Informed Consent – Mastopexy (Breast Lift)

**General Information**: This is a procedure designed to rejuvenate sagging breast by elevating the nipple and tightening the skin envelope. This can be used to reduce the size of the areola and even combined with a minimal reduction to improve volumetric symmetry (size). It can be combined with an implant to make you larger if that is what is desired as well. Heavy, drooping breasts may not hold up well against time, developing “bottoming out” where the inferior portion of the breast becomes fuller. This does leave permanent scars on the breast and can sometimes diminish breast size.

**Alternative Treatments**: Wearing supportive garments to give the illusion of perky breasts or not having the surgery at all.

**Specific Risks of Mastopexy Surgery:**

**Change in Nipple and Skin Sensation** – you can lose or have diminished sensation after this procedure and can affect sexual responses or the ability to breast feed. There is no recovery if this happens.

**Augmentation with Mastopexy** – Increases your risk of skin loss, nipple loss or breast tissue loss due to decreased blood supply to the tissues.

**Mastopexy Done at the Time of Explant** – May be at increased risk for loss of skin, nipple and breast tissue due to decreased blood supple from earlier procedures. Breasts will appear unusual initially and does take time for breasts to settle into their final result.

**Skin Contour Irregularities** – Visible and palpable wrinkling may occur as well as breast asymmetry. Residual skin irregularities (dog ears) may also persist requiring additional procedures to rectify.

**Nipple Asymmetry** – Your nipples will likely be at different heights, possibly of different sizes and shapes, and not perfectly equal.

**Delayed** **Healing** – Some areas of the breast skin or nipple may not heal normally, taking longer than anticipated requiring prolonged wound care. Some areas of the areola or nipple can even be lost permanently. Individuals who have decreased blood supply to breast tissue from past surgery or radiation therapy may be at greater risk for this and a poor surgical outcome. *Smokers have a greater risk of skin loss and wound healing complications.*

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