

## BREAST AUGMENTATION

### Notes for guidance

Many women are inclined to have breast augmentation for various reasons. Some have implants because they feel the need to boost their self-esteem with larger breasts, while others want to recover their more youthful figures. Many women who have breast-fed feel the need to fight the effects of gravity and breast feeding. They want to recover the figure that they used to have. Keep in mind that breast implants do not fix “sagging” breasts (only a breast lift can do this), so consulting with a physician is the only way to determine the correct procedure for you.

### What is breast augmentation?

Breast Augmentations, also known as Mammoplasty, is a means of increasing the size of the breast. Breast implants are used to enlarge the breasts with implants filled with saline (a salt water solution) or silicone gel. There has been some controversy over the years concerning the safety of silicone breast implants. Contrary to what you may have heard, both types of implants are highly resistant to rupture; having said that, should a rupture occur, the implant will have to be replaced.

Breast lifts (Mastopexy) are used to raise and reshape the breasts, through the removal of skin or the positioning of the breasts to the desired location, usually by raising or adjusting the tissue or nipples slightly. Most of these surgeries are outpatient surgeries and use local sedatives to numb the site, or a general anesthetic.

### Are you a good candidate?

The best candidates for breast augmentation surgeries are women who are healthy, and want to realistically improve the look of their bodies. However, women who expect breast augmentation to make their bodies perfect may not be good candidates. As with any other surgery, breast augmentation does not come without some risk, with scarring being the most obvious, and pain a close second.

Women who have a small amount of actual breast tissue or who are rather slim, may need additional consultation time with the surgeon to determine the correct shape and size of the implant, ensuring a completely natural look.

Whatever the shape and size of implant you choose, your goal should be a natural contour and size. No one should be able to tell that you have breast implants.

### How are the procedures performed?

The procedure for augmenting the breasts with implants usually takes a couple of hours. The surgeon makes an incision in the most commonly used area, which is the crease of the breast, in the armpit, or around the nipple. The incisions are made as small as they can possibly be to leave the breasts looking as unblemished and natural as possible. After the incision is made, an implant filled with saline or saline gel, which is filled to the desired amount by the surgeon or pre-filled at the factory, are then placed through the incision. The implants will usually be placed under the muscle of the breast (pectoral muscle), or above it (leaving the implant directly under the skin and fatty tissue of the breast). The best position is determined by the physician and the patient before surgery.

Breast lifts can take anywhere from 1-3 hours on average. The procedures for breast lifts are usually performed by cutting the skin around the nipple and in a line extending down from the areola and under the crease of the breast, and removing excess skin and tissue. The nipple and remaining tissue are arranged to the desired position and then the skin pulled down and stitched, usually resulting in anchor shaped scarring.

Some women may feel that the scarring is too obvious and that their breasts do not require the surgery. Women whose breasts are larger, or are sagging to a more noticeable degree, often feel that the scarring is worth it to raise the breasts. Most scarring does fade, and advances in surgical techniques make the scars as inconspicuous as possible.

## How long will it take before I feel normal again?

Average recovery time for breast augmentation is 3 days to a week. Recovery from a breast lift is usually a week minimum, with more strenuous activities held off for at least a month. Most patients may return to work quickly. Scarring may take a few months to well over a year to fade significantly, based on individual healing processes.

## Are there any risks?

Risks for both procedures could result in varying degrees of pain, swelling, infection, and a decrease or increase of the sensitivity of the nipple, or the breast itself. Implants could also deflate, or cause the formation of scar tissue due to the implant, which is quite common, called capsular contracture. Some implants have to be removed permanently. Both procedures also have issues of scarring, which is determined by the individual's ability to heal, and is impossible to predict as to the severity that will be sustained long-term. Some women have to have their implants removed, or have them replaced for these various reasons.

Fortunately, complications from breast implants are rather rare due to advances in materials and surgical techniques. Most women that have breast implants are very pleased and satisfied with their new figures.

## Will I be happy with my results?

The results of breast augmentation are usually increased self-esteem, and happiness with the procedures. Weight changes may affect the results, as do pregnancy, gravity and aging. Breast augmentation is usually recommended to women who do not plan to become pregnant, or for after their pregnancy, especially if they have breast fed their babies.

## Further Information

This brochure has been prepared to give a basic understanding of the procedure before a consultation takes place, and to cover many of the questions frequently asked about this type of cosmetic surgery. Final decisions should not be made until an individual assessment has taken place with the surgeon.

There is no obligation on the part of the patient to undergo surgery by attending for consultation.

If you have any further questions or would like to arrange a consultation please fill in the online form on our website at [www.surgeryone.co.uk](http://www.surgeryone.co.uk). All enquiries are always treated confidentially.