

Videos applicable to all plastic surgery procedures:

Managing expectations: https://youtu.be/o5r_eBMLeSQ

General plastic surgery: <https://youtu.be/SSczfa1joxw>

When not to have aesthetic plastic surgery: <https://youtu.be/Q5sJCce-Bwk>

Scar management after plastic surgery: <https://youtu.be/Kkfiqc2mnU8>

Age and plastic surgery: https://youtu.be/X6dwQRXty_8

The benefits of massage after plastic surgery: <https://youtu.be/4ui2tLe-VLs>

Breast Lift (mastopexy) videos:

Breast lift FAQs: <https://youtu.be/4Hlp7BOFXIY>

Areola reduction: <https://youtu.be/88KPd5klkDs>

The longevity of a breast lift: <https://youtu.be/8IHa7BOacHc>

Breast lift with implants (augmentation mastopexy): <https://youtu.be/UcPULCHSA4E>

The paradox of a breast lift with implants: <https://youtu.be/Uekkd6gOPd0>

The ageing breast: <https://youtu.be/WMje9FQWTYg>