

# Upper Body Lift and Breast Reshaping with Systemic Therapy for Breast Cancer

Alasdair Kornblau\*

Department of Surgery, Harvard University, Cambridge, USA

**Corresponding author:** Alasdair Kornblau, Department of Surgery, Harvard University, Cambridge, USA, E-mail: kornblau\_a@gmail.com

**Received date:** August 20, 2024, Manuscript No. IPARS-24-19908; **Editor assigned date:** August 22, 2024, PreQC No. IPARS-24-19908 (PQ); **Reviewed date:** September 05, 2024, QC No. IPARS-24-19908; **Revised date:** September 12, 2024, Manuscript No. IPARS-24-19908 (R); **Published date:** September 19, 2024, DOI: 10.36648/2472-1905.10.3.74

**Citation:** Kornblau A (2024) Upper Body Lift and Breast Reshaping with Systemic Therapy for Breast Cancer. J Aesthet Reconstr Surg Vol.10 No. 3:74.

## Description

Breast lift surgery or mastopexy, is a popular cosmetic procedure that aims to restore a youthful breast appearance, which may be affected by factors such as aging, pregnancy, breastfeeding and weight fluctuations. A breast lift does not significantly alter the size of the breasts but focuses on repositioning and reshaping them to a more youthful profile. This article describes the motivations behind breast lift surgery, the various techniques used and advancements in the field, patient considerations and the procedure's psychological impact.

One of the main motivations for undergoing a breast lift is to counteract the natural effects of aging and gravity on the breast tissue. Over time, skin loses its elasticity, causing breasts to sag and the nipple to descend lower on the chest. Pregnancy and breastfeeding can further impact breast shape, as they lead to changes in glandular tissue and skin elasticity. Additionally, significant weight loss can leave excess skin, leading to a deflated breast appearance.

With an increasing focus on aesthetic enhancement and body positivity, demand for breast lift procedures has grown. Patients often seek to regain a sense of body confidence, which can be an important factor in personal and social interactions. According to recent surveys, women who pursue breast lift surgery often report that they feel self-conscious about breast sagging and find it challenging to find well-fitting clothing or undergarments, influencing their decision to seek a surgical solution.

## Techniques in mastopexy

Breast lift procedures are tailored to individual patients' needs, depending on the degree of sagging, skin elasticity and overall breast anatomy. Some of the most common techniques includes ideal for patients with minimal sagging, this technique involves a small incision along the top half of the areola, allowing for a subtle lift. It is minimally invasive but limited in the extent of lift it can provide.

Peri-areolar technique involves a circular incision around the areola and is often used for mild to moderate sagging. It allows the surgeon to reshape the breast tissue and elevate the nipple position, often resulting in minimal scarring. With a vertical

incision running from the areola to the inframammary fold, this approach is suitable for moderate sagging and allows for reshaping and tightening of the breast tissue. Typically used for significant sagging, the anchor lift involves an incision around the areola, vertically down to the inframammary fold and along the breast crease. While it results in more extensive scarring, it provides a comprehensive lift and reshaping.

Surgeons select the technique based on the extent of sagging, skin quality and patient preferences regarding scarring and desired outcomes. Often, surgeons may combine techniques or tailor the incision patterns to minimize visible scarring while achieving optimal lift and contour.

## Breast lift surgery

In recent years, advancements in surgical tools and techniques have enhanced the outcomes of breast lift procedures. Innovations such as the use of internal suturing techniques help provide more long-lasting support to the lifted breast tissue. Furthermore, the development of 3D imaging technology allows surgeons to better simulate postoperative results, providing patients with a realistic visualization of potential outcomes.

Another area of advancement is in combining mastopexy with breast augmentation. For patients seeking both a lift and added volume, combining a lift with implants can provide enhanced fullness while addressing sagging. However, this dual procedure presents unique challenges in balancing implant placement and achieving the desired lift, making it need that it is performed by an experienced surgeon.

Breast lift surgery, while effective, is a significant procedure that requires careful patient selection and consideration of individual risk factors. As with any surgery, there are potential risks, including infection, bleeding, scarring and changes in nipple or breast sensation. Additionally, patients should be aware that, while mastopexy is effective in lifting the breasts, it cannot entirely prevent the future effects of aging and gravity.

Recovery from a breast lift varies depending on the technique used and individual healing rates. Typically, patients can expect to return to normal activities within two to four weeks, with full healing taking several months. Following postoperative instructions regarding incision care and physical activity limitations

is important for optimal recovery and scar minimization.

Setting realistic expectations is needed in patient satisfaction. While breast lift surgery can dramatically improve breast aesthetics, patients need to understand that the goal is to enhance the natural breast form rather than create perfection. Consulting with a skilled surgeon and viewing before-and-after photos can help align expectations with potential outcomes.

Beyond the physical changes, breast lift surgery can have an extreme psychological impact on patients. Research indicates that women who undergo breast lifts often report a boost in self-esteem and overall body satisfaction. This improvement in self-image can contribute positively to various aspects of life, from intimate relationships to social confidence and professional interactions.