

**“A friend recently got very tasteful small implants from Adam Kolker...”**

- WRITER AND EDITOR JAMIE ROSEN ON BREAST LIFT CONSIDERATIONS.

**Breast Lift Considerations...and What I'm Using Until I Get One.**

One surgery that is not quite as buzzy but asked about as much is the mastopexy, aka breast lift (this link goes to one of the procedure pages from Persana, an aesthetic concierge I worked on pre-launch. I'll link to them from time to time because they do a great job explaining what procedures are and what to expect in a very accessible way.).

A breast lift is widely considered a more intense surgery than an implant, which is seen as a much simpler and straightforward procedure. NewBeauty just covered the trend for smaller breasts (I hate the word perky, but guess that is a desired term), and I often hear from friends that they don't want implants. I feel the same way, and yet I think a lot of doctors encourage getting both together to account for volume loss and a more balanced final shape.

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