

Breast rejuvenation gives women the perfect lift

Breast uplift and reduction surgery is now just as popular as augmentation, according to leading UK cosmetic surgeon, Ms Angelica Kavouni.

The passing of time and lifestyle take their toll on the face and body, and the breasts are no exception. Ageing, weight fluctuations and breast feeding can leave breasts empty, drooping and pendulous. Breast rejuvenation surgery (mastopexy, or uplift, with or without reduction) restores volume and repositions the breasts in their youthful position.

'Confronted with mid-life body changes, many women are fighting back! Pregnancy and breast feeding contribute to drooping, 'empty' breasts, as do ageing and gravity. This procedure needs careful consultation as scarring must be considered, but patients love their 'new' full, pert breasts,' says Ms Kavouni.

Women are turning their back on large, overinflated breasts. The majority now

seek cup sizes that match their 'chicken fillet' bra padding or to return to their body shape of years gone by.

Often, even the most seemingly flat, empty breast has sufficient tissue to form a natural-looking, ample pocket, but in a few cases an implant can add some extra fullness.

For those who feel like their breasts have outgrown their frame, breast reduction can be performed alongside uplift.

Ms Kavouni adds: 'Though scarring eventually fades to a thin white line, to reduce it, I minimise incisions during surgery and, wherever possible, use the 'lollipop' cut, which circles the areola and travels vertically down the breast.'

Regaining youthful breasts can boost a woman's self-esteem and enhance her body image. Find a surgeon you trust and who understands what you want to achieve on the UK plastic surgery Specialist Register.



Ms Angelica Kavouni, FRCS, EBOPRAS cosmetic plastic surgeon

With a wealth of experience in private practice, spanning more than 15 years and as a regular TV and print media contributor, Angelica has secured her place as one of the UK's most sought-after cosmetic plastic surgeons. On the UK's specialist register and a member of the European Board of Plastic Reconstructive and Aesthetic Surgery (EBOPRAS), Angelica's extensive knowledge and deft touch has made her the first port

of call for women across the capital and beyond. Angelica has developed a reputation for her minimal scarring surgical procedures and women of all ages seek her signature Career Facelift®.

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