Mr. Mutimer is a very approachable doctor who understands your needs in relationship to Breast Uplift surgery. Please feel comfortable to approach him with any questions or concerns you feel need to be addressed. You will return to the consulting rooms for follow up care, where your progress will be monitored.

Post-operative photographs will be taken at a later date.

It is important for you to remember that the relationship between you and Mr. Mutimer does not end when you leave the hospital. If you have any questions or concerns do not hesitate to contact the office to speak with him.

The post-operative period is an extremely important time and staff are available to help you. You can contact the office on 9592 0522.