A patient guide to understanding Breast Augmentation

Thinking of breast augmentation? A short guide to assist you in making your decisions.

www.drgavinsandercoe.com.au

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Do you feel as though you are missing a few curves that would help add to your figure? Sick of using padded bras to create the shape you wish to show off?

A breast augmentation (also called breast enlargement or breast enhancement) may be the correct procedure to help with those body curves that you are looking for.
Breast Augmentation is one of the most popular cosmetic procedures performed today, and the decision to undergo this procedure is individual to every woman.

The most common reasons include:

- Enlarging the breasts to help make them more proportional to the rest of the body
- Re-establish the size and shape which may have been lost due to pregnancy, breast feeding or weight loss
- Correct any unevenness between the existing breast sizes and shapes
- Reconstruction after a removal of one or both breasts due to cancer

The decision to have a Breast Augmentation should only be made after speaking to Dr Sandercoe about your options, to ensure you have a thorough understanding of what is involved.

Is Breast Augmentation Safe?

The short version is ‘Yes, it is safe – but like all implants and procedures, there are some risks.’

Breast implants have been available since 1962. We are currently using 5th generation implants with enhanced cohesive silicone gel, textured silicone surface and a diverse array of anatomical and round shapes and sizes.

Breast Augmentation Choices

There are a few key decision points that need to be agreed upon between a patient and the plastic surgeon when successfully planning a breast augmentation procedure. These include:

- The incision point
- The position of the implant (above or below the muscle)
- The implant choice (silicone or saline)
- The implant shape (round or teardrop)
- The implant size

During your consultation, Dr Sandercoe will discuss all of the benefits and risks associated with the above options.
**Round or Anatomical (teardrop) Implants?**

There are two basic implant shapes – round and anatomical (or teardrop). Within these broad categories, an implant can be selected with differing width, height and projection. Selecting an implant that just fills the available chest wall dimensions and soft tissue stretch ensures that patients will get a natural look, without any telltale signs of breast augmentation.

Generally speaking, round implants are a good option for increasing volume in breasts that already have a reasonable shape. This is the shape of choice for women that want increased cleavage (upper pole projection). The downside of round implants is that the shape of the implant is perceptible when lying down, for example on the beach.

Women with breasts that lack shape, or whom prefer a natural look at all times, usually request anatomical implants. The extra shape and projection in the lower pole helps mould a rounder, more full shape without too much showing over the top of a bra. The disadvantage of anatomical implants is the risk of rotation of the implant on the chest wall.

**Breast Augmentation Procedure**

Dr Sandercoe only performs breast augmentation in accredited hospitals and day surgeries, ensuring that your safety is paramount. You are put to sleep by a specialist anaesthetist (with general anaesthetic), and pain relief and antibiotics are given through a drip before the operation is started. The actual operation takes 1-2 hours and your surgical bra will be fitted before you wake up. Most breast augmentation procedures are performed as a day only procedure, so you will be able to go home after a few hours of recovery.

There are several adjunctive procedures that may need to be performed at the time of breast augmentation for ideal results. These will be discussed with you pre-operatively and arranged into the operation plan prior to surgery. Such procedures include:

- Correcting nipple position, length or inverted nipples
- Breast lift (mastopexy)
- Correction of breast deformity, such as constricted breast base
- Correction of breast asymmetry with different sized implants

If you have had breast augmentation as well as another procedure elsewhere on your body, it is likely that you will stay overnight.

**When to Re-Start Activities**

- Most women take around a week off from work
- At about 4 weeks, light exercise (no bouncing, aerobics or running) is safe
- It takes the tissues around 6 weeks to fully heal, and at this time it is safe to begin heavy work and aerobic activities such as running. You should always use a support bra, but a good indicator of when it is less needed is when there is no discomfort during the activity.

**Breast Augmentation Risks**

All procedures carry some risk. Having your procedure done in an accredited hospital minimises your risk during a procedure.

Generally speaking, patients undergoing elective surgery have very minimal risk, but it is a doctor’s duty to inform patients of all their material risks. Our consent package details these risks and Dr Sandercoe will discuss these with you during your consultation.

**Questions?**

We wish to keep our patients as informed as possible. The best way of making sure that all your questions get answered is to have a pad with you and jot down your questions & bring them to your consultations. We encourage you to bring your partner or friend with you to your consultation. Please keep us aware of your problems and any suggestions to improve our patient care.

A more in depth discussion of breast augmentation can be found at www.drgavinsandercoe.com.au
Located opposite Norwest Private Hospital in the Norwest Business Park, Norwest Plastic & Cosmetic Surgery is only 15 minutes from Parramatta and 45 minutes from the Sydney CBD. The location has easy access to the M2, linking the M7, M4 & M5 motorways.