

# breast lifting

Sydney plastic and cosmetic surgeon **Dr Michael Miroshnik** explains how drooping breasts can be restored to a more youthful shape with breast lift surgery. Kirsty Doolan reports.

**A** natural part of the female ageing process, ptosis of the breast refers to sagging or drooping breasts and the lowering of the nipple as a result.

The rate at which this occurs depends on many factors, including pregnancy and weight gain or loss. Breast size is also a factor in ptosis, with large breasts typically becoming ptotic sooner than smaller breasts.

Depending on the individual patient, Sydney plastic and cosmetic surgeon Dr Michael Miroshnik says breast augmentation, mastopexy (breast lift surgery) or both augmentation and mastopexy combined can correct drooping breasts and create a more youthful-looking shape.

‘When patients have drooping breasts and a lowering of the nipple, augmentation on its own will not always correct the problem,’ says Dr Miroshnik. ‘This is particularly the case when the nipples have descended well below the inframammary fold (breast crease).’

A breast lift is an operation that not only elevates the breast and areola but also creates a more pleasing shape in the process. ‘This can be achieved with or without an implant, depending on volume requirements,’ says Dr Miroshnik. ‘Combining a breast lift with implant surgery is a more technically difficult operation but it can significantly improve the appearance of the breasts.’

‘This procedure has traditionally been performed with two separate surgeries, but now it can safely and effectively be performed with one in most cases,’ he continues.

When performing a breast lift Dr Miroshnik makes a vertical, lollipop-shaped incision, as he believes this

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achieves the best lift with the least amount of scarring. To minimise scar visibility he also uses incision mapping to predict where the scar will lie and ensure it is as inconspicuous as possible.

During the breast lift the nipple is also reshaped. ‘The nipple always needs to be lifted and reshaped, usually to a smaller, rounder shape,’ explains Dr Miroshnik.

The majority of patients who request breast lift surgery are mothers who have breastfed and lost volume in their breasts. Breast lift surgery can create more youthful-looking breasts and help enhance the self-confidence of these patients as well. **acsm**

## Case study



BEFORE



AFTER breast augmentation and mastopexy by Dr Miroshnik



BEFORE



AFTER breast augmentation and mastopexy by Dr Miroshnik

This 34-year-old patient's breasts had a deflated look and the nipples were much lower than the inframammary fold. She had a small B-cup size and wanted fuller, higher and shapelier breasts. ‘This patient had grade 3 breast ptosis and wanted a better shape, with more volume and lift to her breasts,’ says Dr Miroshnik. ‘I performed a vertical breast lift and combined it with round, textured 280cc implants, and then reshaped her nipples to create a more youthful appearance.’