



BREAST LIFT



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What Is Breast Lift?

A breast lift or Mastopexy is a procedure performed to tighten the breasts. Whether due to age or gravity, a woman's breasts start sagging and lose their youthful look. A breast lift corrects this by restoring the perkiness of the breasts. There are a lot of steps that go into making this lift complete.

Breast Lift procedure is done if:

- You have loss of youthful breast contour
- Your breasts have started to sag due to pregnancy or breastfeeding
- Your breasts have started looking droopy due to weight fluctuations, natural ageing or any other hereditary reasons
- Your breasts are flatter, have an elongated shape or look pendulum shaped when hanging freely
- When you are not wearing a bra, your nipples fall under the breast crease
- The areolas and nipples point downwards
- You have stretched skin and extremely large areolas
- One of your breasts falls lower than other

What Breast Lift Can / Can't Do

✓ Can

- Increase fullness and roundness of your breasts
- Rejuvenate sagging breasts
- Reorient nipple and areola, so they are positioned higher
- Provide an aesthetic curve
- Make your breasts look perkier and younger

✓ Can't

- Change the shape of your breasts completely
- Make your breasts bigger (you need breast augmentation for this)
- Position your nipple and areola unnaturally high

What is the Procedure of Breast Lift?

Anaesthesia:

- General or local anesthesia

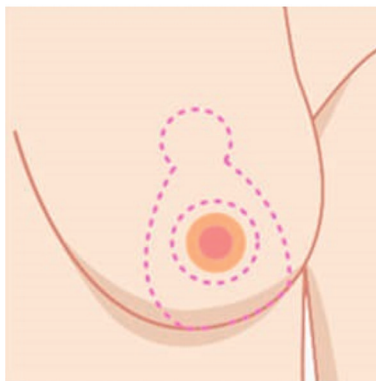
The Incision:

- Incisions are made in the areolar region. These could be around the areola – a periareolar incision, or vertically down from the areola to the breast crease- infra mammary incision.
 - The incisions are strategically placed. They are either hidden in the point where the light skin meets the dark skin (periareolar) or underneath the breast (infra mammary). Infra mammary is also the safest incision
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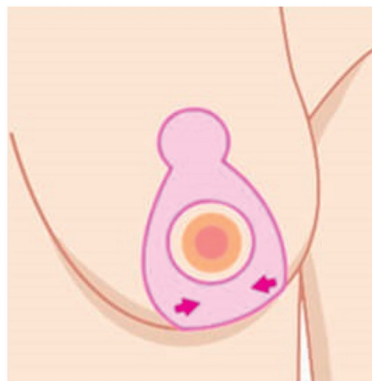
Procedure:

- After the incisions are made, the underlying excess tissue is removed.
 - This reduces the size, making it more manageable.
 - For natural results, reshaping the rest of the tissue and reposition the nipple and areola is done.
 - If need be, the enlarged areola is also reduced by removing some areola skin at the perimeter.
 - The loss of elasticity in the skin is also addressed by removing extra skin.
 - The remaining skin is tightened as the incisions are closed with the help of sutures or skin adhesives
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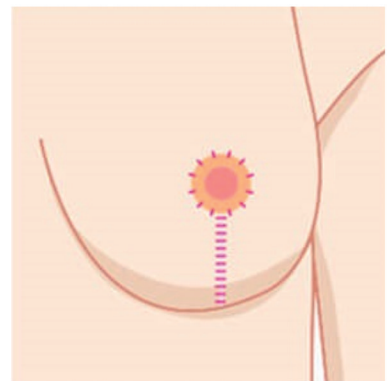
Breast Lift Surgery



Design phase



Nipple moved up
Skin tightened



Suture

Recovery After Breast Lift?



Although the patient feels a slight tightness, this is normal during recovery

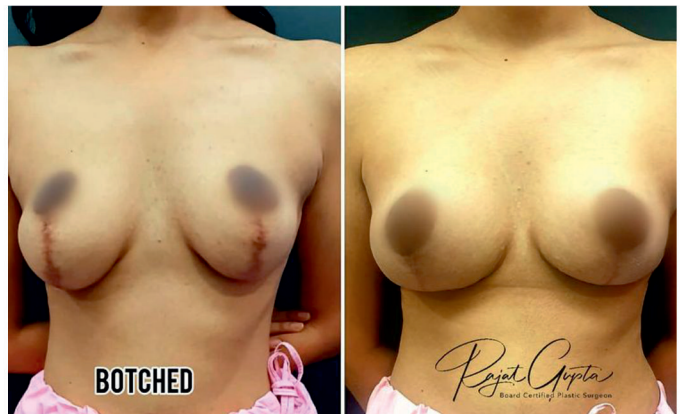
- You can resume all your daily activities the very next day onward
- We give you massaging techniques and a fitted compression garment to make your recovery smoother, better, and more permanent!

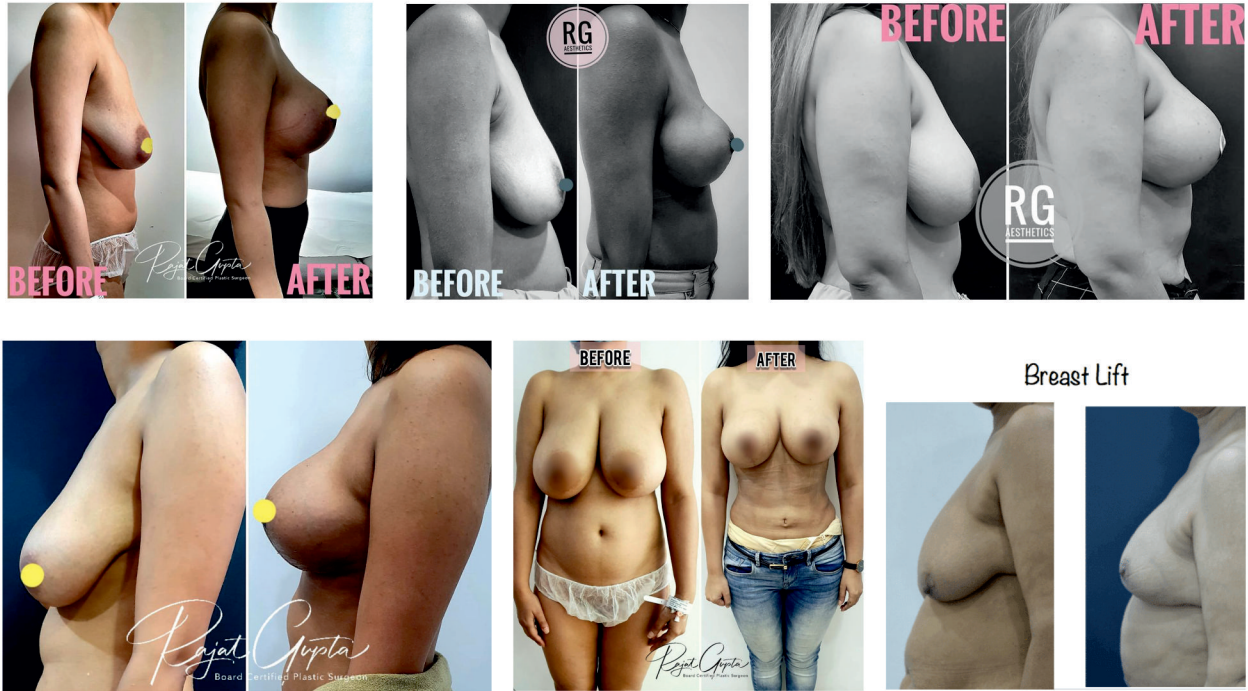


Breast Lift



Breast Reduction & Lift





About Dr. Rajat Gupta



Dr. Rajat Gupta is a gold-medallist, board-certified plastic surgeon in India. As the National Secretary of the Indian Association of Aesthetic Plastic Surgery (IAAPS), he has been accredited with consistently raising the standards of aesthetic surgery in the country.

He also consistently trains prospective plastic surgeons coming from all over the world to learn the finesse with which he performs every procedure, using refined cosmetic surgery techniques and technologies.

His clientele includes the who's who of the Indian film industry, alongside prominent politicians and several international patients.

Today, Dr. Gupta sports unparalleled expertise in cosmetic surgery with a keen eye for detail and an in-depth understanding of aesthetics.

To book an appointment,
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