

## **MASTOPEXY**

A mastopexy is a procedure to tighten the breast skin envelop to “lift” the gland, improve breast shape and profile, and reposition the nipple higher on the breast mound. Only skin is removed, not breast tissue itself. In some cases, an implant can be added to increase volume, such as in cases of extreme weight loss or after nursing several children. In other cases, the breast gland itself is sometimes rearranged to control shape prior to skin tightening. The scars are around the nipple (donut mastopexy), around the nipple with an up and down limb like a lollipop (vertical mastopexy), or around the nipple, up and down and across, under the breast in the inframammary fold (standard mastopexy). Although the concept of fewer scars is attractive, as more skin is removed, better control of the breast shape is possible. Donut mastopexies (where the scar is only around the areola) are limited to breasts that need adjustment of areolar diameter and excess fullness rather than tightening of the breast mound. Donut mastopexies **DO NOT LIFT** and if too much skin is excised around the nipple/areolar, the areola may elongate and become oval. To avoid this, a vertical limb may need to be added. If this is still not enough, tightening and/or lifting the additional inframammary incision will need to be added as well.

The surgery usually takes up to three hours (1.5 hours on each side) and is done using general anesthesia or deep sedation. Before performing the mastopexy, Dr. Pautler will draw a pattern on the breast with the patient in the upright position. During the surgery, breast skin is removed according to this pattern and the nipple areolar complex is repositioned higher on what ends up being a firmer breast mound. Prior to closing all the incisions, Dr. Pautler sits each patient up vertically to allow the breasts to drop and to make sure the breasts are as symmetric as possible. Sometimes a small drain is inserted into each side, the wounds are sutured closed, and a compressive dressing or surgical bra is placed before awakening the patient from anesthesia.

After the surgery, discomfort is controlled with either oral (pills) or intravenous medication. The drains, if used, are most often removed the day after surgery in Dr. Pautler’s office. The compressive bra is worn for about 4-6 weeks and afterwards most patient can return to normal activities. Smaller mastopexies involve a quick recovery while more extensive ones require more healing time.

## **BEFORE SURGERY**

Before you undergo a mastopexy, Dr. Pautler will ask you to do the following:

1. **Bilateral screening mammogram:** If you are 35 or older, Dr. Pautler will send you for a mammogram. This is purely a precaution to make sure that there are no suspicious areas in your breasts that may need to be followed or biopsied prior to the surgery. If there is a positive finding on the mammogram, Dr. Pautler will most likely have you evaluated by a breast surgeon before proceeding with surgery. If you have a very strong family history of breast cancer, Dr. Pautler may send you for a mammogram even if you are younger than 35.
2. **STOP SMOKING:** If you are a smoker, Dr. Pautler will strongly urge you to cease as soon as possible. You must stop smoking at least 8 weeks before and 6 weeks after your planned surgery. Cigarettes contain nicotine, a powerful substance that decreases blood circulation especially in the area that need it the most: surgical wounds. Wound healing is slowed, infection risk is increased, and recovery from surgery may be prolonged. Nicotine containing chewing gums and patches are as harmful as cigarettes, so do not use them. If you absolutely cannot curb your smoking, Dr. Pautler asks that you be honest about it and let her know because she may need to alter her surgical plan for you.

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3. Vitamin C: This vitamin is helpful for collagen synthesis, which helps boost wound healing. It is available over the counter and is helpful to take two weeks before and two weeks after your surgery.
4. Stop taking aspirin, ibuprofen, or other non-steroidal anti-inflammatory medications. This category of drugs can increase your risk of a bleeding complication, so avoid them. Aleve, Advil, Motrin, Naprosyn, Bufferin, Anacin, Toradol, and Alka Seltzer all belong to this group. It is best to run your list of medications by Dr Pautler to see what you can and cannot take if you are in doubt. TYLENOL is OKAY to take as are the pain medications that Dr. Pautler will prescribe for you after your surgery. If you are on any blood thinners such as Plavix, Lovenox, or Coumadin, please let Dr. Pautler know as these will need to be stopped as well. Please refrain from taking any Vitamin E or fish oil for six weeks before your surgery!
5. Bras: You will need to purchase a compressive sports bra for your surgery. It is best to get one that zips or snaps in the front. You will need to bring this to your history and physical appointment and to the hospital.
6. Button down tops: You may want to gather some tops that are button down because they will be a lot easier to put on and take off as you recover from surgery. Pullovers are cumbersome and can cause discomfort at your wound sites as you raise your arms to get them on and off.
7. Discontinue the use of birth control pills three weeks before surgery if you are a current smoker or if you have a history of blood clots, high blood pressure, or heart disease. Resume the birth control three days after surgery or when ambulating.

### **AFTER YOUR SURGERY**

After your surgery there are several things to keep in mind:

1. Refrain from aspirin and ibuprofen as well as other non-steroidal anti-inflammatory medications and blood thinners until at least two weeks after your surgery.
2. Diet: No restrictions. You can eat what you like provided you don't have an upset stomach from anesthesia.
3. Activity: Definitely refrain from any exercise or strenuous activity for the first two to three weeks after surgery. This includes housekeeping, vacuuming, anything with a lot of arm movement and brisk walking. It is okay to go out to dinner, to a movie, or even a short trip to the store (but don't carry any heavy bags). In general limit your lifting to no greater than 12 pounds. For those of you with small children, don't carry them. Instead, have someone else put them on your lap and you can hold them. After Dr. Pautler removes your sutures, she will assess your level of wound healing and determine whether or not you can increase your activity level. By six weeks, for most patients, provided your incisions have healed, your restrictions are lifted and exercise can be resumed. For less extensive mastopexies, this should occur before six weeks.
4. Bras: If you go home from surgery in a support bra, you should wear it day and night for the first two weeks. If you have a compressive type of sports bra that fastens in the front and is seamless, you can switch at that time. Bring this bra to your two week checkup so that Dr. Pautler can verify that it's support is adequate. You should continue to wear your bra daily and nightly until Dr. Pautler tells you otherwise (usually after two weeks or so the bra does not need to be worn at night). In general, compression should be worn for six weeks after the surgery and therefore after for exercise and other strenuous activity. Going with a bra after six weeks is strongly discouraged and if done should be very brief. This is especially true for extensive mastopexies. If your mastopexy is minimal compression is not necessary for so long.

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5. Smoking: NO SMOKING FOR AT LEAST 6 WEEKS AFTER SURGERY. Dr. Pautler strongly advises that you stop smoking altogether for your overall health as well.
6. Bathing: It is okay to shower two to three days after your surgery. NO BATHS OR SWIMMING until your wounds are healed and it is okay with Dr. Pautler.
7. No vigorous sexual activity until cleared by Dr. Pautler!
8. Scars: Once your incisions are healed there are several options you have to try to improve the appearance of your scars. Inexpensive ones include cocoa butter and vitamin E oil. Mederma is a scar cream that is available over the counter but is a little pricier. Combined with massage, these emollients can help accelerate scar softening, fading, and maturation. Silicone preparations are also available, but costly, and more suitable for patients that have a known tendency to form poor scars. Bear in mind that the way you heal and the type of scar you form are dependent on your genetic make-up and despite the best surgical technique and scar management some patients will have poor scars.

### **RISKS**

The following is a description of the possible complications that could occur following a mastopexy:

1. Numbness: There will be some numb areas on your breast including the nipple. This may or may not be permanent but sensation can return in most areas even up to 2-23 years after the surgery.
2. Asymmetry: Dr. Pautler will do her best to make your breasts as symmetric as possible. Some asymmetries may appear as the breasts settle. With time, evening-out can occur. If not, a touch-up or additional surgery may be necessary if the asymmetry does not correct itself.
3. Scars: These may be quite pink initially. With time, massage, and use of emollients, they should improve and fade considerably. Although technique is important, scars are a function of the patient more so than the surgeon.
4. Tissue Loss: Rarely due to some compromise of circulation (which can happen with smoking, diabetes, or steroid use) to the breast tissue, there can be some tissue loss. Even more rarely could this involve the nipple or areola. Some of the non-viable skin or tissue may need to be removed in the office and with wound care, healing should proceed quickly. The shape and appearance of the breast is usually not affected, but the scar in one area may be a little wider or pinker.
5. Dog ears: These are little cones of excess skin that can form at the end of the scar that goes under the breast. They usually show up after settling and healing have finished. If bothersome to the patient, they can be removed in the office.
6. Delayed wound healing: This means healing that takes longer than two weeks and usually involves an upside down 'T' on part of the scar under the breast. With a tight lift (which is very desirable) and some swelling of the skin, some separation of the incision can occur in the shape of a small triangle under the breast. The areas can seep and even bleed a little. This is very common and should not affect the overall result. It is more of an inconvenience since dressings and ointment need to be applied for a few weeks. If the area of delayed wound healing is very large, Dr. Pautler may perform a scar revision anywhere from 6-12 months after healing.
7. Changes on mammogram: With some mastopexies, the breast tissue may get rearranged internally and some scar tissue may show up on a mammogram that was not there before the surgery. When you go for your first post-op mammogram (usually 6-12 months after surgery) tell your radiologist about your surgery. This new mammogram will now serve as your new baseline for all subsequent mammograms to be compared to.

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8. Hematoma or seroma: Rarely does a collection of blood or body fluid become large enough to necessitate aspiration or surgical removal. If so, it needs to be done to prevent infection or wound healing problems. Small collections are watched carefully until they absorb on their own.
9. Bottoming out: This can happen in individuals who have very stretchy skin or heavy breast tissue. If it occurs, it does so months after surgery and the nipple and areola may appear higher on the breast mound. If necessary, it can be corrected by removing a wedge of skin under the breast.
10. Shape change: The breasts will be quite snug after surgery and need to be supported to maintain shape. However, gravity cannot be eliminated and despite best efforts to compress with bras and tape, the skin may stretch with time. Usually, a flatter upper portion of the breast appears. In patients who have very stretchy skin, Dr. Pautler may perform the mastopexy in such a manner to account for eventual shape change. This means that right after surgery, the breasts may have an unusually full upper pole. With anticipated settling and stretching of the skin, the fullness dissipates, and the desired breast shape eventually evolves.

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