

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. Prinsloo is a highly experienced Cosmetic Surgeon providing the full range of cosmetic procedures.

Mr. Dan Prinsloo



Areas of Expertise

Breast Surgery

- Breast Augmentation
- Breast Reduction
- Breast Uplift
- Breast Asymmetry
- Inverted Nipple Correction
- Breast Reconstruction

Body Contouring

- Tummy Tuck
- Mini Tummy Tuck
- Body Lift
- Liposuction

Facial Surgery

- Face/Neck Lift
- Mini Facelift
- Eyelid Reduction
- Eyebag Removal
- Ear Reshaping
- Nose Reshaping

Removal of Lesions

- Moles
- Cysts
- Lumps
- Scar Improvement

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 BAPRAS
Member of BAAPS

DISCLAIMER:

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

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DJ & A Prinsloo

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Cosmetic Surgery

CONSULTANT PLASTIC &
RECONSTRUCTIVE SURGEON

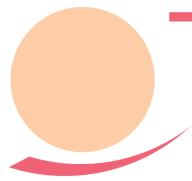
Mr. Dan Prinsloo

MBChB, MMed(Plast)FCS(Plast)

www.prinsloo-surgery.co.uk



Breast Uplift



Breast Uplift

(Mastopexy)

Description

Surgical procedure to raise and reshape sagging breasts leaving a fuller, firmer and more pert appearance. Only the excess skin is removed and the nipples are repositioned in a new higher location. The procedure returns the breasts to a more youthful shape and position.

Who are candidates?

Women with:

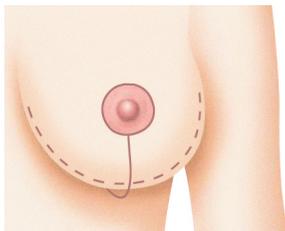
- Misshapen and saggy breasts following pregnancies, weight loss or as a result of the ageing process
- Breasts that lack firmness
- Nipples that have stretched over time
- Uneven (asymmetrical) breasts

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 along in the breast crease
- Excess skin is removed to sculpt the breast into a better shape higher on the chest.



Length of surgery

1½ to 2 hours under general anaesthetic

Hospital stay

Overnight stay

Time to heal

- Drains may be used and will be removed within 24 hours
- Pain for few days managed with oral medication
- Driving possible after first week
- Return to work in 1-2 weeks
- Breasts will be tender and bruised, with swelling lasting several weeks
- Avoid lifting or pushing for 4 weeks
- Support bra to be worn for 4 weeks
- Normal activity in 4-6 weeks

Risks

All surgery carries a degree of risk. Possible complications of surgery will be minimized and if necessary dealt with.

Risks are rare but may include:

- Bleeding, haematoma (blood clot needing drainage), infection, fat necrosis (lumpiness), permanent visible scarring, delayed wound healing, minor asymmetry between breasts, loss of nipple sensation, inability to breastfeed and risks associated with general anaesthetic (DVT, PE and chest infection).

Results can never be absolutely guaranteed and adverse results are always possible.

Duration of results

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

Pro's

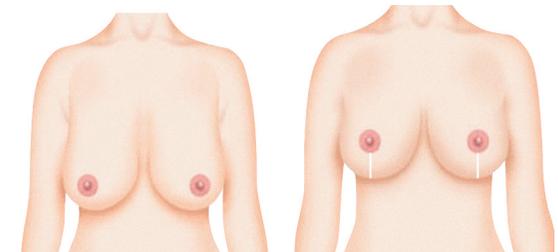
- Perkier, more youthful looking breasts
- Restores natural position of breasts without changing the size
- Increases the firmness of the breasts
- Lifts downward pointing nipples into higher position
- Helpful if one breast is a different shape/size than the other
- May help to boost self esteem and social confidence

Con's

- Visible scarring
- Lumpy scars
- Breast asymmetry/shape irregularity can return over time
- Smokers may be at increased risk of delayed wound healing and infection

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 and firmness
- Breast screening is still possible following mastopexy



BEFORE
Mastopexy

AFTER
Mastopexy