

# BREAST AUGMENTATION

# WHY HAVE A BREAST AUGMENTATION?

There are lots of reasons why women choose to have a Breast Augmentation. They may have small breasts and struggle with their confidence or their breasts may have changed after giving birth. Breast implants can enhance the body contour of a woman who is unhappy with her breast size. Whatever the reason, having breast surgery can replenish self-esteem and make some women feel great about themselves again.

This section will provide many answers to the questions women routinely ask regarding breast surgery. We've created this section to help decide if you think breast surgery is right for you and what you should expect after this procedure.

## WHAT IS INVOLVED?

During the consultation, your surgeon will assess the size and shape of your breasts, as well as your skin's thickness and elasticity. They will also evaluate the position of your nipples, as well as the inframammary fold under each breast. Your surgeon will measure the distance between your breasts and may carry out the pinch test on your skin to see if they feel you have excess breast tissue to support an implant. These variables will help determine if you are a candidate for Breast Augmentation, and will help the surgeon make recommendations regarding the implant type, placement and size for your frame.

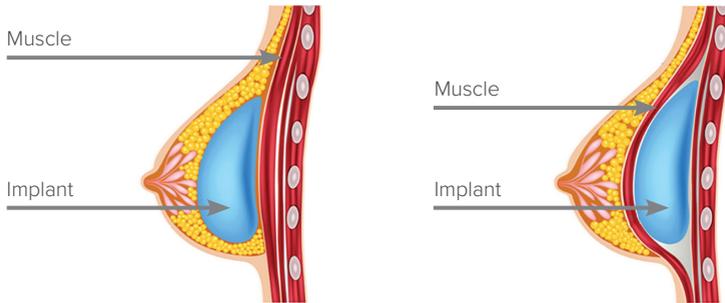
During a breast enlargement procedure, the surgeon places an implant made of soft silicone gel inside the breast to add more volume and enhance the shape. This is done by making an incision, generally under the breast creating a pocket for the implant to be inserted into. The surgeon will then customise the implant position based on the goals defined in your consultation. After the implant has been satisfactorily placed and positioned, the incision is closed and dressed.

Some patients may experience some pain with temporary discomfort after surgery and your breasts may feel tight, you should expect some swelling and each patient will vary on the level. Breasts may be sensitive to stimulation for some time after your surgery. Normally the procedure can be carried out as a day case, so provided you feel well enough you should be able to go home on the same day. You can usually return to work, dependent on your job, within a week however dependent on location, your Surgeon will advise. Driving is not recommended for the first 7 days minimum and should always only be undertaken when you feel recovered sufficient to meet the requirements of your insurance. Scars should fade and flatten throughout the first year after surgery, depending upon how the individual patient heals.

# FREQUENTLY ASKED QUESTIONS

## How is the implant placed?

The implant can be placed either above or behind the muscle. Your surgeon will discuss the best option for you at your pre-operative consultation.



## What size can my breasts be increased to?

During your consultation, the surgeon will be able to assess the approximate implant size that they feel could be used. It is important to understand that implants are not manufactured in bra cup sizes and any attempt to place too large an implant is not advisable. Your surgeon will help you increase your breast size within what they feel are the safe guidelines for your body.

## Will my breasts look and feel natural?

The expectation is Yes, once the breasts have settled. During the initial period following your operation your breasts should feel very firm and swollen but as they settle the expectation is they should soften.

## Will I need to take time off work?

Most people take off about one week. However, if you have an extremely physical job, you may need to take off longer. Your clinical team can advise you about returning to work if you are unsure.

## Will my breasts be painful afterwards?

Some patients may experience some pain with temporary discomfort following surgery and your breasts may feel tight with some swelling. Breasts may be sensitive to stimulation for some time after surgery.

## What type of aftercare is needed for my breast augmentation?

You will need some time to recover after your surgery so please ask your surgeon for guidance. We will recommend a post-operative bra to purchase, you will normally need to wear this for 6 weeks following your procedure, only removing for showering as advised.