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**<https://massachusettscosmetic.com/breast-procedures-fall-river/breast-lift/>**

**New H1 BREAST LIFT SURGERY IN FALL RIVER, MA**

**New H2 SAFE MASTOPEXY IN NEWPORT COUNTY**

Mastopexy, or breast lift surgery, restores a more youthful appearance to a woman's breast. Breasts can lose their shape and firmness as a result of gravity, weight loss, pregnancy, and nursing, all of which can cause them to sag. A breast lift will raise and reshape the breasts, slowing the effects of aging and gravity. This procedure can also reduce the size of the areola which is the darker skin surrounding the nipple if the patient desires. Breast lifts alone will only remove the sagging breast tissue and reposition the nipple. For this reason, breast lifts are commonly performed in conjunction with breast augmentation (implants) to increase the fullness in the upper pole of the breast and provide cleavage.

Contact Dr. Mark X Lowney of Advanced Body Sculpting of New England if you want to lift and restore youth to your breasts. Dr. Lowney is an expert surgeon known for his attention to detail, patient safety, and results. Call (877) 577-5476 to schedule a consultation, or reach out to us online to learn more about our surgical breast lift procedure.

**H2 BENEFITS OF BREAST AUGMENTATION**

- Improve shape and symmetry
- Firmer breast appearance
- Natural and youthful looking results
- Improved nipple projection
- Fit into clothing and swimwear better
- Feel younger and more feminine
- No foreign materials
- More attractive breast shape

**H2 WHAT TO EXPECT DURING YOUR BREAST LIFT PROCEDURE**

At Advanced Body Sculpting of New England, breast lift surgery is performed as an outpatient procedure in a AAAHC accredited facility under intravenous sedation and local anesthesia. The surgery may take 1.5 to 3.5 hours depending on the size of the breast and if concomitant augmentation is being performed. There are incisions around the areola and vertically beneath the areola (the so-called "lollipop" incision) and sometimes in the horizontal crease (inframammary fold) area. Dr. Mark X. Lowney utilizes the "Staple Shape" technique in which

the excess skin is tailor-tacked prior to removal with small staples in order to remove the appropriate amount of sagging skin. Usually some breast tissue is removed also, then the nipple and areola are repositioned and the skin closed with absorbable suture. Breast lift surgery will actually make the breasts smaller on account of the excess skin and breast tissue that is removed. Because of this, most patients proceed to have implants placed at the same time. After surgery, your sutures will be covered with steri-strips and a surgical bra will hold the breasts in place. Drains are usually not placed after breast lift surgery. Your breasts will be swollen and bruised and you may experience mild discomfort for a couple of days. This discomfort is generally well controlled with oral pain medication. After 1 week the steri-strips will be removed. The scars may be red and lumpy for a few months eventually fading and becoming less obvious. There are scar creams available that may help the final appearance of the scars.

## **H2 BREAST LIFT vs. BREAST IMPLANTS**

A breast lift is a great way to enhance your natural breast appearance by restoring the breasts position and improving their contour. Unlike breast implants, a breast lift does not involve the use of foreign materials in the body, making it a more natural option if you prefer to avoid implants. A breast lift helps improve the shape, firmness, and overall appearance of sagging or drooping breasts, giving you a more youthful, perky look. Lastly, the results of a breast lift are generally long-lasting, helping you enjoy the benefits of improved breast appearance for many years.

However, a breast lift is not ideal if you are looking to increase volume or improve asymmetry. A breast lift primarily focuses on raising and reshaping the breasts and does not add extra volume. For women seeking larger or fuller breasts, breast implants would be recommended. Additionally, while a breast lift can improve breast shape and position, it does not correct significant asymmetry in size or shape. If you wish to address asymmetry, breast implants would be a better option, as they aid in correcting noticeable asymmetry in terms of size or shape and result in a more balanced appearance.

## **WHO IS A GOOD CANDIDATE FOR BREAST LIFT SURGERY?**

~~Women~~

~~Age 18 to 65~~

~~Generally in good health~~

~~Non-smokers~~

~~Desire aesthetic enhancement of the breast~~

~~Desires augmentation and/or lift of the breast~~

~~Don't mind scars around areola or vertical from areola to inframammary fold when breast lifts are performed~~

## **H2 BREASTFEEDING AFTER BREAST LIFT SURGERY**

Statistically, 30% of all women are unable to breastfeed even if they have had no breast surgery. However, because some milk ducts are disrupted during the surgery you may not be able to breastfeed following any breast surgery. Some women successfully breastfeed after having the surgery but it is difficult to who will be able to. Most women delay breast lift surgery until childbearing is complete to avoid any potential breastfeeding issues.

## **H2 BREAST LIFT SURGERY RISKS AND SIDE EFFECTS\***

As with any surgery, there are possible complications. Although rare, there are adverse effects from anesthesia as well as the possibility of bleeding and infection that can cause the scars to widen. You should be in excellent health eating a healthy diet and participating in an exercise regimen before undergoing any elective surgery. Diabetics and smokers are especially at risk for wound breakdown, infection, and possible loss of the skin of the nipple and areola regions. You will need to quit smoking for a minimum of 6 weeks before surgery to minimize the risk of complications. Breast lift surgery can also leave you unevenly positioned nipples, or a permanent loss of feeling in your nipples or breasts. As always, individual experiences will vary.\*

## **~~SCHEDULE AN APPOINTMENT FOR A BREAST LIFT~~**

~~If you are considering a breast lift in the Fall River area and would like to learn whether you are a good candidate, schedule a consultation with Dr. Mark Lowney. Schedule a consultation or an appointment for breast lift surgery by sending us an email form or contact our office directly at (877) 577-5476.~~

## **H2 BREAST LIFT FREQUENTLY ASKED QUESTIONS**

### **H3 WHO IS A GOOD CANDIDATE FOR BREAST LIFT SURGERY?**

- Women
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## **~~WHAT ARE THE RISKS OF BREAST LIFT SURGERY?~~**

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### **H3 HOW MUCH TIME SHOULD YOU TAKE OFF AFTER BREAST LIFT SURGERY?**

To ensure proper healing, appropriate post-operative rest and recovery time is needed. If you have a sit down job, you should plan on staying home for at least 1 week. If your job entails physical activity, you should plan on staying home for 2 to 3 weeks. You should refrain from any jogging or activity which will cause the breasts to bounce for at least 1 month.

### **H3 WILL A BREAST LIFT REDUCE MY CUP SIZE?**

Yes. Typically, a breast lift will reduce your bra size by one cup. When excess skin and sagging breast tissue are removed or repositioned during a breast lift, cup sizes are naturally reduced.

Following a breast lift, the breasts typically retain a natural teardrop shape, with more fullness towards the bottom. If a patient desires to add volume or fullness to the top of the breast or to create a rounder shape, implants would be recommended.

### **H3 CAN YOU COMBINE A BREAST LIFT WITH A BREAST AUGMENTATION?**

Yes, if you wish to enhance the shape and appearance of your breasts, combining a breast lift with breast implants may be a suitable option. A breast lift aims to address sagging or drooping

breasts, which can occur due to factors such as aging, pregnancy, or weight fluctuations. Excess skin is removed, and breast tissue is reshaped, resulting in a firmer, more lifted appearance.

Combining a breast lift with implants offers several advantages. Firstly, it improves breast volume and shape, providing a fuller and firmer look. Additionally, the combination procedure allows for addressing both sagging and volume concerns in one surgery, reducing overall recovery time and surgical risks compared to separate procedures.

### **H3 WHERE ARE BREAST LIFT INCISIONS MADE?**

There are several different types of breast lift procedures, each involving a different incision. At Advanced Body Sculpting of New England, Dr. Mark X. Lowney utilizes circumvertical or “lollipop” incisions during breast lift surgery. This type of incision traces all the way around the areola and adds a vertical line down toward the bottom of the breast.

## **H2 SCHEDULE AN APPOINTMENT FOR A BREAST LIFT AT ADVANCED BODY SCULPTING OF NEW ENGLAND**

If you are considering a breast lift in the Fall River area and would like to learn whether you are a good candidate, schedule a consultation with Dr. Mark Lowney. Schedule a consultation or an appointment for breast lift surgery by sending us an email form or contact our office directly at (877) 577 5476.