

# BREAST LIFT

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Anil P. Punjabi, M.D., D.D.S.



***The Symbol of Excellence in Plastic Surgery®***

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**A woman's breasts often change over time, losing their youthful shape and firmness.**

These changes, including loss of skin elasticity, can result from pregnancy, breast-feeding, weight fluctuations, aging, and gravity. Heredity may also be a factor, and loose, sagging breast tissue may be seen in a woman in her teens. Breasts that have lost their firm, uplifted contours can affect a woman's self-image and confidence.

If you desire to restore the firmness and shape of your breasts, then a breast lift may be right for you. In general, a breast lift raises and firms the breasts by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour. Sometimes the areola (the pigmented tissue surrounding the nipple) has become enlarged over time, and a breast lift will reduce this as well. A breast lift rejuvenates the female figure with a breast profile that is more youthful, uplifted and firm.

This brochure presents an overview of breast lift. The best way to learn how a breast lift can help fulfill your personal goals is a consultation with Anil P. Punjabi, M.D., D.D.S. Dr. Punjabi is a plastic surgeon certified by The American Board of Plastic Surgery®.

## ➤ WHAT IS A BREAST LIFT?

Breast lift, technically called mastopexy, is surgery to uplift and improve the shape of a female breast that:

- Sags or is pendulous, but is proportionate with the body frame
- Has lost firmness and skin elasticity
- Has a flatter, elongated shape
- When unsupported the nipple falls below the breast crease
- Has a nipple and areola (the pigmented skin surrounding the nipple) that point downward
- Has stretched skin and an enlarged areola

A breast lift is appropriate for women who wish to improve breast shape and position. In women where an increase in breast volume is also desired, breast implants may be inserted in conjunction with breast lift.

While a breast lift does not generally affect breast function, women who are planning future pregnancies should discuss this with their plastic surgeon. The changes that occur in the breasts during pregnancy can minimize or reverse the improvement a breast lift provides. Likewise, plans for significant weight loss should also be discussed. For these reasons, good candidates for a breast lift are generally women of normal, stable weight whose breasts are fully developed and who have completed their family. Breast lift is appropriate in younger woman as well, most commonly in cases of breast asymmetry where the position of one breast is lower than the other.

A breast lift is best performed on:

- Healthy individuals who do not have a life-threatening illness or medical conditions that can impair healing
- Non-smokers
- Individuals with a positive outlook and specific goals in mind for improving body image

## > WHERE DO I BEGIN?

A consultation with Dr. Punjabi is the first step to learn how a breast lift can improve your breast contours. A consultation is designed to fully educate you about breast lift in a non-pressured environment, and will include:

- A discussion of your goals and an evaluation of your individual case
- The options available in breast lift surgery
- The likely outcomes of a breast lift and any risks or potential complications
- The course of treatment recommended by Dr. Punjabi

Dr. Punjabi will also answer all of your questions.

## > EVALUATION

Overall health and personal outlook can greatly impact the outcome of breast lift surgery. These will be carefully evaluated in consultation with Dr. Punjabi. The success of your procedure, safety and overall satisfaction requires that you:

- Honestly share your expectations
- Fully disclose health history, current medications, the use of vitamins, herbal supplements, alcohol, tobacco and drugs
- Be candid about any history of breast cancer in your family and your personal breast health
- Commit to precisely following all of Dr. Punjabi's instructions

## > SAFETY

By making the decision to consult with Dr. Punjabi and following all the instructions given, you are taking important steps in assuring your safety.

Dr. Punjabi is certified by The American Board of Plastic Surgery®. This certification designates surgeons who are specifically trained in plastic surgery of the face and entire body.

## ➤ MY BREAST LIFT

Breast lift is a highly individualized procedure achieved through a variety of incision patterns and techniques. The appropriate technique for your case will be determined based on:

- Breast size and shape
- The size and position of the areola
- The degree of breast sagging
- Skin quality and skin elasticity as well as the amount of extra skin

There are many variations to the procedure, however one of the most common is a pattern with three incisions:

- Around the areola
- Vertically down from the areola to the breast crease
- Horizontally along the breast crease

Through these incisions, the underlying breast tissue is lifted and reshaped to improve breast contour and firmness. The nipple and areola are repositioned to a natural, more youthful height. If necessary, enlarged areolas are reduced by excising skin at the perimeter. Excess breast skin is removed to compensate for a loss of elasticity.

Alternative techniques eliminate either the horizontal incision at the breast crease, the vertical incision from the areola to the breast crease or sometimes both. In any case, incisions are usually placed so that they can be hidden under clothing and swimsuits. Non-removable sutures are layered deep within the breast tissue to create and support the newly shaped breasts as they heal. Sutures, skin adhesives and/or surgical tape may be used to close the skin.



Incision patterns for a breast lift are determined based on the amount of excess skin, the quality of the skin and the degree of lift necessary to achieve realistic goals. The incisions include a circle around the areola, a line extending down the lower portion of the breast from the areola to the crease underneath the breast and a line along the crease under the breast.

Not all women will need all of these incisions. It is possible to perform a breast lift through the incision around the areola only, the incision around the areola and the line down the lower portion of the breast, or more commonly a combination of all three. The length and extent of these incisions depends on the amount of excess skin to be removed and the quality of the skin.



Once the excess skin is removed, the breast tissue is reshaped and lifted, and the remaining skin tightened as the incisions are closed. Some incision lines are concealed in the natural breast contours; however, others are visible on the breast surface. Incision lines are permanent, but in most cases will fade and significantly improve in appearance over time. Your more youthful and uplifted breast profile, and an enhanced body image, should bring you great satisfaction.

## > PREPARING FOR SURGERY

Dr. Punjabi will carefully explain your breast lift procedure. Prior to surgery, you will be given specific instructions that may include:

- Pre-surgical considerations, diagnostic testing and medications
- Day of surgery instructions and medications
- Specific information related to the use of anesthesia

In addition, you will be asked to sign consent forms to assure Dr. Punjabi that you fully understand the procedure you will undergo and any potential risks and complications.

Possible risks of a breast lift include blood pooling beneath the skin (hematoma), infection or poor healing at the incision site, and changes in nipple or breast sensations that are usually temporary. All surgery carries risks associated with anesthesia. These and other risks will be fully discussed prior to your consent.

It is important that you address all your questions directly with Dr. Punjabi. It is natural to feel some anxiety, whether excitement for the anticipated outcomes or preoperative stress. Discuss these feelings with Dr. Punjabi.

## > WHAT TO EXPECT

A breast lift may be performed in Dr. Punjabi's accredited office-based surgical facility, an ambulatory surgical facility or a hospital. The decision for anesthesia will be based on the requirements of your specific procedure and considerations of patient and surgeon preference. Dr. Punjabi and the assisting staff will fully attend to your comfort and safety.

## > SURGICAL FACILITY

Dr. Punjabi generally performs liposuction procedures at Redlands Community Hospital, Loma Linda University Medical Center, Loma Linda Community Hospital, and The Inland Surgery Center.

## > FOLLOWING SURGERY

Once your procedure is completed, dressing or bandages will be applied to your incisions, and an elastic bandage or support bra will minimize swelling and support the breasts as they heal. A small, thin tube may be temporarily placed under the skin to drain any excess blood that may collect. Before being released following surgery, you and an accompanying family member, friend or caregiver will be given specific instructions that may include:

- How to care for the breasts following surgery
- Medications to apply or take orally to aid healing and reduce the risk of infection
- Specific changes at the surgical site or in overall health
- When to follow-up with Dr. Punjabi

## > PROGRESS AND HEALING

Initial healing will include swelling and discomfort at the incision sites. Discomfort is common and can be controlled with medication. A support bra may be recommended around the clock for the first week or two. It is important to cleanse the incision sites and apply ointment as directed. Follow all instructions carefully; this is essential to the success of your outcome. A return to light, normal activity is possible as soon as you feel ready, usually within a few days of surgery.

Initial wound healing may take 5 to 10 days, at which time any sutures will be removed. You will be ready to return to work and normal activity at this time, so long as you do not engage in any heavy lifting or vigorous exercise.

Healing will continue for several weeks as swelling dissipates and incisions lines continue to improve. Continue to follow Dr. Punjabi's instructions and attend follow-up visits as scheduled.



## ➤ RESULTS AND OUTLOOK

The final results of your breast lift will appear over the next few months as breast shape and position continues to settle. Incision lines are permanent, but they most likely won't be visible under even your favorite bathing suit.

Over time, your breasts can continue to change due to aging and gravity. Your new breast profile is best maintained by maintaining your weight, a healthy lifestyle and proper support of your now firm and rejuvenated breasts.

## ➤ YOUR SURGEON, YOUR CHOICE

Choosing to have cosmetic or reconstructive plastic surgery is an important decision; so is selecting a plastic surgeon. Consider these important guidelines:

**Board Certification** – Not all physicians who perform plastic surgery or who use the title plastic surgeon are board-certified in plastic surgery.

The American Board of Plastic Surgery® (ABPS) and The Royal College of Physicians and Surgeons of Canada® certify physicians in plastic surgery of the face and entire body. To be certified by either board, a plastic surgeon must:

- Graduate from an accredited medical school
- Complete a minimum of five years of surgical training following medical school, including an accredited plastic surgery residency program
- Pass comprehensive written and oral exams

**Privileges** – Your surgeon should have operating privileges at an accredited, local hospital for the same procedure you plan to have performed - even if that surgeon suggests your procedure be performed in an accredited office-based surgical facility or at an ambulatory surgery center.

## **Anil P. Punjabi, M.D., D.D.S.**

Certified by The American Board of Plastic Surgery®, 2000.



### **Practice Philosophy**

The cornerstone of Dr. Punjabi's philosophy is commitment to excellence, while care and concern are at the heart. Dr. Punjabi recognizes the importance of clinical experience, surgical acumen, current innovative technology and consistently delivering excellence in patient care. Because of his unique dual qualifications in medicine and dentistry, Dr. Punjabi's expertise gives him a distinct perspective in solving complex cosmetic and reconstructive challenges of the face, head and neck. Developing a good understanding of his patient's expectations and desired goals is of the utmost importance. Dr. Punjabi and his staff are dedicated to providing our patients with a positive, quality experience in a confidential, caring and compassionate manner with as little inconvenience as possible. We think of our patients as part of our family.

### **Professional Background**

Dr. Punjabi graduated from the Government Dental College at Bombay University, India, The University of Southern California School of Dentistry, Los Angeles, and Case Western Reserve University (CWRU) School of Medicine, Cleveland, Ohio. Dr. Punjabi has completed training in two specialties, Oral and Maxillofacial Surgery at The MetroHealth Medical Center Campus of the CWRU and Plastic and Reconstructive Surgery at The University of Miami/Jackson Memorial Hospital, Miami, Florida.

### **Professional Affiliations**

American Society of Plastic Surgeons®

American Medical Association

American Cleft Palate – Craniofacial Association

Dr. Punjabi is on the clinical faculty as an Associate Professor of Plastic Surgery and Associate Professor of Oral & Maxillofacial Surgery at Loma Linda University.

### **Hospital Affiliations**

Redlands Community Hospital

Loma Linda University Medical Center

Loma Linda Community Hospital

Riverside County Regional Medical Center

Riverside Community Hospital

Inland Surgery Center

Arrowhead Regional Medical Center

This educational brochure is designed to supplement a personal consultation with Anil Punjabi, M.D., D.D.S. Dr. Punjabi is a plastic surgeon certified by The American Board of Plastic Surgery®. Plastic surgeons with this certification have completed extensive surgical training and rigorous examinations in plastic surgery; this uniquely qualifies them to perform cosmetic and reconstructive procedures of the face and entire body.

## **Anil P. Punjabi, M.D., D.D.S**

365 Terracina Blvd.  
Redlands, CA 92373  
909-789-9950  
fax: 909-798-9958

[www.apunjabi.com](http://www.apunjabi.com)

## **SURGICAL FACILITY**

Redlands Community Hospital, 350 Terracina Blvd., Redlands, CA 92373

Loma Linda University Medical Center, 11234 Anderson Road, Loma Linda, CA 92354

Loma Linda Community Hospital, 25333 Barton Road, Loma Linda, CA 92354

Riverside County Regional Medical Center, 26250 Cactus Ave., Moreno Valley, CA 92555

Inland Surgery Center, 1620 Laurel Ave., Redlands, CA 92373

Arrowhead Regional Medical Center, 401 N. Pepper Ave., Colton, CA 92324



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