

BYRDIE

Vampire Breast Lifts Give a Fuller Look with No Downtime: Learn How They Work

You've probably heard of the "[vampire facial](#)," but did you know you can get a similar procedure on your breasts? That's right: the vampire breast lift exists, and it's a solid option if you're looking for a non-invasive procedure that gives you a refresh with minimal downtime. "A vampire breast lift is a procedure in which a patient's own growth factors are injected into the breast to temporarily augment or enlarge the breast and, theoretically, improve skin quality," explains [plastic surgeon Evan Garfein, MD](#). It can be a good option if you've lost volume and lift over time due to things like breastfeeding and changes in weight, but are looking for something less intense than a full [breast augmentation](#). Ahead, plastic surgeons and med spa professionals tell all about the vampire breast lift, plus one woman shares her experience with the procedure.

MEET THE EXPERT

- [Evan Garfein, MD](#), is a plastic surgeon specializing in aesthetic procedures and reconstruction of the face, breasts, and abdomen. He is a founding partner at Tribeca Plastic Surgery, as well as the chief of plastic surgery at Montefiore Medical Center.

Benefits of Vampire Breast Lifts

- **Uses your body's own plasma:** "PRP is very *en vogue* for a variety of reasons—the idea of using one's own proteins to 'heal' oneself is intrinsically attractive," [Garfein](#) says. You won't have to worry about deflation or leaks as with implants—instead, the plasma helps your breasts to achieve more fullness on their own.
- **Can improve the appearance of skin conditions:** "There are numerous factors in PRP that individually and in combination have been shown in various experimental models and some clinical models to improve certain conditions, like [scarring](#) and thinning of the dermis," [Garfein](#) tells us. Talk to your provider about your specific concerns to see how this procedure or others can help.
- **Less permanent results:** If you want to boost your breasts but aren't sure about the permanence of going under the knife, a vampire breast lift is a good way to test-drive your results. "The biggest benefit is that it is temporary and, therefore, gives the patient an approximate idea of what they would look and feel like with a permanent augmentation using either their own fat or a silicone implant," [Garfein](#) says.

Vampire Breast Lifts vs. Traditional Breast Lifts

Before moving forward with any sort of breast lift, [Garfein](#) advises making sure it's the right one for you. "As with all cosmetic and reconstructive procedures, the ideal strategy is to fit the solution to the problem," he says. "If the sagging breast is caused by more skin and less breast volume, the solution is to tighten the skin envelope or augment the breast volume. PRP doesn't really do either in the long term. Patients may get a temporary benefit from the injection of fluid into the breast to 'reinflate' the breast volume, but this will not last. In terms of value for the dollar spent, patients with sagging breasts can do better."

Potential Side Effects

You might experience some pain at the site where the PRP is injected into the breast—if this gets particularly bad or doesn't subside, talk to your provider about how to proceed. Also, "there is always the risk of a hematoma or collection of blood within the breast from unintentional damage to a blood vessel," [Garfein](#) says.

The Final Takeaway

Vampire breast lifts can be a good option for improving the fullness and skin appearance of your breasts, as long as you're realistic about the results. It's much less invasive than a traditional breast lift, but the results are far less dramatic. "On the one hand, injecting a theoretically innocuous fluid that comes from the patient's own blood seems to be quite safe," [Garfein](#) says. "On the other hand, since it is not clear that this procedure will result in any significant long-term benefit, one could ask whether spending the money and going through the discomfort is worthwhile. If a patient wants fuller or larger breasts or has ptosis of the breast, this is probably not the best value. If a patient wishes to undergo a relatively innocuous procedure to 'try on' a larger breast size, this may fit the bill."

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UVM: 16,885,099

April 3, 2023