



Cosmetic Image Clinics

Breast Augmentation

Augmentation mammoplasty is surgery to enhance the size and shape of women's breasts using breast implants.

Breast enlargement surgery is chosen by women of all ages from all walks of life for a variety of reasons. Generally, they wish to enhance their appearance by achieving a breast size more in proportion with the rest of their body. Many women, after raising a family, want to restore what time, gravity and child rearing has taken away. Women are primarily motivated to choose this surgery for their own personal satisfaction and body image, rather than to please a partner. Whilst there are those who opt for large breast implants, as is very much a media focus, the majority of women aim for a natural look. Half of our procedures involve an increase in breast size from an A cup to a C cup.

The psychological and emotional benefits of the procedure can include enhanced self-esteem, a more satisfying body image and increased confidence and sense of well-being.

Your decision will be based on your own needs, desires and expectations. However, before you undergo breast augmentation, you need to be well informed about the procedure, the different choices involved, the results you can expect, and all the potential risks and complications that can occur.

Breast augmentation is one of the most common surgical procedures performed at our facility and all of our surgeons have had many years of experience performing this surgery.

The Surgery

Breast augmentation is usually performed in our day surgery using twilight sedation, or in some cases within a hospital facility, using general anaesthesia. (See our information sheet on anaesthesia) The procedure takes about one to two hours. An incision is first made, a pocket is then carefully created and an implant is inserted. The pocket is then modified to accommodate the implant. The incision is then closed with sutures.

The pocket for the implants can be placed either:

- a) Submuscular: under the pectoralis muscle (see Diagram I), or
- b) Subglandular: on top of the muscle, behind the breast tissue.

As long as the nipples are above the level of the fold under the breast, most patients favour placement of the implant under the pectoralis muscle. This tends to give a softer result over the long term. However, if the nipples have become lower over time (from pregnancy and breast-f

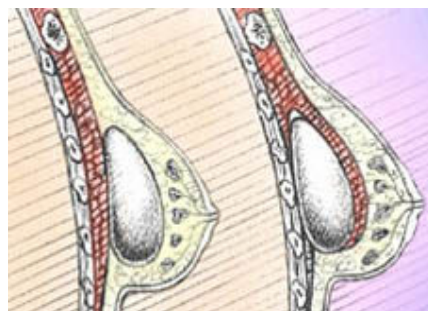


Diagram I



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level of the breast fold, then there is an advantage to placing the implant on top of the muscle (subglandular).

The sub-glandular placement position lifts low-lying nipples more effectively than the submuscular position. Your doctor will advise you about positioning.

There are three possible incisions to perform this surgery:

(see diagram II)

- a) Transaxillary: under the arm
- b) Inframammary: under the breast just above the breast fold
- c) Periareolar: around the lower edge of the areola



Diagram II

Regardless of the approach chosen, the incisions are relatively small and generally heal extremely well.

About Breast Implants

For a natural look we prefer to use Cohesive Silicone Gel Implants which have become available in Australia in recent years. Health authorities have determined that cohesive silicone gel implants are safe for use because the cohesive gel does not seep, run or shift. If it ruptures, the implant itself maintains its shape and integrity. Silicone gel implants give a more natural appearance than saline implants. They feel and move like real breast tissue. They have been designed to increase cleavage and breast size without producing an undesirable and unnatural upper breast fullness. There is a range of models with respect to height, projection and base width, each model having a variety of sizes. Experienced staff will advise you as to your options for a suitable shape and size. Cohesive silicone gel implants do not normally ripple or fold as saline implants sometimes do. They have been in use in Europe since 1995 and have an excellent safety record.

Risk Factors

Breast augmentation is relatively straightforward but as with any operation there are risks associated with surgery and complications specific to this procedure.

The most common problem is capsular contracture. When a breast implant is inserted, a scar capsule forms around it as part of the natural healing process. In 2 to 5% of cases the capsule may sometimes tighten and compress the implant, causing the breast to feel firmer than normal. Capsular contracture can occur to varying degrees. If it is severe, it can cause discomfort or changes in the breast's appearance. In such cases, more surgery may be needed to modify or remove the scar tissue, or perhaps remove or replace the implant.



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As with any surgical procedure, although uncommon, excessive bleeding following surgery may cause swelling and pain. A small percentage of women may develop an infection around the implant. Whilst the majority of women do not experience complications you should discuss with your doctor any concerns you have in this regard.

Planning Your Surgery

In your initial consultation, the doctor will evaluate your health and explain which surgical techniques are most appropriate for you, based on the size and shape of your breasts, skin tone and placement of the nipples. If your breasts are sagging, the doctor may also recommend a breast lift, or mastopexy, to enhance your result. You will be shown before and after photos of other women whose breasts are similar to yours and your various choices of breast implants will be discussed. The doctor will help you select the implants which will best allow you to achieve your desired look. Numerous samples can be viewed at time of consultation.

Post-Operative Care

You will go home wearing a lycra bra that we provide. It will support the breasts in a comfortable healing position. We request that you wear this bra only for approximately 2 weeks. It should only be removed for showering. From two weeks post-op it may be removed at night for sleeping. We will provide you with oral medication for discomfort. Most patients do not need anything for pain 6 to 7 days after surgery.

During the first week after breast augmentation surgery, you will need to take life very easy, and avoid heavy lifting and excessive movements of your arms. Activities can be gradually increased after the first week, within your own comfort level. You will be able to shower 24 hours after your surgery. You should be able to return to your work from one week after your surgery. You will need to avoid aerobics or other strenuous exercises for about 6 weeks after your surgery. It is recommended that air travel be avoided for the first two weeks after surgery. However if you have specific concerns, you should discuss them with your doctor.

For the first few weeks after surgery, you will likely feel that your breasts are "too big", because of the swelling from the surgery. After a few weeks, this swelling settles. You will also have become more accustomed to your new breast size at that time. Some women report that their nipples become over-sensitive or under-sensitive following breast augmentation surgery. These findings are most common during the first few weeks after surgery. They are usually temporary.

You will be reassessed in our clinic 7 days after surgery when your sutures are removed. You will subsequently be seen at our clinic 6 weeks and 3 months after surgery. For most women undergoing breast augmentation, the results are usually very satisfying.

There is no relationship between breast implants and the development of any medical disease or breast cancer. Similarly, breast implants do not interfere with pregnancy or breast-feeding. Breast implants can interfere with regular mammography of breasts. However, this problem is minimised if implants are not overly large, if they are placed in the submuscular position, and if special



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mammography techniques are used. Today, radiology centres are well aware of these techniques.

There is a very large amount of information available on breast augmentation surgery.

Much of this information will be explained to you during your consultation appointment. At Cosmetic Image Clinics we understand the issues involved in making such an important decision and we are happy to discuss your concerns at any time.