

## **Enlarging and Lifting Breasts**

**by Schuyler C. Metlis, M.D., F.A.C.S.**

Many women who feel that their breasts are smaller than they want also have some degree of drooping of the breasts. This can range from mild to severe. The causes vary, from weight loss, to loss of breast volume after the breasts stretch during pregnancy. Of course there are those breasts that just droop, without any apparent reason.

For breasts with a minimal amount of droop, enlarging the breast alone, which fills out the extra, sagging skin, may be sufficient.

For women who have severely droopy breasts, the significant amount of extra skin may require that they have a lift that requires similar incisions to the classical standard breast reductions, with scars around the areola (nipple area), vertically downward, and under the breast.

Women who fit into the middle of these two groups, having some droop, but not too severe, and also wanting to have their breasts enlarged, now have additional, less severe methods by which this can be accomplished.

In recent years, operations to reduce or lift the breasts that require more limited incisions and result in less scarring have been developed. With time, these techniques have been improved and standardized, allowing them to be used to lift the breasts, in combination with breast enlargement at the same time.

For women with less than the most severe forms of drooping of the breasts, the operation can often be done with just a scar around the areola and then down to the bottom of the breast. This allows removal of a more limited amount of extra skin.

Those women who have only a modest amount of droop, too much to fix with just an enlargement, surgery can sometimes be done just with an incision around the areola, with the extra skin around the areola being removed and the remaining skin "gathered" in. This "gathering" usually becomes much less apparent as time passes.

Who is a candidate for the more limited incision operations? Using versions of the broad outlines above, as well as surgical experience and judgment, your surgeon will make a recommendation about which type of surgery would be best for you. As with most forms of plastic surgery, there may not be one single correct answer, with different surgeons able to get equally pleasing results using different techniques.

To find out if you would benefit from a breast augmentation combined with a breast lift, call for an appointment.

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