Your Options

**Anchor (Wise Pattern)**
This is the most common method and uses three incisions:
1. Along the fold underneath the breast.
2. Around the areola.
3. Vertically to the crease underneath the breast, connecting the first two incisions.

**Lollipop (Vertical Pattern)**
This method uses only two incisions:
1. Around the areola.
2. Vertically to the crease underneath the breast.

**Free Nipple Graft**
This method is used when a massive amount of tissue needs to be removed.
The nipple is temporarily removed, then repositioned and sutured in a higher, more aesthetically pleasing position after the excess breast tissue has been removed.