

Implants Still Popular, but Breast Lifts on the Rise, New Statistics Show

Birmingham cosmetic breast surgery specialist Dr. Michael Beckenstein says the rising popularity of breast lifts reflects an increase in "mommy makeovers."

BIRMINGHAM, AL, USA, June 1, 2014 /EINPresswire.com/ -- Dr. Michael Beckenstein (www.msbmd.com), a Birmingham cosmetic surgery specialist, says the popularity of "mommy makeovers" that combine body contouring procedures with breast enhancement helps explain a recent rise in breast lift surgery.

Breast augmentation remains the top breast procedure compared with breast lifts, [according to statistics](#) from The American Society for Aesthetic Plastic Surgery (ASAPS), but the rate of breast lift operations done in 2013 increased at about twice the pace of augmentation.

The mommy makeover, the Birmingham plastic surgeon says, is one of the key reasons behind [breast lift growth](#). It's common for patients who get mommy makeovers to incorporate this option into their combination surgeries to correct any sagging that may have developed due to pregnancy and breastfeeding.

"More women realize that they can regain the body they had before having children through cosmetic surgery," Dr. Beckenstein says. "Many of my patients are in their late 20s and 30s and still want to look and feel their best during their child-raising years."

The ASAPS statistics also show tummy tucks and liposuction increasing, trends that underscore the popularity of mommy makeovers, which commonly include these body contouring surgeries. The organization doesn't track mommy makeovers as a separate category, but Dr. Beckenstein says patients often like to combine their procedures as a way to reduce costs while getting the results they want. He notes it also means they recover from only 1 operation instead of 2 or 3.

"If one of my patients is a good candidate for a mommy makeover," he says, "it is best to perform all their cosmetic surgeries at the same time. Combining the procedures allows for one anesthesia session and is the safest way to proceed. It's becoming a common practice among plastic surgeons."

In Birmingham, Dr. Beckenstein says, he has also seen a bump in breast lifts as a stand-alone procedure. Some patients, he says, are happy with the size of their breasts and aren't interested

in body procedures, but they still want their breasts to look perkier and more youthful. It's common for these patients to have breastfed children or undergone significant weight changes, he says.

"It's an ideal procedure for a lot of women who aren't interested in breast augmentation with implants but who still want to improve the look of their breasts," Dr. Beckenstein says. "We can do a lot with existing tissue and create beautiful results. I'm pleased to see that more women at my practice and nationwide are realizing the benefits of breast lift surgery."

Dr. Michael Beckenstein (www.msbmd.com) is a board-certified plastic surgeon who offers procedures for the breasts, body and face at his practice in Birmingham, Alabama. Dr. Beckenstein earned his MD from Eastern Virginia Medical School before studying advanced plastic surgery techniques through several residencies and fellowships. He is certified by the American Board of Surgery and the American Board of Plastic Surgery. Dr. Beckenstein has authored and co-authored a number of articles in journals and textbooks, and he has been recognized as one of America's Top Surgeons by the Consumer Research Council of America.

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