

NOTES FROM YOUR

PLASTIC SURGEON

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AN UPLIFTING EXPERIENCE

In our column, as in many others, the firm uplifted breast symbolizes youth, health, and vitality. With age, weight loss, or childbirth, however, a woman's breasts may lose volume and tone to the point where breast tissue begins to sag. Fortunately, there is a solution in the front of a breast lift (mastopexy). This surgical procedure elevates the breast tissue, repositions the nipple and areola (pigmentation around the nipple), and enhances breast shape. The traditional method utilizes an anchor-shaped incision that, while visible, eventually fades. If the areola has been stretched over time, it can also be reduced in size. In addition, women who undergo breast lifts may also seek to increase

the volume of their breasts through breast augmentation.

When considering plastic surgery such as a breast lift, you should feel comfortable asking a Board Certified surgeon for any additional information you need. Improving a feature of your face or body may give you greater self-confidence and add to your sense of well-being, but it is not a guarantee of happiness. My office is conveniently located in the Mentor Medical Campus, 9485 Mentor Ave., Suite 100, Mentor (205-5750).

P.S. Mastopexy may likely involve raising the position of the nipple.

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