



Checklist

Breast Lift

Dear Patient,

You have decided to have a breast lift under local anaesthesia to correct sagging, asymmetric or unattractively shaped breast without changing the cup size. Breast reshaping under local anaesthesia can help correct mildly sagging breasts, breast asymmetry or an unattractively shaped breast. The procedure reshapes the breast and improves the symmetry and size of the areola. Sometimes it is required to add an implant additionally to achieve the desired result. In that case the operation is done in the clinic under general anaesthesia. This option can be clarified during consultation.

The breast lift is performed under local anaesthesia as an outpatient procedure in the operating room at my practice. The total costs including all follow-up checks will be around EUR 3.500,-

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doiz.Dr. Greta Nehrer

BEFORE THE PROCEDURE

- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Please bring a well-fitting sports bra with you to the operation.
- Before the operation, we will again review and discuss the procedure in detail. The area to be treated will be photographed for documentation.
- If you are nervous about the procedure, you may be given an oral sedative to reduce your anxiety.
- The area to be treated is prepared with a local anaesthetic ointment before the operation.

DURING THE PROCEDURE

- The operation takes about 1 h to perform.
- You will experience only a mild burning sensation associated with the local anaesthetic.
- The suture is covered with an adhesive skin closure (Steri-Strip).

AFTER THE PROCEDURE

- A mild burning pain around the surgical site is normal as the anaesthetic wears off. You will not feel any significant pain.
- We recommend resting for at least 2 days after the procedure. You should avoid any exertions.
- A check-up is scheduled after 4-6 days and the skin closure strip is changed. Showering is allowed after this time.
- The skin closure strips should be worn for a period of 4 weeks and changed weekly to assist the healing process. After this period, we recommend scar care and scar massage with an anti-scar cream.
- The sports bra should be worn day and night for a period of 4 weeks.
- Avoid heat (sauna) and physical activity for a period of 4 weeks.
- Protect the scar from UV radiation (direct sunlight, solarium) for a period of 6 months by covering or using a sunblock to prevent discoloration (pigmentation).