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Breasts can lose their youthful position and tone over time due to factors such as pregnancy, weight fluctuation and the affect of gravity as we age. The breast acquires a disproportionate amount of skin relative to the underlying tissue as the position of the nipple drops. Mastopexy also known as breast lift in Sydney is a procedure performed to counteract these issues. This procedure offers more youthful appearance to the breasts. The nipple is raised and the amount of redundant skin reduced, offering an improved shape. An implant may or may not be used, depending upon the patient's goals and concerns. From this procedure, women with small chests see the best results.

Under breast lift, there are variations of techniques that can be used, such as the concentric or doughnut lift and the anchor shaped lift. The first method is usually done for patients who have smaller and less severely drooping breasts while those women with larger or more severely drooping, sagging breasts would be advised to go for the anchor-shaped lift.

Concentric circles are drawn and cut around the areola, under concentric breast lift technique. This concentric shaped skin surrounding the areola is then removed and the nipple and areola are moved upwards. The outer skin surrounding the areola is sutured into place following the movement of the nipple and areola. This method results less scarring than any other technique of breast lifting.

The plastic surgeon draws a key-hole shape directly above the nipple and the areola under the anchor-shaped breast lift, mastopexy. Then an anchor shape is drawn from the right to the left side of the breast at the bottom of the key-hole. The skin in the (upper cross-hatched) area of the anchor is removed along with some excess breast tissue. The nipple and areola are moved up to the (lower cross-hatched) key-hole, then the skin is sutured around the areola, vertically down to the chest, and side to side along the newly-created bottom fold of the breast.

In either way, this type of breast surgery usually takes one to three hours to finish for both breasts. For two to three days, you will experience soreness and bruising. Your plastic surgeon in Sydney will give you some medication to lessen the pain and to hasten the healing process. You will also be advised to wear a surgical bra for a couple of weeks to support your breasts. The gauze dressing will be removed after a couple of days, and the stitches are also removed about two weeks after breast lift surgery. Listen carefully to your cosmetic surgeon on what are the things that you have to be careful of to avoid any complications. He/she will also provide you the schedule on when you could go back to your normal activities.

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Alex Taylor is a freelance writer who writes useful reviews about different types of beauty enhancement techniques such as: mastopexy, breast lift, prominent ear, breast augmentation, liposuction. This piece of article provides few details on a [breast lift](#). A whole lot of details on how to get a [mastopexy](#) can be found at plasticsurgery-sydney.com.au.

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