



GRYSKIEWICZ

Twin Cities Cosmetic Surgery



ULTIMATE PROCEDURE GUIDE

BREAST LIFT SURGERY

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Breast Lift Surgery explained

What is Breast Lift Surgery?

A Breast Lift (Mastopexy) involves the reshaping and lifting of the breast to remedy severely droopy or sagging breasts. This procedure can often be required for women following pregnancy, breastfeeding, ageing or significant weight loss.

A Breast Lift can be combined with other surgical procedures, the most common being the placement of breast implants, to add shape and volume to the breasts as well as a lift.

Breast Lift Surgery can help to:

- Restore breasts to a more central, firmer or higher position on the chest wall. If you are generally happy with your breast size but not how they look due to sagging nipples or low-hanging breast tissue, this procedure may be for you.
- To reposition and/or resize your nipples to a more central location on the chest.
- To restore your breasts to the position and shape they once were before they were affected by gravity, skin ageing, pregnancy, breastfeeding or weight changes.

Would you like to increase the size of your breasts as well have them lifted?

If you feel your breasts are on the smaller side or don't suit your physique, you could opt for a Breast Lift with Implants to increase your bust size. This procedure not only increases the size of your breasts but also raises and reshapes them.

The surgery involves the insertion of implants beneath the breast tissue or chest muscle, which adds volume and enhances the shape of your breasts. The procedure can be customized to meet your specific needs and desired outcome



Breast Sagging (Ptosis) explained

What causes droopy, sagging breasts?

Breast Lift (Mastopexy) Surgery can be a great solution for women who want uplifted, firmer looking breasts and the increased body confidence that often comes after the surgery and healing process

All female breast tissue tends to droop, or stretch and lose elasticity, over time. Other parts of the body may also droop and sag, but many women notice sagging breast tissue first and often want to do something about it.

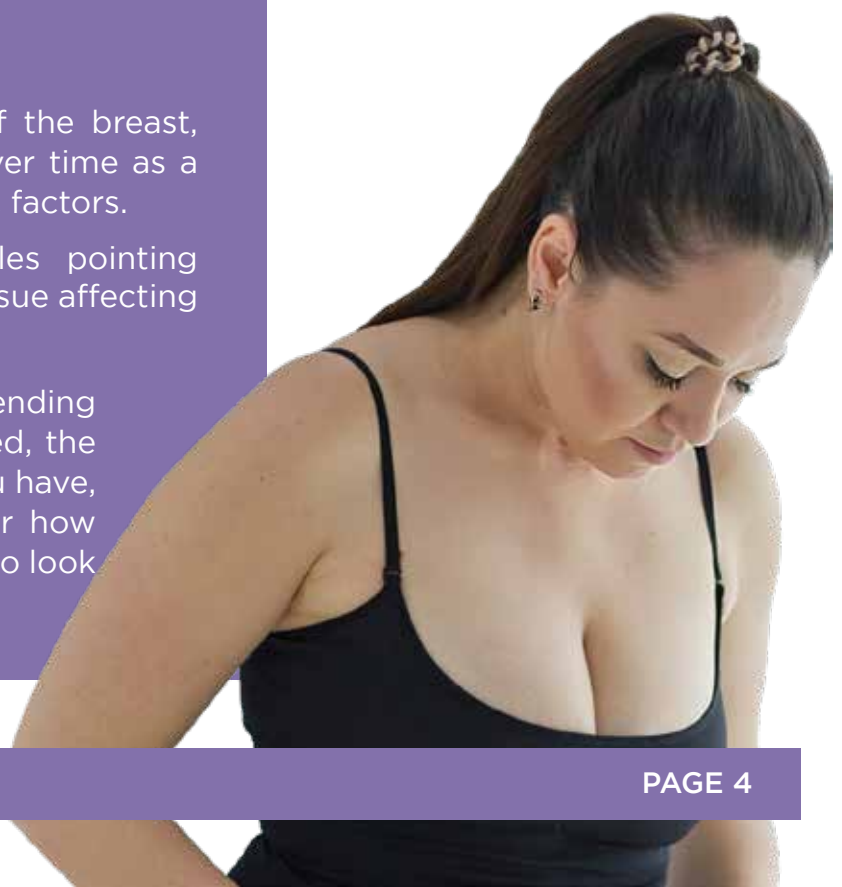
Many factors can contribute to the drooping or sagging of a woman's breasts; these changes and the degree of Breast Ptosis can result from the following:

- Pregnancy
- Breastfeeding
- Weight fluctuations
- Ageing
- Gravity
- Heredity

There are several degrees of Ptosis related to the crease beneath your breast tissue, e.g. along the rib cage under your breast (the inframammary crease).

What is breast ptosis?

- Breast Ptosis refers to sagging of the breast, which will often occur naturally over time as a result of ageing, lifestyle or genetic factors.
- Ptosis, sagging breasts or nipples pointing 'southward', will eventually be an issue affecting most women.
- There are surgical solutions, depending on the degree of Ptosis experienced, the amount of existing breast tissue you have, and your individual preferences for how you'd like your breasts and nipples to look after surgery.



Breast Sagging (Ptosis) explained

Are there different types of breast sag?

Before considering the types of breast lift options available, it is useful to understand the conditions that require a breast lift. The three conditions that plastic surgeons consider to be “sagging breasts” are:

Ptosis:

This is the medical term for breasts that sag far enough that the nipple and areola are out of position relative to your breast crease.

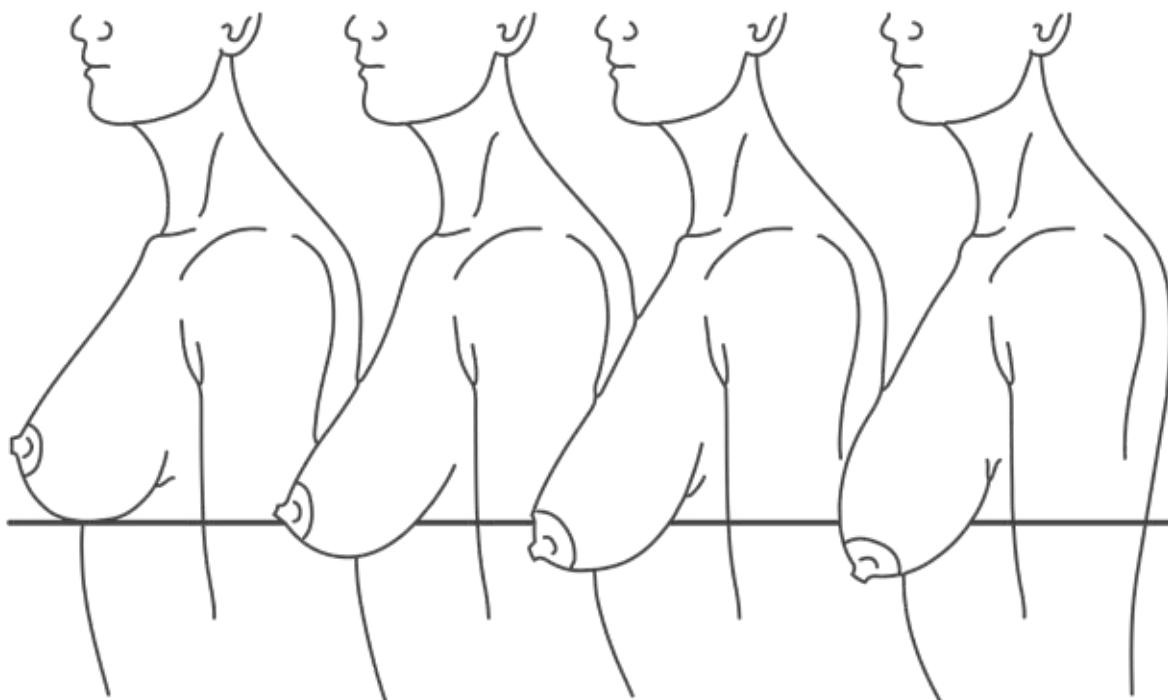
Empty Sac Syndrome:

This refers to a breast that has lost fullness due to age, genetics, breastfeeding, etc. The nipple and areola have not fallen in relation to your breast crease.

Pseudoptosis:

Like the Empty Sac Syndrome, pseudoptosis is a condition where your breasts lack fullness. In this case, your breasts may appear full below the nipple but they lack fullness above the nipple.

Degrees of breast sagging (ptosis)



Normal

Grade 1 Ptosis:
Mild Sagging

Grade 2 Ptosis:
Moderate
Sagging

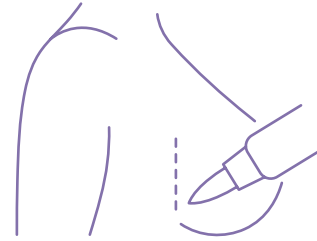
Grade 3 Ptosis:
Significant
Sagging

Am I a good candidate?



Am I a good candidate for the Breast Lift Surgery?

- Breast Lift Surgery may be a good solution for women who desire youthful, perkier and more elevated breasts.
- For women who are happy with the size of their breasts but would prefer a firmer, more elevated breast appearance.
- For those who would like to remedy sagging breasts and nipples, as well as add volume and size to their breasts, a Breast Lift with Implants may be a good option.
- A qualified and highly experienced Board Certified Plastic Surgeon will be able to advise which Breast Lift procedure is likely to work best for you to achieve the surgical results you are after.
- To be considered a suitable candidate for Breast Lift Surgery, you must have realistic expectations about what this procedure can achieve.



Common reasons for wanting Breast Lift Surgery

Some of the reasons you may be exploring your surgical options or Breast Lift Surgery (with or without implants) include:

- Your breasts have lost their shape and volume, and their pendulous positioning on your chest bothers you.
- Your breasts have developed a flatter, elongated shape over time.
- When unsupported, your nipples fall below the breast crease or point downwards.
- Your breast tissue is stretched and you have enlarged areolas.
- One breast sits lower on your chest than the other.
- Weight loss, pregnancy or breastfeeding has left your breasts looking deflated, and you would like to restore your breasts to a better shape and position.

The surgical process

Surgery checklist

Before you decide on your Surgeon or proceed with Breast Lift Surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FACS qualified & experienced Surgeon?
- Is my Breast Lift surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Breast Lift surgery can actually achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able & willing to undergo an initial recovery period of approximately 3 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?

The Breast Lift (Mastopexy) surgical procedure

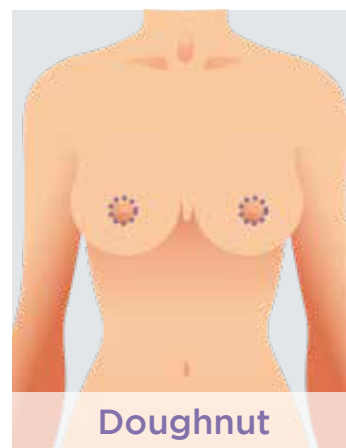
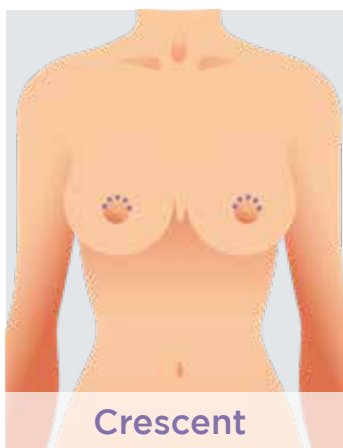
The procedure itself generally lasts for 2-4 hours, (this will vary from patient to patient) and is performed while you are under general anesthesia.

Anesthesia

Medications and General Anesthesia are administered for your comfort during your Surgical procedure.

The Surgical Approach

There are three main types of Breast Lift procedures that Dr Joe may perform, these include:



The surgical process

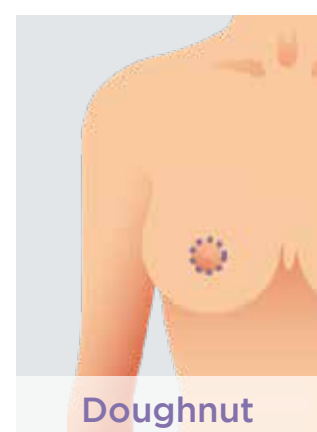
Crescent Breast Lift

- This procedure is known as a Crescent Lift or Nipple Lift and is a simple Breast Lift that corrects mild, or Grade I, ptosis.
- It involves removing a crescent or half-moon pattern of skin horizontally along the top of the areola. This leaves a curved scar along the top half of the areola. Crescent Mastopexy can be used when the nipple needs to be raised about half an inch.
- A Crescent Lift works well in combination with Breast Augmentation because the implant's volume also supports the nipple in an upward direction. Some surgeons prefer to place the implant on top of the muscle in a mastopexy procedure.



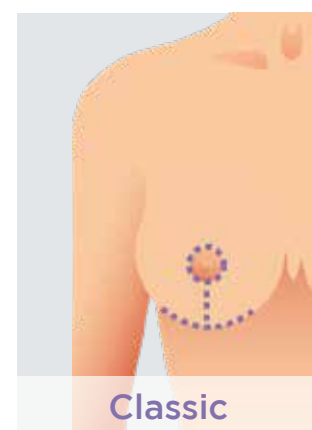
Doughnut Breast Lift

- A Doughnut Breast Lift is typically considered less invasive than other types of breast lifts and it will correct mild to moderate ptosis in the Grade I or Grade II range.
- Doughnut or Concentric Mastopexy involves a circular incision around the nipple. A doughnut, or ring of skin anywhere from one-half to two inches is removed. Upon closure, the breast skin is tightened around the open doughnut as the nipple is elevated.
- This procedure is appropriate in a limited number of patients with smaller breasts and minimal sagging. It may flatten the breast slightly and cause radiating folds of skin, but the technique can avoid more extensive scars.
- Doughnut Mastopexy may be extended with additional skin removal from below the breast, which helps support the breast upward.



Classic Mastopexy Breast Lift

- A Classic Mastopexy Breast Lift is also known as an Anchor Lift and corrects severe Grade III ptosis.
- This procedure has various forms. The most common incision follows the natural contour of the breast, with skin removed around the nipple, down the breast front, and horizontally along the crease. Internal tacking is often placed to support breast tissue higher on the rib cage.
- The nipple and areola are moved higher. Surrounding skin is pulled tight to shape and support the breast. This leaves an anchor-shaped incision. If an implant is placed, it will further support the breast.



The surgical process

Closing the Incisions

- After your breasts are reshaped and excess skin is removed, the remaining skin is tightened as the incisions are closed.
- Dissolvable sutures may be layered within the breast tissue to create and support the newly shaped breasts, and are also used to close the skin.
- Some incision lines resulting from breast lift are concealed in the natural breast contours; however, others may be visible on the breast surface.
- Many women desire the smallest scar possible, however, an experienced Board Certified Plastic Surgeon will recommend the incisions which best suit your particular needs and customize your surgery accordingly.
- It is important that you listen to your surgeon and do not diminish your result by demanding an incision that will not be appropriate for your level of breast ptosis.

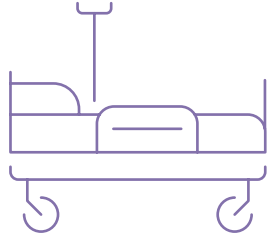
Customized for you

Dr Joe will be able to suggest and advise the preferred Breast Lift (with or without implants) procedure for you, depending on the condition of your breast tissue and what approach will work best to attain a successful surgical result.

It is important to remember that everyone's surgical journey is different and your exact process may vary from the details provided in this guide. Dr Joe and his team customize Breast Lift Surgery for each individual patient to achieve their desired results.



Rest and recovery



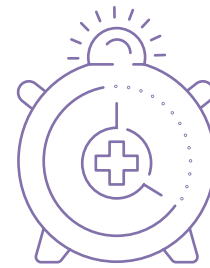
Post operative recovery

The length of your recovery period will depend on your specific procedure and other health & lifestyle factors. Recovery times can vary significantly from person to person. The general rule, however, is that you should allow 3 weeks for complete recovery following your surgery. Scar maturation often takes longer.

You will need to work with your Surgeon to allow for adequate and proper healing time. It is important to consult with your Surgeon before returning to daily activities such as driving, lifting and exercise.

It is also important to wear the post-operative compression garments throughout your recovery period for the required time frames - these will be provided to you by Dr Joe.

Good results depend on a collaborative approach and a healthy lifestyle. You will need to be willing to follow the specific instructions given to you by your Surgeon, and attend all post-op appointments.



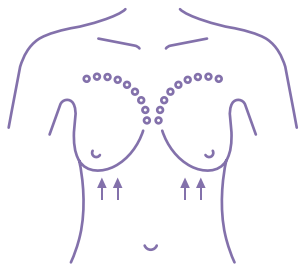
Maintaining results

Every patient is unique and surgery results can vary from patient to patient. It is important to work collaboratively with your Surgeon and to keep your expectations realistic.

Please keep in mind that your results from Breast Lift Surgery may be impacted by fluctuations in your weight, skin health or Body Mass Index (BMI). Pregnancy and breastfeeding may also impact on your surgical results.

To maximize the longevity of your Breast Lift Surgery results, it is important to maintain a healthy, nutritious lifestyle.

Why should I get a Breast Lift?



Benefits of a Breast Lift

Firmer, Youthful and Lifted Breast Appearance

The obvious, physical benefit of Breast Lift Surgery is firmer, lifted and more youthful looking breasts. A Breast Lift can improve the appearance of drooping breasts by removing excess skin and lifting the inner breast tissue.

This procedure will also help to improve or correct your nipple appearance by reshaping and repositioning drooping or enlarged nipples that may have become stretched over time.

A Breast Lift with implants can help to restore a youthful, perkier breast appearance, and can also enhance your cleavage and body contours.

Confidence

The appearance of your breasts can often have a significant impact on your body image. A Breast Lift can help to restore your confidence if you have previously been self-conscious about the way your breast and nipples sit on your chest.

A lot of body parts sag over time, although the breasts are usually the first place we notice. It can be a big confidence boost to restore breasts to their previous appearance before ageing, pregnancy, breastfeeding or weight fluctuations caused droopiness.



More clothing choices

Many women who have had concerns about their sagging breasts may resort to wearing clothes that hide or distort their figure.

Breast Lift Surgery can help you to feel more confident in yourself and your body to wear more figure hugging or low cut clothing.

As a Breast Lift typically results in a firmer and shapelier chest area, you may no longer have a hard time looking for clothes that flatter your figure, and being able to wear the clothes you really want to.

This can be freeing for those who have always felt self-conscious wearing lingerie, swim wear or tight clothing in the past.

Frequently asked questions

Does Breast Lift Surgery hurt?

Most surgery does involve discomfort and pain during the initial post-surgery healing periods. It can be difficult to predict discomfort levels for each individual patient, as there are many variables to consider.

Discomfort after surgery is subjective to each patient based on their perception and sensitivity to pain.

Fortunately most pain experienced during your healing period, particularly in the days just following your Surgery, can be manageable by following your Surgeon's recommendations and instructions precisely.



What steps can be taken to minimize pain?

Our approach to recovery is to do whatever we can to get you back to your normal life as soon as possible. We call this the 'quick recovery approach' which will be discussed at your consultation.

The team at Gryskiewicz Twin Cities Cosmetic Surgery are dedicated to keeping you as comfortable as possible during your pre-operative sessions, your surgical procedure and your healing & recovery time following surgery.

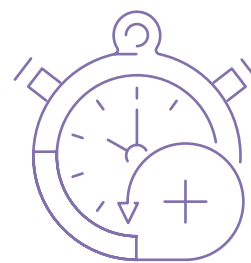


When can I return to work after Breast Lift Surgery?

The time taken to recover before returning to work or other daily activities, such as driving, often varies from patient to patient, and will depend on your particular Breast Lift Surgery procedure.

Typically most patients find they can return to work a few days following surgery. If your work is highly physically demanding, it may take longer before you are able to return.

TIP: Surgery advice is individualized. Your chosen Plastic Surgeon will be able to give you personalized advice on when you can return to work and other daily activities.

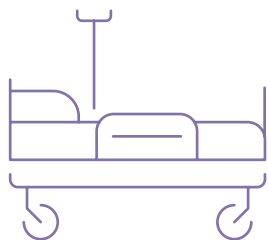


How about exercise?

Dr Joe typically advises that you should wait at least 3 weeks before returning to mild to strenuous forms of exercise.

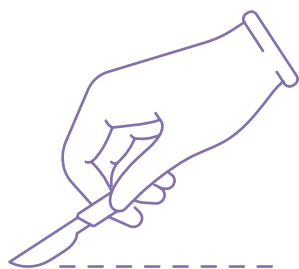
However, you must advise your Surgeon before you return to any form of exercise or other similar activities.

Frequently asked questions



Will I need to stay in Hospital overnight after surgery?

Breast Lift Surgery performed by Dr Joe is a same-day procedure and is done on an outpatient basis therefore no overnight Hospital stay is required.



What can be done to minimize any post-surgery scars?

Unfortunately, incisions are a part of Breast Lift Surgery and you **will** have some form of a scar at the incision areas. Although, incisions are often placed in areas where they can be more easily be hidden, where possible.

What you do after surgery will have an impact on scar formation. Follow your post-op instructions carefully and don't do too much too soon.

Be sure to talk to your chosen Surgeon about the Scar Minimisation techniques available and what level of scarring you can generally expect.

How do I know which Breast Surgery procedure I need?

Some patients who would like to increase the size of their breasts with Breast Implants may also require a Breast Lift if they have developed breast ptosis.

It may be difficult for some patients to know if they require a Breast Lift, as well as Breast Implants without professional advice from a Specialist Plastic Surgeon.

Your chosen Surgeon will be able to advise you on the best surgical approach to gain to results you are after.

For patients with mild, moderate or severe breast sagging, this may mean that a Breast Lift with or without Implants is required, as opposed to a Breast Augmentation procedure on its own.



Can I combine a Breast Lift with other procedures?

In some cases, Breast Lift Surgery can be combined with other Surgical procedures.

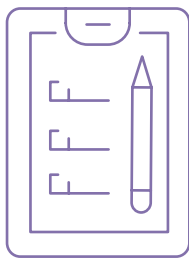
Be sure to consult your chosen Plastic Surgeon, who will be able to devise a surgical plan for you based on the surgical procedures you are considering.

Frequently asked questions



How much will my Breast Lift Surgery cost?

At your initial consultation, you will be given a detailed quote for your chosen procedure. This will include a Surgeon's fee, as well as surgery center and anesthesia fees.



How can I plan for my Breast Lift surgery?

- Understand the procedure as well as the Breast Augmentation recovery timeline
- Ensure you are in good health
- Do not smoke
- Have had stable body weight for at least several months before your Breast Lift (with or without implants) procedure.
- Be prepared to pay your surgical fees three weeks before your scheduled procedure.
- Have peace of mind about the upcoming surgical procedure.



What can I expect at my initial consultation?

At your initial appointment with your Plastic Surgeon you will typically:

- Have a physical examination.
- Have your photos taken.
- See Before & After photos from past patients.
- Find out more about surgical options.
- Receive detailed information about your selected surgery options.
- Go through the possible risks and complications associated with surgery.
- Find out about surgery pricing and available date(s).
- Have your questions answered; you can bring a friend or family member with you for support & an "extra set of ears".

Unanswered questions?

For a bigger list of FAQs and more information on the surgical process, visit www.tcplasticsurgery.com.

You can also talk to a staff member to answer any of your questions Monday thru Friday by calling or texting our office at 952.435.0177.

Choosing the right Surgeon

How to find the best Plastic Surgeon for you

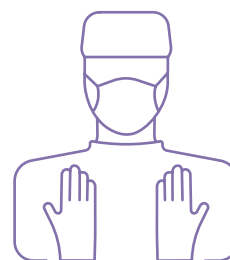
We understand that the quality of your results is dependent on finding the best plastic surgeon for your unique needs. While the importance of this decision can make the research process seem daunting, our team has outlined a few tips that can help you find a qualified plastic surgeon well-equipped to address your concerns:

- **Check a surgeon's board-certification and research their training.** With most plastic surgeons maintaining an online presence, you can easily find out about a surgeon's educational background and whether they've obtained certification from the American Board of Plastic Surgery.

This can narrow down your options and help you find a highly experienced plastic surgeon to perform your cosmetic surgery.

- **Find out whether they specialize in your procedure of interest.** It's in your best interest to enlist a plastic surgeon who specializes in, or frequently performs your chosen treatment.
- **Review patient gallery.** There is usually no better indication of what can potentially be achieved with a given procedure than a plastic surgeon's before-and-after photos.
- **Read patient reviews.** Feedback from individuals who have already been under a plastic surgeon's care can be invaluable to the research process.

Peruse online reviews from a multitude of third-party platforms, such as Facebook, Google, and Realself, to gain a comprehensive idea of a prospective surgeon's reputation.



Optimize your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a less expensive Surgeon for your surgery, choosing a highly qualified, experienced Plastic Surgeon should always be your highest priority.

So, what should I look for?

- A surgeon that is certified by the American Board of Plastic Surgery.
- A surgeon who operates in an accredited surgery center or hospital.
- Review before and after pictures on your surgeon's web site or social media. Get recommendations from friends, family or your personal physician.
- Be sure you have a board certified anesthesiologist performing your anesthesia.

About Dr. Joe Gryskiewicz



About Dr. Joe Gryskiewicz MD, FACS

For more than 30 years, Joe Gryskiewicz, MD, FACS (*pronounced Gris-KA-vitz*) has practiced medicine in the Twin Cities of Minneapolis and St. Paul. He is a Clinical Professor at the University of Minnesota Cleft Palate Clinics School of Dentistry and is the past Chief of Surgery at Fairview Southdale Hospital in the Minneapolis suburb of Edina.

Dr. Joe is certified by the American Board of Plastic Surgery and received a certificate of special training in cosmetic surgery from the American Society of Aesthetic Plastic Surgery (ASAPS). He has also been an official spokesperson for the American Society of Plastic Surgeons (ASPS).

In addition to being in private practice, Dr. Joe is a writer and international speaker. He has traveled the world delivering over 500 presentations to professional organizations on plastic surgery.

Experience & qualifications

- University of St. Thomas, Bachelor's Degree in Nursing
- University of Minnesota, Medical School
- University of Wisconsin, Fellowship
- Fellow American College of Surgeons (**FACS**)
- The American Board of Plastic Surgery
- American Society of Aesthetic Plastic Surgery (**ASAPS**)
- American Society of Plastic Surgeons (**ASPS**)
- International Society of Aesthetic Plastic Surgery (**ISAPS**)
- The Aesthetic Surgery Education and Research Foundation (*Past President*)
- The Rhinoplasty Society (*Past President*)
- Minnesota Society of Plastic Surgeons (*Past President*)

Areas of expertise

Although he has extensive training in all aspects of cosmetic and plastic surgery, Dr. Gryskiewicz's special medical interests are Breast Augmentation, Rhinoplasty, Facial Plastic Surgery, and Body Contouring.

Dr. Joe and his team have an intense passion for helping patients achieve a happier, more beautiful self, through advanced treatments. His expertise in plastic and reconstructive surgery has been showcased through years of exceptional patient results

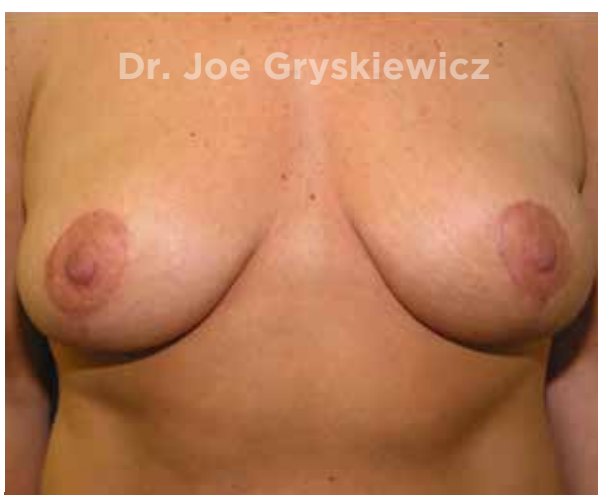
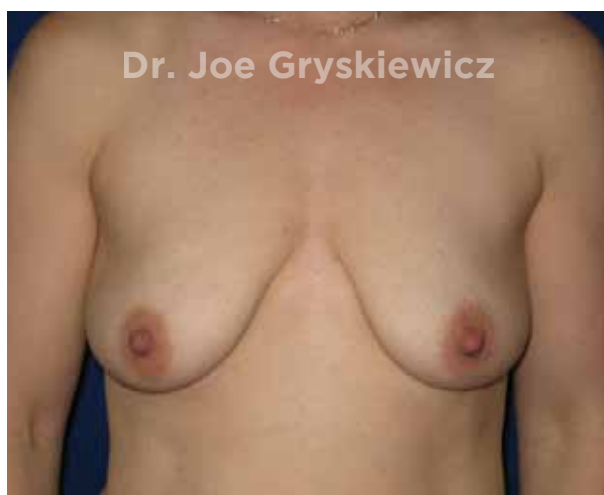


Before and Afters

Breast Lift (with or without implants)

Before

After



Scan the QR code below to view more patient before and afters:



Your next steps...



Get in touch

Schedule a confidential consultation at Gryskiewicz Twin Cities Cosmetic Surgery by phone or submitting an inquiry via our website.



Edina: 952-295-3987
Burnsville: 952-800-3518



www.tcplasticsurgery.com



Edina
7373 France Avenue South #408
Minneapolis, MN 55435

Burnsville
303 E Nicollet Boulevard #330
Burnsville, MN 55337

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General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients.