



Article published on August 24th 2012 | [Fitness](#)

Aging, breastfeeding, pregnancy and weight loss can lead to the drooping or sagging of breasts, which has a negative impact on the self confidence of women. Sagging breasts as well as asymmetrical breasts can be restored to more natural looking ones with breast lift surgery. The benefits of breast lift are not restricted to physical improvements alone. The surgery is emotionally rewarding for women who have had their breasts reshaped and lifted to appear more youthful and attractive. During the procedure, excess skin on the breast is removed to provide a more attractive appearance.

How Is Breast Lift Surgery Performed?

Breast lift is performed usually under general anesthesia and the patient sleeps throughout the procedure, which lasts for three to four hours. In traditional mastopexy, the skin is removed from the lower part of the breast, which leaves incisions encircling the areola, expanding downwards towards the crease underneath the breasts. Vertical mastopexy (LeJour), ensures fewer scars and a much improved breast contour. Women prefer the latter procedure because the breast tissue is raised, the scars are fewer and the nipples are brought to a more youthful position. The excess tissue and skin are removed and the incision closed with the help of sutures. The underlying gland containing the small sensory nerves is left intact. There are minimal complications associated with this breast lift surgery. Patients do not usually require further treatment. Sometimes, breast lift is provided along with breast augmentation if the breasts are underdeveloped or small. This has proven to be a great option for women who have undergone gastric bypass or other weight reducing procedures.

What Are the Benefits of This Surgery?

â€¢ The main benefit is a more proportionate and attractive bustline.

â€¢ The breasts become firmer and higher.

â€¢ Younger looking, and more feminine appearance

Consult a Reliable Plastic Surgeon

Only a reliable plastic surgeon can tell whether you qualify as a candidate for breast lift surgery. During the initial consultation, the plastic surgeon will listen to your aesthetic goals, and provide the surgery to bring about significant improvement in appearance. Ensure that your surgeon provides the surgery at a well-equipped plastic surgery center. It is best to choose experienced plastic surgeons who have earned a reputation for providing safe and effective breast lift surgery. Go through â€˜beforeâ€™TM and â€˜afterâ€™TM photos of patients who have undergone the surgery, and if possible former patients. This will give you a good idea of the plastic surgeon and his/her capability.

bodySCULPT is a premier plastic surgery practice in Manhattan, New York City, specialized in providing breast augmentation procedures. Visit <http://www.bodysculptbreastaugmentation.com/>

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[Ryan Andrews](#) - About Author:

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Article Keywords:

Breast lift surgery manhattan, breast augmentation NYC, breast lift Manhattan, Breast lift new york

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