

Breast Lift & Reduction

This surgery improves the appearance of sagging breasts by removing extra skin and repositioning the nipples and breast tissue. Results may be enhanced when coupled with insertion of an implant to make the breasts fuller and more rounded.

Price:

Mild Ptosis (Round block Mastopexy):	2,100 US\$ (2 nights stay)
Severe Ptosis (T-scar Mastopexy):	2,600 US\$ (3 nights stay)
Breast Reduction:	2,900 US\$ (3 nights stay)

Pre-Op Instructions:

- ◆ Consultation with surgeon (doctor may or may not require mammogram)
- ◆ Evaluation for other medical conditions
- ◆ No intake of food or water 8 hrs prior to surgery
- ◆ Prepare support bra
- ◆ Stop smoking & alcohol intake at least 2 weeks before surgery
- ◆ Anticoagulants, vitamins, hormones (including birth control pills), anti-depressants & some other medications also to be stopped at least 2 weeks before surgery.

NOTE: Please provide Yanhee with a complete list of medications each patient is taking so proper advice can be given as to which medications should or shouldn't be stopped.

Anesthesia: General anesthesia

Duration: 2-3 hours



Procedure:

- ◆ Incision outlines are made from which breast skin will be removed
- ◆ The new location for the nipple is defined
- ◆ Excess skin is removed & the nipple & areola are moved to a higher position
- ◆ The skin surrounding the areola is then brought down & together to reshape the breast
- ◆ Stitches are usually located around the areola and in a vertical line extending downwards from the nipple area and along the inframammary fold

Post-Op Instructions:

- ◆ Get enough rest, eat fruits & vegetables, & avoid alcohol & smoking for at least 1 month
- ◆ Start ambulating as soon as possible
- ◆ May rest at home & resume work after 10 days
- ◆ Avoid strenuous activities for 3-4 wks
- ◆ Refrain from physical contact with breasts for 3-4 wks
- ◆ May shower 48 hrs after removal of drain tubes
- ◆ Only support bras without wire should be used after sutures are removed
- ◆ Follow-up check with the surgeon will be 7 days after for removal of bandages & sutures
- ◆ After bandages are removed, support bra should be worn continuously for 21 days
- ◆ May shower after removal of stitches
- ◆ Numbness may be felt but sensation starts to return after 6 wks
- ◆ May wear bra with wire 6-12 months after surgery

BEFORE



AFTER

