

About Dan Prinsloo

Mr Dan Prinsloo is a Cosmetic and Reconstructive Plastic Surgeon serving North Staffordshire and Shropshire.

He first qualified in 1987 as a Medical Doctor at the University of Pretoria, South Africa, where he graduated as a Bachelor of Medicine/Bachelor of Surgery (MBChB). He was always interested in plastic and reconstructive surgery and had extensive exposure to surgical procedures even as a junior doctor. In 1989, he joined the extensive training programme in plastic and reconstructive surgery at the University of Pretoria.

He qualified as a Plastic Surgeon in 1995 after completing his Master's degree in Plastic and Reconstructive Surgery (MMed Plast Surg). In the same year, he also achieved the distinction of becoming a fellow of the Royal College of Surgeons of South Africa (FCS Plast (SA)).

Further training and experience

Mr Prinsloo was appointed as Consultant Plastic Surgeon within the NHS in South Africa (Pretoria) in 1996. He decided to gain further specialised training and experience by undertaking fellowships in some of the best plastic surgery units in the world. He received further extensive training in Taipei (Taiwan), Tokyo (Japan) and Glasgow (Scotland). He then returned to South Africa to continue his work as a consultant within the NHS as well as working as a private Cosmetic Surgeon. He moved to the UK in 1998 and in 1999 was appointed as Consultant Plastic Surgeon within the NHS in North Staffordshire (Newcastle-under-Lyme) and Shropshire (Shrewsbury).

Expertise and special interests

Mr Prinsloo is an experienced breast surgeon and performs mainly reconstructive breast surgery within the NHS. He also provides a service in specialised head and neck skin cancer surgery, limb reconstruction and general plastic surgery.



Mr. Dan Prinsloo

Other Cosmetic Procedures include:

- Breast Reduction/Uplift
- Face/Neck Lift
- Eyelid Reduction
- Nose Reshaping
- Ear Reshaping
- Tummy Tuck
- Liposuction
- Mole Removal


**Cosmetic
Surgery**

to book your consultation call us on
0844 800 4480

or visit our website

www.prinsloo-surgery.co.uk

Consulting Rooms

Newcastle-under-Lyme
Shrewsbury

GMC Specialist Register
Member of British Association of Plastic
Reconstructive and Aesthetic Surgeons

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This leaflet is provided for general information only and is not a substitute for a professional consultation with Mr. Prinsloo.

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Breast Uplift


**Cosmetic
Surgery**

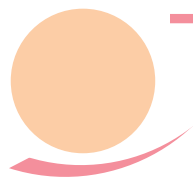
CONSULTANT PLASTIC &
RECONSTRUCTIVE SURGEON

Mr. Dan Prinsloo

MBChB, MMed(Plast)FCS(Plast)



**Breast
Uplift**
(Mastopexy)



Breast Uplift

(Mastopexy)

Description

Surgical procedure to raise and reshape sagging breasts leaving them fuller, firmer and more pert. It restores a more youthful shape of the breast.

Who are candidates?

Women with:

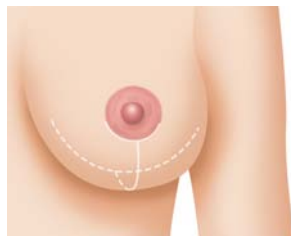
- Misshapen and saggy breasts following pregnancies, weight loss or as a result of the ageing process
- Breasts that lack firmness
- Nipples that have stretched over time

How is it done?

Most common breast uplift technique is the 'anchor' method.

Incisions are made:

- Around areola
- Vertically down from areola to breast crease
- Horizontally in the breast crease
- Excess skin is removed and the nipple is moved to a new, higher location
- Breasts are reshaped higher on chest



Length of surgery

1 to 1½ hours

Hospital stay

Overnight stay

Anaesthesia

General anaesthetic

Time to heal

- Drains may be used and will be removed within 24 hours
- Driving possible after first week
- Return to work in 1-2 weeks
- Breasts will be tender and bruised, with swelling lasting several weeks
- Support bra to be worn for 4 weeks
- Normal activity in 4-6 weeks

Risks

Risks are rare but may include:

- Bleeding, haematoma, infection, fat necrosis, scarring, wound healing problems, minor asymmetry between breasts, loss of nipple sensation, inability to breastfeed and risks associated with general anaesthetic (DVT, PE and chest infection).

Duration of results

Long-lasting, although gravity, pregnancy, weight fluctuations and ageing can affect results over time.

Pro's

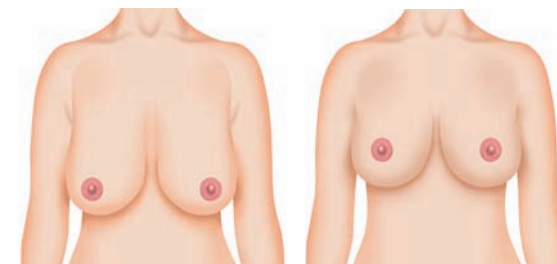
- Perkier, more youthful looking breasts

Con's

- Visible scarring

Answers to myths

- Breast lift does not remove any breast tissue but merely tightens the skin and lifts the glandular tissue
- Breast implants may be used at the same time as breast lift surgery to improve breast size
- Breast screening is still possible following mastopexy



*BEFORE
Mastopexy*

*AFTER
Mastopexy*