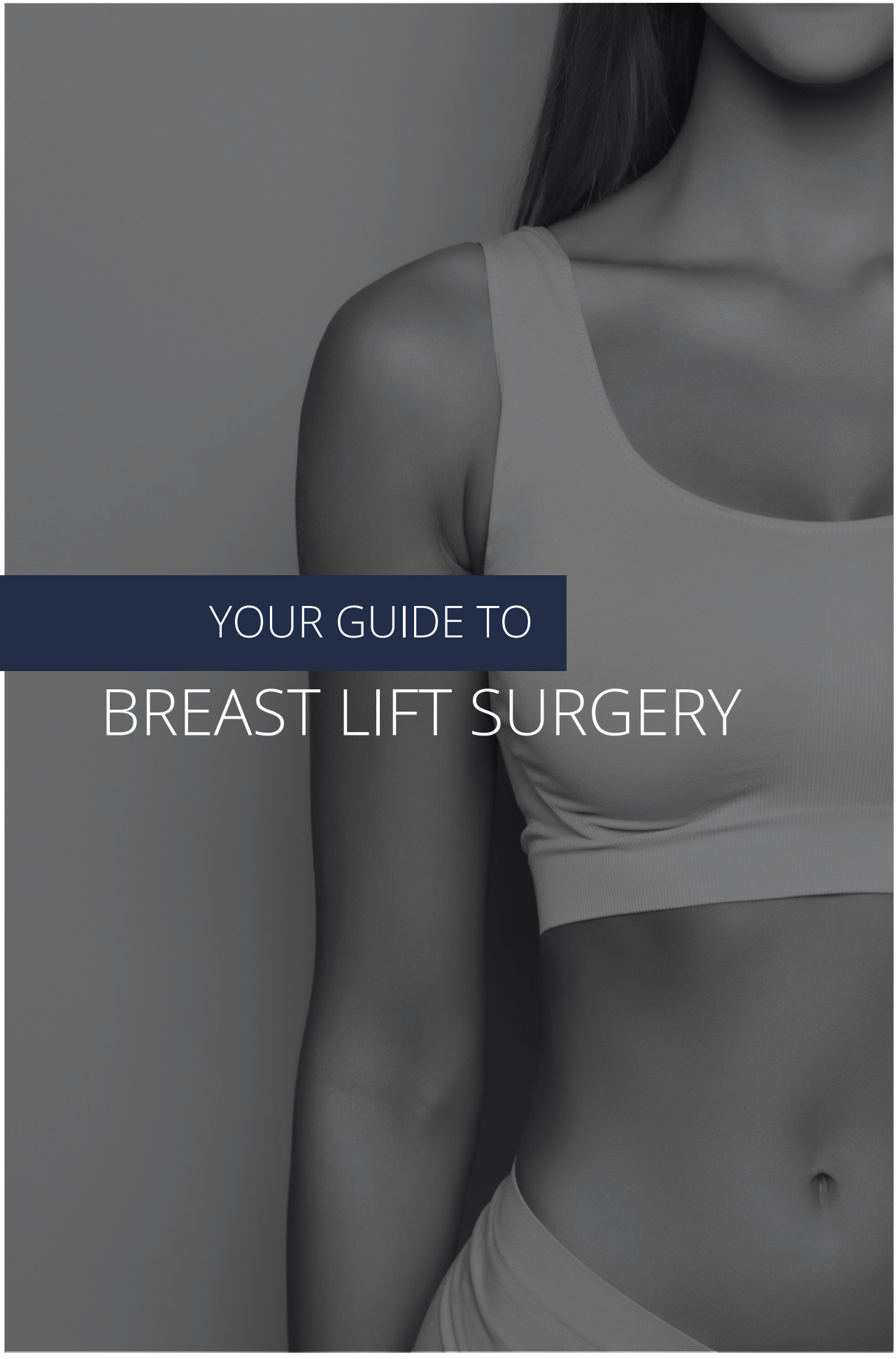


YOUR GUIDE TO

BREAST LIFT SURGERY

CosMediTour

WELCOME

Welcome to CosMediTour, the premier Plastic Surgery group in Australasia. Since our establishment in 2009, we've been dedicated to helping numerous clients discover the beauty of self-confidence. We proudly collaborate with top-tier plastic surgeons recognised for their commitment to providing outstanding care and exceptional results. With us, you can have full confidence that you're in the hands of experts.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

CONTENTS

04 INTRODUCTION

BENEFITS OF BREAST LIFT SURGERY

06 WHAT TO EXPECT

BEFORE & AFTER YOUR PROCEDURE

09 PLANNING YOUR PROCEDURE

BREAST LIFT TECHNIQUES

11 POTENTIAL RISKS

12 WHY CLIENTS CHOOSE COSMEDITOUR

13 NEXT STEPS

INTRODUCTION

A Breast Lift, or Mastopexy, is a procedure that aims to restore the natural 'perkiness' of the breasts. Unlike other breast enhancement procedures, the motivations surrounding Breast Lifts tend to be more aesthetically driven.

By removing excess skin, skilled CosMediTour Plastic Surgeons can reshape and tighten the breast contour, resulting in a firmer, more raised appearance. The procedure can also:

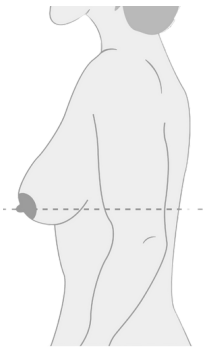
- Lift the nipple position
- Reduce the size of the areola (if enlarged over time)
- Enhance the size & shape of the breasts when a Breast Lift is performed with a Breast Augmentation.

> Typically Breast Lifts are completed on clients experiencing Ptosis caused by pregnancy, breastfeeding, significant weight loss or ageing.

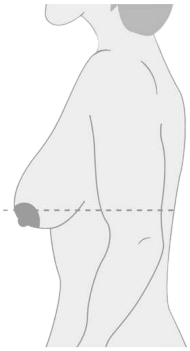
BENEFITS OF BREAST LIFTS

Breast Lifts are conducted to address Ptosis, which refers to sagging or drooping of the breasts. There are three degrees of Ptosis, categorized based on the position of the areola. Your specific degree of Ptosis will determine the surgical technique employed by your plastic surgeon.

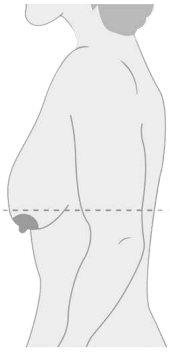
In certain instances, a Breast Lift can be combined with other procedures, such as Breast Augmentation. This combined approach will not only address sagging but also enhance the size and shape of the breasts.



Minor



Moderate



Severe

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 2 - 3 hours

The surgery typically takes between 2 to 3 hours however this can increase if combined with another procedure (e.g. Breast Augmentation or Reduction). During surgery, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery recovery.

HOSPITAL STAY | Half Day - Overnight

In Australia, Breast Lifts are completed as day surgery procedures. Clients are typically able to leave hospital 2 to 3 hours after they wake from anaesthesia. Clients that undergo the procedure in Thailand are required to stay overnight.

REST TIME | 1 - 2 Weeks

It is normal to feel tired for the first few days after surgery. Clients may also experience slight discomfort during this time, particularly around the incision site.

- ☑ Use ice packs & pain medication to manage pain.
- ☑ No driving, work or exercise in the 1st week.
- ☑ Avoid raising arms for at least 10 days.
- ☑ 2-weeks after surgery, clients are likely to be able to return to work, a normal shower routine can be reintroduced, as can light lower body exercise.
- ☑ Avoid heavy lifting, strenuous exercise & swimming until your Surgeon advises.

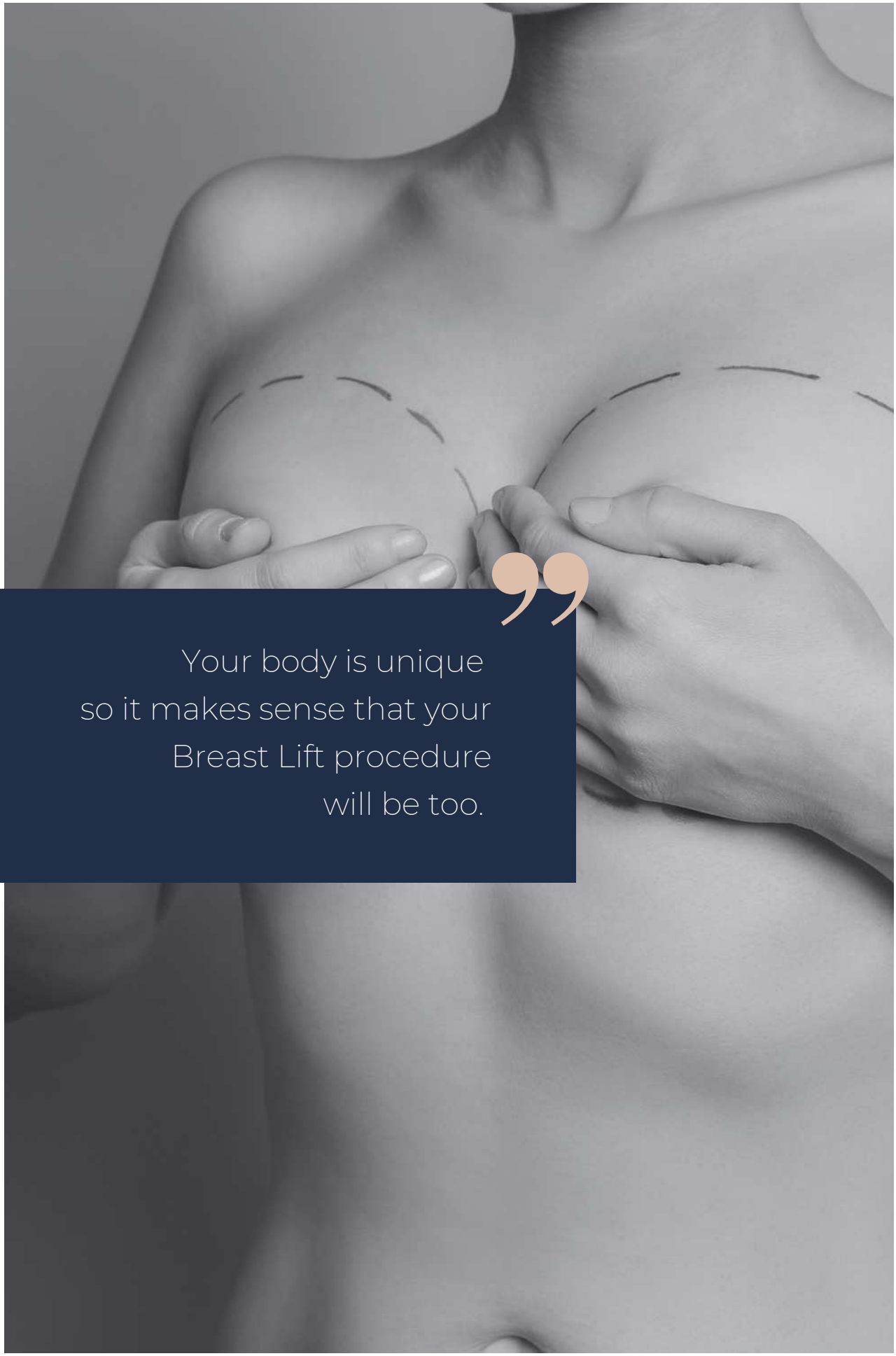
RECOVERY TIME | 6 Weeks

To ensure optimal healing, post-surgery support garments must be worn for 6 weeks.

SETTLING PERIOD | 6 Months

Breasts become softer & scars fade. Recovery times vary according to general health & fitness; smoker status* and accompanying procedures.

*Smoking and alcohol can delay recovery by reducing the blood supply to the wound/incisions.



Your body is unique
so it makes sense that your
Breast Lift procedure
will be too.

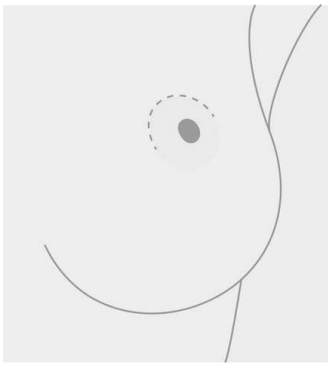
PLANNING YOUR SURGERY

There are a range of Breast Lift techniques available to surgeons. The technique your Plastic Surgeon uses for your procedure will be dictated by your personal Ptosis and what, if any, other breast enhancement procedures you are having.

Each Breast Lift technique have their benefits and result in varying degrees of lift, ranging from slight to dramatic results.

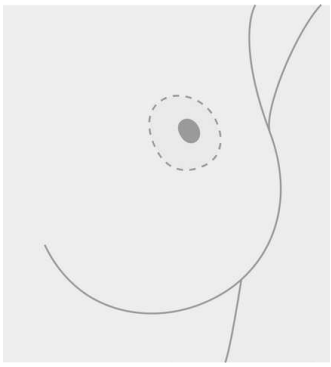
CRESCENT TECHNIQUE

- Suited to clients with minor to moderate sagging and/or small breasts.
- Provides a small degree of lift & can correct nipple asymmetry.
- Involves a half-moon shaped incision above the areola. A small amount of breast tissue is removed before the bottom of the incision is lifted to join the top.



PERI-AREOLAR TECHNIQUE

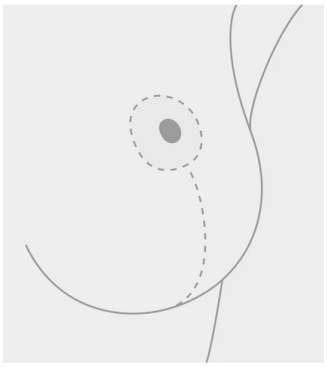
- Also known as the Donut Technique
- Suited to clients with minor to moderate sagging and/or tuberous breasts.
- Provides only a small degree of lift; however, it can also be used to reduce areola size.
- Involves a circular incision around the areola.



You're in expert hands. Our Surgeons dedicate time to understand your unique concerns & surgical objectives before tailoring a treatment plan that's right for you & your body.

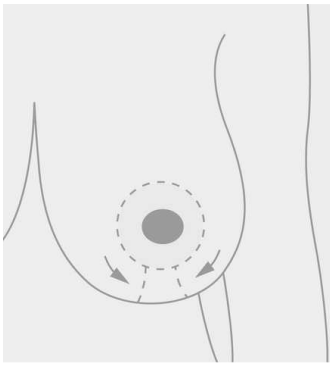
VERTICAL TECHNIQUE

- Also known as the Lollipop Technique
- Suited to clients with moderate sagging & larger breasts.
- Provides a large degree of lift & projection. Can also reduce the size of the areola, elevate the nipples & result in less noticeable scarring.
- Involves an incision around the areola & the other from the areola down to the natural crease of the breast.



ANCHOR (T-LIFT) TECHNIQUE

- Also known as T-Lift Technique
- Suited to clients with large breasts & severe sagging. Commonly used for clients also having a Breast Reduction.
- The most common technique - Provides dramatic results
- Involves a peri-areolar incision around the areola, a vertical incision from the base of the areola to the crease of the breast, and another along the breast crease.



POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Breast Lift, there are potential risks to consider with all forms of surgery.

Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

Before your Breast Lift procedure, it's important you notify your surgeon of any known allergies and be sure to talk to them about any concerns you may have.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, clots, allergic reactions to medical materials)
- Seroma (fluid accumulation) around the incision site/inside the breast
- Haematoma (collection of blood) inside the breast
- Skin discolouration/permanent pigmentation changes
- Fat necrosis resulting in hard lumps in skin
- Swelling & bruising
- Changes in breast & nipple sensation
- Numbness around incision scars or outer part of breast (temporary or permanent)
- Keloid or hypertrophic scarring (can be lumpy, inflamed & itchy)
- Breast asymmetry
- Stiff shoulder

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.