

Breast uplift

The Operation and Post-operation Term

Female bosom has always been a symbol of the beauty and womanhood. Therefore, no wonder its shape, symmetry and size influence the psychics of woman in case some deviation occurs in the point of view of her or her surroundings.

In the course of life, due to hormonal changes, pregnancy and nursing, bosom gradually falls and the gland more or less reduces. This development cannot be influenced in any other way than in a surgical one. In case the bosom substantially falls, its shape can be improved by an operation called as mammaplasty (mamma – breast). This type of operation brings very good visual results however the results are paid by scars necessary for reduction of excess skin. However, in the course of time the scars grow pale, disappear, becoming less conspicuous. Their quality and resulting aesthetic effect are individual. In case of a significant mamma gland decrease, the mammaplasty can be extended by additional volume by the means of silicone implants. On the contrary, if the breast is too large, it is suitable to perform a mamma gland reduction. An optimum age limit for operation performance is variable. Generally, we recommend to address a bosom size and shape only when a woman does not plan any other pregnancy, since pregnancy and breast-feeding cause volume changes, which can be of adverse impact even on a good operation result. On the other hand, in case the patient does not plan any pregnancy in the nearest years, the respective operation can be performed upon her request already before. However, there is still a risk she will be not able to breastfeed, especially with regard to a sufficient amount of breast milk since an interference in a mamma gland during bosom modelling is mostly necessary.

A personal consultation with an experienced plastic surgeon is the very first and important step. It is necessary to evaluate problems concerning the bosom shape and size, and, especially, motivation and potentially also psychic reasons causing a patient starts to think about an operation. Every operation is individually specific, and, therefore, also the approach of the surgeon to the patient is individual. Of course, a good health condition is a vital precondition..

The operation is made under general anaesthesia and it takes about 90 minutes as required. Several procedures are available for the performance of such operation. It depends on the type of bosom and required extent of modelling. Almost always, scars stay around mamma area, in a vertical downward direction towards below breast fissure and complete length of the below breast fissure. The whole scar forms a shape of something like anchors on the breast. On the next day following the operation, the drains are removed and upon applying a new dressing and elastic special bra, provided the operation wound and complete condition are good, the patient can be released to home treatment. During the initial days after the operation, it is necessary to keep a rest regime without any physical load. On the 4th day after the operation take a shower, wear the elastic special bra all the time for 6 to 8 weeks. At the 7th to 10th day after the operation, the patient comes for examination, stitches are dissolvable. Scars should be covered with special stripes for 3 to 4 weeks, change them every week, the scars will be thin. You don't

have to take off the strips to shower. For the first time, the stripes will be replaced during the first examination. At the same time, her surgeon informs you about scar pressure massages. Once the scars have healed perfectly, which is about one month after the surgery, you should massage the scars. Perform so-called pressure massages, that is, place your finger on the scar, push for five to ten seconds and repeat, massaging the entire scar. The scars will gradually soften and become light. Massages significantly speed up the healing process. Other examinations are made individually.

After 7 up to 10 days without any complication, the patient can return to a normal regime. However, full physical load and sporting are only permitted after about 1 to 2 months from the respective operation depending on the healing and recovery. After an interval of half a year, we recommend to initiate regular examinations in a mammalogic centre, which should be a must especially for women older than 30 years. In addition, we recommend an examination in our department, especially when during a short time period (days, weeks) a change in the bosom shape, constitution (hardening) or inflammatory manifestation at a breast or axilla, occurs. The data presented is based on a common post-operation course. However, the recovery is an individual process depending not only on healing abilities of every individual body, but also on every patient's conscientiousness. The patient is expected to set such conditions for a period of several days after her operation to be able, in case of any subjective problems or complication, to come as soon as possible for examination to our department. A positive operation result and mutual satisfaction is in your interest as well as in ours. Mutual trust and co-operation of the patient with the surgeon is a vital precondition.

This document is a translation of the text by MUDr. Helena Singerová.