

Breast Lift

What is Breast Lift Surgery?

Have you noticed that your breasts are losing their youthful firmness?

Dr. Dool offers breast lift surgery for Moncton, New Brunswick, women who wish to improve the overall appearance and shape of their breasts.

This procedure lifts the breasts to a more youthful position to eliminate sagging and drooping.

Breast Lift Benefits

Many women experience flattened, pendulous breasts as a result of aging, genetics, pregnancy, and/or gravity. A breast lift tightens internal tissues and removes excess skin to create a firmer, shapelier breast. This procedure achieves these goals by:

- Raising the breasts and removing excess skin.
- Bringing the nipples above the breast crease.
- Reducing the size of the areolas (the dark circles of skin surrounding the nipples).
- Creating more symmetrical breasts, nipples, and areolas.

How Does Breast Lift Surgery Work?

Your breast lift will take place either general anesthesia or IV sedation. Most breast lifts occur on an outpatient basis, meaning you can return home on the day of your procedure. Remember to arrange for a friend or family member to drive you to and from your procedure.

At your initial consultation, Dr. Dool will ask you about your goals for breast lift surgery. He will discuss your options and determine the best course of action for achieving your goals.

Each of Dr. Dool's breast lift procedures is as unique as the patient. He will perform your surgery using one of three possible incisions, depending on your needs:

- **"Donut"** (around the circumference of the areola).
- **"Lollipop"** (a "donut" incision plus a vertical incision from the lower areola down to the breast crease).
- **"Anchor"** (a lollipop incision plus an additional incision along the breast crease).
- **"Crescent"** (an incision made only along the circumference of the upper half of the areola – generally only suitable for women with a lesser degree of sagging).

Dr. Dool will then lift and tighten your breasts, removing any extra skin. You may feel minor discomfort after your breast lift, you will be under anesthesia or sedation during your procedure. Dr. Dool can prescribe pain medication to help keep you comfortable.

As long as you maintain a healthy lifestyle and weight, your breast lift results should last for several years.

Breast Lift

Breast Lift Recovery

After your breast lift, Dr. Dool will send you home with dressings to aid in your recovery. You may also receive draining tubes beneath your skin to eliminate fluid accumulation. This will be removed after a few days.

You should plan to rest for a few days following your procedure and avoid vigorous exercise for 2 to 3 weeks. The exact length and degree of your recovery will depend on the extent of your surgery, however. Dr. Dool will give you specific instructions for recovering smoothly from your breast lift.

You will need to wear a bandage or support garment to maintain your breasts' shape during recovery. Over the next few months, you will see your incisions fade as your breasts develop their long-term shape. You will have scars as a result of your procedure, but these will dissipate over time.

Safety & Risks

Complications are possible with all types of surgery. These can include the chance of infection and risks specific to anesthesia. You may experience some bleeding or swelling.

Although breast lift procedures do not generally affect the patient's ability to breastfeed, you should inform Dr. Dool if you plan on becoming pregnant or breastfeeding in the future.

Dr. Dool will schedule a series of office visits after your breast lift to ensure your health and safety.

Complementary Procedures to Breast Lift Surgery

Women often undergo a breast lift in conjunction with breast reduction surgery, which reduces the size of the breasts to improve appearance and, in some cases, improve women's lifestyle options. Body contouring procedures such as liposuction and abdominoplasty (tummy tuck) can also enhance breast lift results.

Many women can also benefit from breast augmentation together with a breast lift. This combination increases breast size while offering the benefits of a lift procedure such as increased firmness and areola reduction.

Breast Lift Fees

Women who are curious about breast lift cost in Moncton should contact our office, as each procedure is different. However, most breast lift patients can expect to pay \$4,000 to \$6,000 or more, which will depend on factors ranging from anesthesia to complementary procedures.

Are you interested in discussing surgery with Dr. Dool?

Request your consultation today or call our office at (506) 382-3665.