

Grupo CHRISTUS MUGUERZA®

Information about:

Breast Lift

For International Patients

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Breast Lift

Breast lift is officially called a mastopexy, this procedure removes excess skin in order to lift up sagging or drooping breasts.

Surgical Indications

- In most instances, breast mastopexy has no true medical indications and is performed primarily for aesthetic reasons.
- The main exception to this is in postmastectomy reconstruction, when performing a mastopexy often is essential to achieving symmetry.
- Another indication is following implant removal, which can result in breast ptosis and lax skin.

Suggested studies and indications for case examination

Radiological Results:

Mammogram is mandatory for patients aged 40 years and older.

Mammography in those younger than screening age, especially in their teens, is not indicated unless a family history of breast cancer exists.

In patients over 40 yr:

Chest x ray

EKG

**Preoperative studies no more than 4 months old*

Others:

Photos (front, back, and both side views of breasts).

History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):

Patient discarded by having: no absolute contraindications exist for breast lift surgery.

Relative contraindications: planned future pregnancies, current or recent lactation, unevaluated breast masses or unevaluated mammographic findings, inappropriate psychiatric evaluation, patients with capsular contracture of breast implants. In patients who are at high risk of primary or recurrent breast cancer, consider whether a mastopexy will alter the breast architecture, making detection or treatment of cancer more difficult.

High risk patient by having: Cardiovascular or respiratory diseases, patients who smoke or have diabetes, hypertension, extreme obesity, or asthma have significantly higher complication rates.

Criteria for Postponement of Procedure:

- Skin infection, fever or respiratory diseases

Pre operative tests required:

Complete Blood Count (CBC)
Prothrombin time (PT)
Partial thromboplastin time (PTT)
Biochemical profile 17

Instructions before procedure:

- 1) Stop taking aspirin and ibuprofen products 14 days before your surgery and for at least 2 days after your surgery, unless otherwise directed. These products thin your blood and may increase bleeding. Other blood thinning products to avoid are: vitamin E, ginkgo Biloba, garlic supplements, St. John's Wort.
- 2) Continue to take your prescribed medications unless otherwise advised by your surgeon.
- 3) You will be instructed not to eat anything after midnight.
- 4) Shower the night before and the morning of surgery with antibacterial soap or others prescribed by your surgeon. Take special care to wash your chest and underarms. Do not apply deodorant, powder, or lotion.
- 5) If you smoke, plan to quit at least one to two weeks before your surgery and not to resume for at least two weeks after your surgery.

Sample Schedule

Length of Examination: 2-3 hours, 1 night at hospital

Sample Schedule:

(3 nights stay at hotel)

Day 1 - AM		Departure
	12PM	Arrival to Monterrey
	5PM	Consultation with plastic surgeon at his office
	6PM	Pre op studies at Christus Muguerza Alta Esp.
	7PM	Studies are left at plastic surgeon's office; confirmation of procedure by phone or in person
Day 2 -	10AM	Procedure takes place; Hospital stay
Day 3	AM/PM	Post surgery hotel stay
Day 4	AM/PM	Post surgery hotel stay
Day 5	AM/PM	Post surgery hotel stay
	PM	Consultation with Plastic surgeon at his office
	PM	Patient may depart if cleared by the doctor

Standard Discharge Instructions

- Your breasts are wrapped with a bandage or wrap. Leave the wrap on for 72 hours. If the wrap is too tight, you can undo the bandage and rewrap it more loosely.
- The bandage should be snug and provide support for your new breasts. Also, the bandage should cover the entire upper, middle, and lower breast. After 72 hours, you can take the wrap off and shower. There is surgical tape over the incision line and these should stay on even in the shower.
- After the shower, you should wrap your breasts with the bandage again.
- Absolutely no baths or swimming for 3 weeks. Showering is OK after 72 hours.
- Take medications as directed. Do not take aspirin, anti-inflammatory medications (Motrin, Ibuprofen, Alleve) or Vitamin E supplements for 2 weeks after surgery.
- No driving for the first week.
- You should sleep on your back for 2 weeks following surgery.
- Avoid alcohol or cigarette smoking for at least 3 weeks following surgery.
- Do not raise your arms over the level of your shoulder for 3 weeks. Do not pick up objects heavier than a phone book.
- Bring a sports bra to your first follow-up visit. You will be able to wear a sports bra after your plastic surgeon examines you in the office. NO underwire bras for 3 weeks.
- Keep your incision out of the sun. Sun exposure will make your scars red, raised, and persistently irritated for a long period of time. Make every effort to avoid the sun for up to 1 year following surgery. You can cover up the incision with sun screen (SPF 15 or above) or clothing.
- You may return to normal activity and exercise at 3 weeks following surgery.
- You may feel “funny”, tingling sensations over your breasts a few weeks after surgery. It may affect one breast more than the other. This is normal recovery of some sensory nerves in your breasts.
- The rest of instructions will be specified in discharge instructions form.

Follow-up Protocol from Remote Provider:

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local plastic surgeon writes a confirmation email to the remote provider about the patient’s progress.

How do I get started?

1. Choose your surgeon, package and preferred travel dates. Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information**
3. You can send them to us by:
 - Email internationalpatients@christusmuguerza.com.mx
 - Fax: +52 81 8155 5151 to Medical Travel Department
 - Mail to the following address:

CHRISTUS MUGUERZA MEDICAL TRAVEL
Carretera Nacional 6501 Col. La Estanzuela
Monterrey, NL, Mexico CP. 64988
4. Please let us know:
 - a) if you have any pictures, tests or studies relevant to your condition
 - b) the physician you selected and
 - c) the date(s) you would prefer to have your procedure done
5. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
6. One of our CSRs (Customer Service Representatives) will contact you to let you know the final review of your case, program a conference call with the surgeon if needed, inform you about travel arrangements and visas, and answer any additional doubts you may have.
7. Make payment and confirm
8. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
9. Your assigned representative will confirm consultation and surgery dates and coordinate with you to make all travel arrangements

Contact Information



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