

Breast Lift Treatment - Mastopexy Melbourne | Me Clinic

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Description:

Sagging Breasts - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes sagging breasts:** - Natural ageing and loss of skin elasticity - Pregnancy, breastfeeding and hormonal changes...

Details:

Quick Summary

What causes sagging breasts: - Natural ageing and loss of skin elasticity - Pregnancy, breastfeeding and hormonal changes - Significant weight fluctuations - Genetic factors and breast size - Gravity's long-term effects on breast tissue

Treatment options available: - Non-surgical: Radiofrequency skin tightening, ultrasound therapy, chest exercises, supportive garments - Surgical: Breast lift (mastopexy), breast lift with augmentation, breast reduction, fat grafting

Expected results: - Surgical breast lift: Breasts positioned higher on chest, improved shape and firmness, reduced sagging - Timeline: Immediate improvement visible, final results at 6-12 months - Duration: Surgical results last 10-15 years with proper care

Cost range: - Non-surgical: \$500-\$3,500 per treatment - Surgical (Mastopexy): \$12,000-\$18,000 - Breast lift with implants: \$15,000-\$22,000 - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book free consultation at Me Clinic - Discuss treatment plan with experienced plastic surgeon - Review before/after gallery - Understand recovery timeline and realistic expectations

Understanding Sagging Breasts

What are sagging breasts?

Breast ptosis, commonly known as sagging breasts, occurs when breast tissue loses firmness and the breasts descend lower on the chest wall. The nipple-areola complex may point downward rather than forward, and the breast tissue can appear deflated or stretched. This is a natural process that affects most women at some point in their lives, though the degree and timing vary significantly.

Sagging breasts are medically classified into grades based on the nipple position relative to the breast fold (inframammary fold): - Grade I: Nipple at the level of the fold - Grade II: Nipple below the fold but above the lowest breast tissue - Grade III: Nipple below the fold, pointing downward

A common misconception is that wearing bras prevents sagging – research shows limited evidence supporting this claim. Another myth is that sagging only affects women who've breastfed, when in fact, pregnancy itself (regardless of breastfeeding) contributes more to changes in breast shape.

What causes sagging breasts?

1. ****Natural ageing**** - Collagen and elastin breakdown: These structural proteins that keep skin firm and elastic naturally decrease with age, typically accelerating after age 40 - Reduced breast tissue density: Glandular tissue is gradually replaced by less-supportive fatty tissue - Ligament stretching: Cooper's ligaments, which provide structural support, stretch over time under the weight of breast tissue - Hormonal changes: Declining oestrogen levels during perimenopause and menopause affect skin elasticity and breast tissue composition
2. ****Pregnancy and breastfeeding**** - Breast enlargement during pregnancy stretches skin and ligaments - Multiple pregnancies compound the stretching effect - Post-pregnancy volume loss creates excess skin - Hormonal fluctuations affect tissue elasticity - Note: Breastfeeding itself doesn't cause sagging – pregnancy changes are the primary factor
3. ****Genetic factors**** - Hereditary predisposition to skin elasticity - Natural breast size and shape (larger breasts experience more gravitational pull) - Skin thickness and quality - Body frame and chest wall structure
4. ****Lifestyle factors**** - Smoking: Damages collagen and elastin, accelerating skin ageing - Sun exposure: UV radiation breaks down collagen in chest and décolletage skin - Significant weight fluctuations: Stretches skin during weight gain; creates excess skin during weight loss - High-impact exercise without proper support: Can stretch Cooper's ligaments - Poor posture: May exacerbate appearance of sagging

****Who experiences sagging breasts?****

Breast sagging affects women of all ages, though it becomes more common and pronounced with age. While some women in their 20s may notice early signs, particularly those with larger breasts, most women begin experiencing noticeable changes in their 30s and 40s. The condition affects women of all breast sizes, though those with larger, heavier breasts tend to experience more significant sagging earlier.

Research suggests approximately 50% of women are dissatisfied with their breast shape by age 40, and nearly all women experience some degree of ptosis by age 50. There's no gender-specific consideration as the condition exclusively affects female breast anatomy.

****Why it matters****

Beyond aesthetic concerns, sagging breasts can impact quality of life in several ways:

****Physical comfort:**** Severe ptosis can cause back, neck and shoulder pain, skin irritation in the breast fold, and difficulty finding properly fitting bras or clothing.

****Psychological wellbeing:**** Many women report feeling less confident, avoiding certain clothing styles, feeling self-conscious in intimate situations, or experiencing body image concerns that affect their overall self-esteem.

****When to seek treatment:**** Consider consultation if sagging affects your confidence, physical comfort, or quality of life; you've completed your family and finished breastfeeding; you're at a stable weight; or you're in good overall health. There's no specific age requirement – the right time is when the condition bothers you and you're prepared for the solution.

Treatment Options Comparison

Non-Surgical Treatments

****1. Energy-Based Skin Tightening****

Radiofrequency Treatments - How it works: Radiofrequency energy heats deeper skin layers, stimulating collagen production and mild tissue contraction - Best for: Mild sagging with good skin

quality, chest and upper breast décolletage tightening, maintaining results after surgery - Procedure time: 30-60 minutes - Downtime: None to minimal redness - Results appear: Gradual over 2-3 months - Results last: 6-12 months with maintenance - Cost range: \$800-\$2,500 per treatment - Sessions needed: Typically 3-6 treatments - Pros: No downtime, comfortable procedure, can improve skin texture - Cons: Modest results only, requires multiple sessions, temporary improvement, not effective for moderate to severe sagging

Ultrasound Therapy (Ultherapy) - How it works: Focused ultrasound energy targets deeper tissue layers to stimulate collagen production - Best for: Mild skin laxity, chest and décolletage area tightening, subtle lift - Procedure time: 45-90 minutes - Downtime: Possible temporary swelling or tenderness - Results appear: Gradual over 2-3 months, peak at 6 months - Results last: 12-18 months - Cost range: \$2,000-\$3,500 per treatment - Sessions needed: Usually 1-2 treatments - Pros: Single-treatment option, stimulates natural collagen, no incisions - Cons: Mild results only, not suitable for significant sagging, can be uncomfortable during treatment, expensive for modest improvement

****2. Supportive and Maintenance Approaches****

Chest Exercises and Strength Training - How it works: Strengthens pectoral muscles beneath breast tissue, improving underlying support - Best for: Prevention and mild cases, improving posture, complementing other treatments - Examples: Push-ups, chest press, chest flies, pec deck exercises - Time commitment: 3-4 sessions per week, ongoing - Results: Subtle improvement in breast positioning and posture - Cost: Minimal (gym membership or home equipment) - Pros: Overall health benefits, cost-effective, improves posture - Cons: Cannot reverse significant sagging, affects muscle not breast tissue, requires ongoing commitment

Professional Fitting and Support Garments - How it works: Proper bra support reduces strain on Cooper's ligaments and improves appearance - Best for: Prevention, temporary improvement in appearance, post-surgical support - Cost range: \$50-\$200 for quality supportive bras - Pros: Immediate appearance improvement, protects breast tissue, no medical risks - Cons: No permanent correction, must be worn consistently, doesn't address underlying ptosis

****Important Note on Non-Surgical Limitations:**** While non-surgical treatments can provide subtle improvements in skin texture and mild tightening, they cannot lift or reposition breast tissue, reduce excess skin, or address moderate to severe sagging. For most women seeking noticeable improvement in breast ptosis, surgical intervention remains the only effective solution.

Surgical Treatments

****1. Breast Lift (Mastopexy)****

- What it is: Surgical procedure that removes excess skin, reshapes breast tissue, and repositions the nipple-areola complex to a higher, more youthful position on the chest wall - Best for: Moderate to severe breast sagging, nipples pointing downward, loss of breast firmness and shape, asymmetrical breast positioning - Procedure time: 2-3 hours - Anaesthesia: General anaesthesia - Hospital stay: Day surgery (outpatient) or overnight depending on complexity - Incision options: - Anchor/inverted-T: For significant sagging (around areola, vertical line, and breast fold) - Lollipop/vertical: For moderate sagging (around areola and vertical line only) - Crescent/donut: For mild sagging (around areola only) - Recovery timeline: - Return to light activities: 1-2 weeks - Return to work (desk job): 1-2 weeks - Return to exercise: 4-6 weeks - Final results visible: 6-12 months - Results last: 10-15 years typically (affected by ageing, weight changes, pregnancy) - Cost range: \$12,000-\$18,000 - Pros: Dramatic, long-lasting improvement; addresses excess skin; repositions nipples; improves breast shape and firmness; can correct asymmetry - Cons: Surgical scars (though they fade significantly); requires general anaesthesia; recovery period needed; cannot prevent future ageing changes; loss of nipple sensation possible (usually temporary)

****2. Breast Lift with Augmentation****

- What it is: Combines breast lift with implant placement to restore volume and lift simultaneously - Best for: Women with both sagging and volume loss, desire for fuller, perkier breasts, want to increase breast size while correcting ptosis - Procedure time: 2.5-4 hours - Anaesthesia: General anaesthesia - Hospital stay: Day surgery or overnight - Implant options: Silicone or saline, round or anatomical, various sizes - Recovery timeline: Similar to breast lift alone, possibly slightly longer - Results last: Lift component 10-15 years, implants typically 10-20 years before potential replacement - Cost range: \$15,000-\$22,000 - Pros: Addresses both sagging and volume concerns, fuller appearance, customisable size increase, long-lasting results - Cons: More complex surgery, implant-related considerations (replacement may be needed), additional costs, longer procedure and recovery

****3. Breast Lift with Fat Grafting****

- What it is: Combines breast lift with fat transfer from another body area to add modest volume naturally - Best for: Women wanting natural volume enhancement, have sufficient donor fat available, prefer to avoid implants - Procedure time: 3-4 hours (includes liposuction harvest) - Anaesthesia: General anaesthesia - Recovery: Similar to standard lift plus donor site healing - Volume increase: Modest (typically 1/2 to 1 cup size) - Results last: Lift 10-15 years, approximately 60-70% of transferred fat survives permanently - Cost range: \$14,000-\$20,000 - Pros: Natural tissue only, dual benefit of fat removal from another area, natural-feeling results, no implant-related concerns - Cons: Limited volume increase, multiple sessions may be needed for desired volume, some fat reabsorption occurs, requires adequate donor fat

****4. Breast Reduction with Lift****

- What it is: Removes excess breast tissue, fat and skin while lifting and reshaping breasts - Best for: Large, heavy breasts causing physical discomfort, both sagging and size concerns, back/neck/shoulder pain related to breast weight - Procedure time: 3-4 hours - Anaesthesia: General anaesthesia - Hospital stay: Usually overnight - Recovery timeline: 2-3 weeks before light activities, 6-8 weeks before full exercise - Results last: Long-lasting if weight remains stable - Cost range: \$15,000-\$20,000 - Medicare rebate: May be partially covered if meeting specific criteria (significant symptoms, failed conservative treatment) - Pros: Relieves physical symptoms, dramatic aesthetic improvement, often partially covered by Medicare, long-lasting results - Cons: Significant scarring, longer recovery, may affect breastfeeding ability, loss of breast tissue

Choosing the Right Treatment - Decision Guide

****Consider non-surgical treatments if:**** ✓ You have very mild sagging with good skin elasticity ✓ You're primarily concerned with skin texture and décolletage appearance ✓ You want to try gradual, minimal-risk options first ✓ You're not ready for surgery or recovery time ✓ You understand the limitations of non-surgical results ✓ You're seeking maintenance after surgical correction

****Consider surgical breast lift if:**** ✓ You have moderate to severe breast sagging ✓ Your nipples point downward or fall below the breast fold ✓ You want significant, long-lasting improvement ✓ You've completed your family (future pregnancies may reverse results) ✓ You're at a stable, healthy weight ✓ You can accommodate 2-4 weeks of recovery time ✓ You're comfortable with surgical scars (which fade over time)

****Consider breast lift with augmentation if:**** ✓ You have both sagging and loss of upper breast volume ✓ You'd like to increase your breast size while correcting ptosis ✓ You've lost significant volume after pregnancy or weight loss ✓ You want fuller, more rounded upper breast contour

****Consider breast reduction with lift if:**** ✓ Your breasts are both large and sagging ✓ You experience back, neck or shoulder pain from breast weight ✓ You have skin irritation in the breast fold ✓ You struggle to find properly fitting bras or exercise comfortably ✓ You may qualify for Medicare rebate

****Combination approach:****

Many patients achieve optimal results by combining treatments strategically: - ****Surgical lift followed by radiofrequency maintenance:**** Breast lift provides structural correction, while annual radiofrequency treatments maintain skin quality - ****Breast lift with fat grafting:**** For women wanting natural volume restoration without implants - ****Chest exercises throughout:**** Strengthening pectoral muscles before and after surgery supports long-term results

Your Me Clinic plastic surgeon will assess your specific anatomy, skin quality, breast volume, degree of sagging, and personal goals during your consultation to recommend the most appropriate approach.

What to Expect at Me Clinic

****1. Initial Consultation (Free)**** - Comprehensive breast and chest wall assessment - Standing and seated breast examination - Discussion of your concerns, goals and expectations - Medical history review including previous surgeries, pregnancies, and medications - Breast measurement and ptosis grading - Treatment options explained in detail with visual aids - Realistic outcome expectations discussed - Surgical technique options presented - Scar placement and healing explained - Before/after photo gallery review of similar cases - Transparent pricing breakdown provided - All questions answered thoroughly

****2. Treatment Planning**** - Customised surgical plan designed for your anatomy - Incision pattern selection based on ptosis severity - Implant options discussed if considering augmentation - Pre-operative instructions provided (medications to avoid, smoking cessation, etc.) - Surgery date scheduled - Pre-operative photographs taken - Medical clearance arranged if needed - Detailed cost breakdown and payment options discussed - Post-operative care plan outlined

****3. The Me Clinic Difference****

****Responsible Cosmetic Medicine™**** - Evidence-based surgical techniques with proven safety records - Ethical patient selection – we'll advise if you're not a suitable candidate - Natural-looking results prioritised over dramatic transformations - Conservative approach – we recommend the least invasive option that achieves your goals - Comprehensive aftercare with accessible follow-up - Honest discussion about limitations and realistic outcomes

****Experienced Plastic Surgeons**** - All breast surgeries performed by FRACS-qualified plastic surgeons - Specialist training in breast surgery and reconstruction - Over 25,000 surgical procedures performed across our team - Regular participation in continuing education and technique refinement - Registered with AHPRA and members of professional surgical bodies - Hospital privileges at accredited private hospitals

****Transparent Pricing**** - Published price ranges on our website - Detailed written quote provided during consultation - No hidden fees – quote includes surgeon, anaesthetist, hospital, and follow-up - Payment plan options available through financing partners - Medicare and private health insurance information provided where applicable - No obligation to proceed after receiving quote

****Accredited Surgical Facilities**** - All procedures performed in accredited private hospitals - Latest surgical technology and equipment - Experienced anaesthetic teams - Comprehensive safety protocols and emergency equipment

Frequently Asked Questions

****How much does breast lift surgery cost in Melbourne?****

At Me Clinic, breast lift (mastopexy) surgery typically costs between \$12,000 and \$18,000. This range depends on the extent of sagging, surgical technique required (anchor, lollipop, or crescent incision), and whether any additional procedures are combined. The price includes surgeon's fees, anaesthetist fees, hospital/facility fees, post-operative garments, and follow-up appointments for the first year. If combining with breast augmentation, costs range from \$15,000-\$22,000. We provide transparent,

detailed written quotes during your free consultation with no hidden fees. Payment plans are available through our financing partners.

****How long do breast lift results last?****

A breast lift typically provides results lasting 10-15 years, though individual experiences vary. Factors affecting longevity include your age at surgery (younger patients may see longer-lasting results), skin elasticity and quality, whether you maintain a stable weight, future pregnancies (pregnancy will likely reverse some results), smoking status (smoking accelerates ageing), and genetics. While a breast lift cannot stop the natural ageing process, most patients remain significantly happier with their breast shape compared to their pre-surgery appearance, even after some natural changes occur over time. Some patients choose a secondary lift procedure after 10-15 years to maintain their results.

****What's the recovery time after breast lift surgery?****

Recovery occurs in stages. In the first week, you'll wear a surgical support bra, manage mild to moderate discomfort with prescribed medication, and should avoid lifting arms overhead or any strenuous activity. Most patients take 1-2 weeks off work for desk jobs. At 2-4 weeks, most swelling subsides, you can return to light activities, and you'll transition to a supportive sports bra. At 4-6 weeks, you can gradually return to exercise (lower body first, upper body later), and most residual swelling resolves. Final results are visible at 6-12 months when scars fade significantly and breast shape fully settles. You'll need to arrange help with childcare and household tasks for the first week and sleep on your back or elevated for several weeks.

****Will I have scars after breast lift surgery?****

Yes, breast lift surgery involves incisions that will leave permanent scars, though they fade significantly over time. The scar pattern depends on the degree of lift required. For mild sagging, a crescent or donut pattern creates a scar only around the areola. For moderate sagging, a lollipop/vertical pattern adds a vertical scar from the areola to the breast fold. For significant sagging, an anchor/inverted-T pattern includes the above plus a horizontal scar along the breast fold. Scars are pink and noticeable initially but fade to thin, pale lines over 12-18 months. We provide scar management protocols including silicone sheets, massage techniques, and sun protection. Most patients find the improvement in breast shape worth the trade-off of scarring.

****Can I breastfeed after a breast lift?****

Breastfeeding ability after breast lift depends on the surgical technique and extent of tissue repositioning. Procedures using a crescent or donut technique generally preserve milk ducts and nipple function, maintaining breastfeeding capability for most women. However, more extensive lifts (lollipop or anchor techniques) may disrupt some milk ducts, potentially affecting milk production. If you're planning future pregnancies and breastfeeding is important, discuss this priority during your consultation – your surgeon can modify the technique to maximise preservation of milk ducts. Many surgeons recommend completing your family before breast lift surgery, as pregnancy will likely reverse surgical results regardless. If you do become pregnant after a breast lift, breastfeeding may still be possible, though milk supply might be reduced.

****What's the difference between a breast lift and breast augmentation?****

A breast lift (mastopexy) addresses sagging by removing excess skin, reshaping breast tissue, and repositioning the nipple higher on the chest. It doesn't significantly change breast size – you may even measure slightly smaller after surgery due to tissue tightening. Breast augmentation involves placing implants to increase breast volume and size without necessarily addressing sagging. Augmentation is best for women with adequate breast position but insufficient volume. Many women with sagging need both procedures combined: a lift to correct the position and shape, plus implants to restore lost volume. During your consultation, your surgeon will assess whether you need a lift alone, augmentation alone, or the combination to achieve your goals.

****Does Medicare or private health insurance cover breast lift surgery?****

Breast lift surgery performed purely for cosmetic reasons is not covered by Medicare or private health insurance. However, if you're having a breast reduction with lift for medical reasons (chronic pain, skin infections, significant functional impairment), you may qualify for partial Medicare rebate for the reduction component. To qualify for Medicare item numbers, you must typically have symptoms of back/neck/shoulder pain, skin infections in the breast fold, or nerve compression, demonstrate failed conservative treatment attempts (physiotherapy, supportive bras, weight loss if applicable), and meet specific tissue removal requirements (usually 500g or more per breast). Your Me Clinic surgeon can assess whether you meet Medicare criteria and help with the application process if eligible. Even with Medicare coverage, you'll have out-of-pocket costs.

****Am I too old or too young for breast lift surgery?****

There's no universal age limit for breast lift surgery. Women in their 20s with significant breast sagging (often from genetics, weight loss, or pregnancy) are suitable candidates if they're finished with major weight changes and potentially childbearing. Women in their 30s-40s often seek breast lifts after completing their families. Women in their 50s-60s and beyond are excellent candidates if they're in good health and seeking improvement. The key factors are overall health status (ability to undergo general anaesthesia safely), realistic expectations about surgical outcomes, stable weight for at least 6 months, completion of childbearing (recommended but not mandatory), and non-smoking status or willingness to quit. During consultation, we assess individual factors rather than relying on age alone. Your skin quality and overall health matter more than your age.

****What are the risks of breast lift surgery?****

All surgery carries risks. Common side effects include temporary swelling and bruising (resolves over 2-3 weeks), pain and discomfort (managed with medication), temporary nipple sensitivity changes (usually resolves within months), and scar development (permanent but fades over time). Potential complications include infection (rare, treated with antibiotics), bleeding or haematoma (may require drainage), poor wound healing (higher risk in smokers), asymmetry requiring revision (addressed in secondary procedure if significant), permanent change in nipple sensation (uncommon but possible), and adverse scarring (keloid or hypertrophic scars in predisposed individuals). Rare but serious risks include anaesthesia complications, blood clots (deep vein thrombosis or pulmonary embolism), and tissue necrosis (particularly in smokers). Your surgeon will discuss your individual risk profile and steps to minimise complications during your consultation.

****Can I see before and after photos of breast lift patients?****

Yes, during your consultation at Me Clinic, your surgeon will show you an extensive before/after photo gallery of breast lift patients treated by our team. We can show you cases similar to your breast size, shape, and degree of ptosis so you can see realistic outcomes. These photos help set appropriate expectations and demonstrate the surgical techniques used. We maintain patient confidentiality, so gallery photos are viewed during consultation rather than distributed. If you proceed with surgery, you'll have your own before/after photos taken for your medical record and to help assess your results. You're welcome to save these for your personal use. Sharing patient photos online requires explicit consent, which is why you won't see them on our public website.

****How do I prepare for breast lift surgery?****

Pre-operative preparation typically begins 4-6 weeks before surgery. You should stop smoking at least 4 weeks before and after surgery (smoking significantly impairs healing), discontinue blood-thinning medications and supplements if medically safe (aspirin, ibuprofen, fish oil, vitamin E), arrange for someone to drive you to and from surgery and stay with you the first 24-48 hours, and prepare your recovery space (back-sleeping pillows, button-up shirts, supplies within easy reach). One week before

surgery, fill prescriptions provided by your surgeon, purchase recommended post-surgical supplies (surgical bras, scar care products), avoid alcohol and maintain good nutrition, and confirm your pre-operative appointment. The night before, shower with antibacterial soap, avoid applying lotions or cosmetics to your chest, and fast from midnight (no food or drink). Your surgical team will provide detailed written instructions specific to your procedure.

****When will I see my final breast lift results?****

Breast lift results evolve over several months. Immediately after surgery, breasts are swollen, bruised, and positioned higher than the final result will be. At 2-4 weeks, most swelling subsides, and you'll see significant improvement, though breasts may still appear somewhat swollen and high. At 3 months, the majority of swelling has resolved, scars begin to fade from pink to pale, and breast shape is close to final. At 6 months, scars continue fading, breast position settles to final placement, and most internal healing is complete. At 12 months, scars are mature and maximally faded (thin, pale lines), breast shape and position are final, and you can fully appreciate your results. While you'll see improvement immediately, patience is essential for the final outcome. Your surgeon will monitor your healing at follow-up appointments throughout this process.

****Will my breasts feel natural after breast lift surgery?****

Yes, breast lift surgery repositions and reshapes your own natural breast tissue, so your breasts will feel natural both to you and when touched. Unlike breast augmentation with implants (which can sometimes feel firmer), a lift maintains the soft, natural feel of your breast tissue. Initially, swelling and healing may create temporary firmness or tightness, but sensation and feel normalise as swelling resolves over 2-3 months. Most patients report their breasts feel similar to before surgery, just in a better position and shape. Nipple sensitivity may temporarily decrease or increase but typically returns to normal within 3-6 months. In rare cases, some permanent sensation changes can occur, which your surgeon will discuss during consent.

****Can I combine breast lift with other procedures?****

Yes, breast lift is commonly combined with other procedures in a single surgery session to achieve comprehensive results. Popular combinations include breast lift with augmentation (for women wanting lift plus increased volume), breast lift with reduction (for large, sagging breasts), tummy tuck (abdominoplasty) and breast lift (popular "mommy makeover"), liposuction (to refine body contours), and arm lift or thigh lift (for total body contouring). Combining procedures reduces overall costs compared to separate surgeries, requires only one anaesthetic and recovery period, and delivers comprehensive transformation. However, combined procedures mean longer surgery time, potentially more extensive recovery, and higher upfront costs (though lower than separate procedures). Your surgeon will assess whether combining procedures is safe and appropriate for you based on your health, goals, and the extent of surgery required.

****What happens if I gain or lose weight after breast lift?****

Significant weight fluctuations after breast lift can affect your results. Weight gain may stretch skin and tissue, potentially causing some sagging to return and creating fuller, heavier breasts that may droop under increased weight. Weight loss may cause volume deflation, creating loose skin similar to pre-surgery appearance, and potentially affecting breast shape and projection. For optimal, long-lasting results, reach and maintain your goal weight before surgery (ideally stable for 6+ months) and commit to maintaining stable weight after recovery through sustainable lifestyle habits. Minor fluctuations (5-10 pounds) typically don't significantly affect results. If you're planning significant weight loss, your surgeon may recommend postponing breast lift until you're at a stable weight. Similarly, if future pregnancy is planned, discussing timing is important as pregnancy will likely reverse some surgical improvements.

Real Patient Results

At Me Clinic, our experienced plastic surgeons have performed thousands of breast lift procedures across the full spectrum of breast ptosis severity. While individual results vary based on starting anatomy, skin quality, surgical technique, and healing response, our before/after gallery demonstrates the transformative, natural-looking outcomes achievable with modern mastopexy techniques.

Our patients commonly report improved confidence in clothing, renewed comfort in intimate situations, better posture and reduced shoulder/back strain, ability to wear clothing styles they'd avoided, and satisfaction with long-lasting results.

During your consultation, your surgeon will show you cases similar to yours – matching your breast size, shape, degree of sagging, and whether you're considering augmentation or reduction – and discuss realistic expectations specific to your anatomy and goals.

Book Your Free Consultation

Ready to explore whether breast lift surgery is right for you?

****Three ways to book:**** 1. ****Call:**** (03) 8823 5859 (Monday-Friday 9am-5pm) 2. ****Online:**** Visit meclinic.com.au and use our consultation booking form 3. ****Email:**** info@meclinic.com.au

****What to bring to your consultation:**** - List of current medications and supplements - Relevant medical history (previous breast surgeries, medical conditions) - Questions you'd like answered - Photos showing your concerns (optional but can be helpful) - Comfortable clothing for examination

****Your free consultation includes:**** ✓ Comprehensive breast and chest wall assessment by a qualified plastic surgeon ✓ Personalised treatment recommendations based on your anatomy and goals ✓ Detailed explanation of surgical techniques and options ✓ Transparent pricing breakdown with no hidden fees ✓ Before/after gallery review of cases similar to yours ✓ Thorough discussion of risks, recovery, and realistic outcomes ✓ All your questions answered in a relaxed, pressure-free environment ✓ No obligation to proceed with surgery

****Me Clinic Melbourne:**** 4 Burke Road, Malvern East VIC 3145 Convenient on-site parking available Accessible by public transport (Tram Route 6)

****Why choose Me Clinic for breast lift surgery?****

- FRACS-qualified plastic surgeons with specialist breast surgery expertise - Over 25,000 surgical procedures performed - Responsible Cosmetic Medicine™ philosophy prioritising natural results - Accredited private hospital facilities with latest technology - Transparent pricing with detailed written quotes - Comprehensive aftercare and 12-month follow-up included - Established reputation for safety, ethics, and exceptional outcomes - Payment plans available for approved applicants

Take the first step toward feeling confident and comfortable in your body again. Our experienced team is here to guide you through every stage of your breast lift journey with expertise, honesty, and care.