



Dr. Demetris Stavrou Introduces Advanced Mastopexy Techniques at European Institute of Plastic Surgery in Limassol

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LIMASSOL, CYPRUS ? June 13, 2025 ? The European Institute of Plastic Surgery (EIPS) ? Limassol Branch today announced the formal expansion of its breast surgery services to include advanced breast lift, or mastopexy, procedures performed by Dr. Demetris Stavrou, a distinguished board-certified plastic surgeon. This initiative makes sophisticated surgical techniques, designed to restore a youthful and elevated breast contour, more accessible to residents of Limassol and the surrounding regions. The service focuses on providing highly individualized surgical plans that address the various degrees of breast ptosis (sagging) resulting from factors such as aging, pregnancy, and significant weight fluctuations.

The decision to enhance the availability of these procedures in Limassol addresses a consistent demand from women seeking to rejuvenate their figures and improve their self-confidence. The female breast undergoes significant changes over a woman?s lifetime. The natural aging process, coupled with the hormonal cycles of pregnancy and breastfeeding, can cause the breast?s supportive ligaments to stretch and the skin to lose its elasticity. This often results in a loss of firmness and volume, particularly in the upper portion of the breast, leading to a drooping or "deflated" appearance. Mastopexy surgery is specifically

designed to counteract these effects by lifting and reshaping the breast tissue and removing excess skin to create a firmer, perkier, and more aesthetically pleasing contour.

The approach to breast lift surgery at EIPS under Dr. Stavrou is highly personalized, beginning with a thorough patient consultation to determine the ideal surgical strategy. Candidates for the procedure are typically healthy women at a stable body weight who are dissatisfied with the sagging appearance of their breasts. The degree of ptosis is carefully evaluated to classify it from mild to severe, which in turn dictates the most appropriate surgical technique. This ensures that the chosen method will yield the most effective and natural-looking results with the least conspicuous scarring possible for that individual's anatomy. The ultimate goal of the procedure is not just to lift the breast, but to re-establish a balanced and proportionate silhouette that harmonizes with the patient's overall body frame.

Dr. Demetris Stavrou, who leads the surgical team, commented on the artistic and scientific balance required for the procedure. "A mastopexy is one of the most transformative procedures in aesthetic breast surgery. It requires a meticulous blend of surgical precision and an artistic eye to achieve a result that is both beautiful and natural. Many patients come to us feeling that their appearance no longer reflects their inner vitality. The goal is to reshape and reposition the breast tissue to restore that youthful contour and projection. We utilize advanced techniques, such as auto-augmentation, which uses the patient's own tissue to create fullness in the upper pole of the breast, avoiding the need for an implant in many cases. The ultimate satisfaction comes from seeing a patient's confidence restored when their outward appearance is brought back into alignment with how they feel inside."

The surgical techniques employed are tailored to the specific needs of each patient. For those with mild sagging, a crescent or periareolar technique, which involves an incision around the areola, may be sufficient to achieve the desired lift. For moderate ptosis, a vertical or "lollipop" incision pattern allows for more significant reshaping and skin removal. In cases of severe ptosis or for women with substantial excess skin, the "anchor" or inverted-T technique provides the surgeon with the greatest ability to dramatically reshape the breast and achieve the most significant lift. Dr. Stavrou's expertise across these varied techniques ensures that each patient receives the most appropriate and effective treatment plan.

The European Institute of Plastic Surgery is committed to patient safety and comprehensive care throughout the surgical journey. The procedures are performed in accredited medical facilities equipped with state-of-the-art technology. The post-operative recovery process is carefully managed, with detailed instructions provided to ensure optimal healing. While recovery times vary, most patients can expect to resume non-strenuous activities within two weeks, with a return to more vigorous exercise after approximately four weeks. The results of a breast lift are long-lasting, though they can be affected by future lifestyle changes. The firm provides extensive post-operative support to help patients maintain their results for many years.

Dr. Demetris Stavrou is a board-certified Plastic, Reconstructive & Aesthetic Surgeon and a Fellow of the European Board of Plastic, Reconstructive & Aesthetic Surgery (EBOPRAS). He is the lead surgeon at the European Institute of Plastic Surgery (EIPS), which has locations in Limassol, Nicosia, Athens, and Malta. Dr. Stavrou holds the title of Assistant Professor at St. George's, University of London Medical School at the University of Nicosia, and is an International Member of the American Society of Plastic Surgeons (ASPS). With extensive training from top medical institutions across the globe, he is renowned for his surgical skill, artistic vision, and compassionate, patient-centered approach. EIPS provides exceptional healthcare in a luxurious and professional environment, meeting the highest European standards of safety and care.

Contact: Media Relations

European Institute of Plastic Surgery ? Limassol Branch

70 Agias Fylaxeos Street, 3025, Limassol, Cyprus

+357 70088002

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For more information about Dr. Demetris Stavrou - European Institute of Plastic Surgery - Limassol Branch,

contact the company here: Dr. Demetris Stavrou - European Institute of Plastic Surgery - Limassol Branch

Dr. Demetris Stavrou +357 70 088002 info@drstavrou.com 70 Agias Fylaxeos Str, 3025, Limassol, Cyprus

Dr. Demetris Stavrou - European Institute of Plastic Surgery - Limassol Branch

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Website: <https://eips.com/limassol/>

Email: info@drstavrou.com

Phone: +357 70 088002



