Augmentation mastopexy is a complex procedure, and selecting the most appropriate method can be confusing.

Issues of augmentation mastopexy include:
- Maintaining upper pole fullness
- Correcting lower pole ptosis

A New Four-step Technique for Augmentation Mastopexy

266 patients underwent lift and augmentation at single time (LAST) with silicone implants.

Steps of surgery:
- Subpectoral pocket with muscular inferolateral support for the implant
- Independent approaches to implant pocket and parenchymal reshaping
- Pre-established four-step surgical sequence

Outcome measures:
- Esthetic outcomes
- Surgical complications
- Reoperation rates

At 39 months after LAST:
- Esthetic outcomes: >90% patients satisfied
- No major complications
- Total revision rates:
  - 16% (2015-2018)
  - <5% (2018)

LAST is a reliable technique for augmentation mastopexy.