

INSPIRE

## Nip &amp; Tuck

*Dr Tracy Mountford*

**Q** AFTER I had my third child, my breasts started to droop. I'm only in my 50s, but I wear very supportive bras. Chest creams haven't worked, but I don't want a surgical breast lift – is there an inbetween?

**A** SAGGING breasts are a common concern, particularly after pregnancy and breastfeeding, when fluctuations in weight contribute to a 'droop'.

In your 50s, the treatment that would be most appropriate is a breast lift, if the sag is significant.

This is the only way you will achieve a predictable, long-term result. But if you don't want to go this far, there are other options worth considering. The

## How can I boost my bust without surgery?

first alternative is to use 'threads' to lift the breasts. These are inserted under the surface of the skin to act like an internal support bra.

They are invisible to the naked eye, cannot be felt under the skin and there are no tell-tale scars. You can probably expect a few centimetres of lift. The fees for thread lifting are approximately £3,000.

The other treatment is Ultherapy, which uses ultrasound to remodel and tighten collagen

and can lift the breasts a couple of centimetres or so.

Although the effect is more subtle than surgery, there is no downtime and no surgical risk or scar.

The treatment takes about 16-20 weeks to see the full effect but gives a pleasing result. The fee is in the order of £3,000.

■ *IF YOU* have a question for Dr Mountford, email [drtracymountford@dailymail.co.uk](mailto:drtracymountford@dailymail.co.uk). All correspondence will be printed anonymously