

You may feel that your body image and self-confidence would be better if you had fuller breasts. In some cases it may be a desire to achieve a 'balanced figure' where natural breast size does not match a fuller body shape. Medical research demonstrates that quality of life is improved for women who choose to have breast enlargement.

Breast augmentation surgery has been available for more than 50 years and remains the world's most popular plastic surgery operation. It is a procedure which has stood the test of time. Implant technology has improved considerably and continues to do so. The implants come in a wide range of sizes. It is therefore possible to choose between quite a subtle enlargement or a more generous one. Your surgeon will discuss your objectives and help you choose an implant to suit you.

Breast implants have an outer layer made of silicone rubber or polyurethane which is textured to help it bond to the tissues in the breast.

The implant is filled with a thick silicone gel which is designed to mimic the texture of normal breast tissue. Again, there has been considerable progress in the physical properties of silicone gel: it is thicker ('cohesive') which allows implants to come in a greater choice of shapes and probably makes it less likely to leak out of the breast implant. Saline water filled implants are also available. The implants do not last forever but typically for 10 - 20 years. It is important to understand that further surgery to remove or exchange the implants is likely in the long term and a small proportion of patients will require further surgery at an earlier stage.

What does the surgery involve and what scars will I have?

Breast Augmentation surgery involves the placement of a breast implant either over or under the muscle in order to enhance the appearance or replace lost breast volume. This procedure is performed under a general anaesthetic. The type of augmentation and the implant placement will be discussed with you fully during your consultation as it depends on various factors including skin laxity, desired outcome and previous medical history.

The placement of scars will also vary depending on the technique suitable for you however most scars are either under the breast and hidden in the crease of the breast or in some cases cases may also involve a scar around the nipple. This will be discussed with you fully at consultation.

Complications

Breast Augmentation surgery is a common procedure that is usually straight forward however as with any surgery there is a small risk of bleeding, infection and wound breakdown. You will be informed of the possible complications at your consultation and again at the time of consent.

It is important to discuss capsular contracture with any patient considering breast augmentation surgery as a potential risk of surgery.

Earlier types of breast implant had a smooth outer layer. These earlier implants tended to develop a thick membrane ('capsule') which would tighten with time and cause the breast to develop an unnatural shape which resulted in further surgery being required to exchange the implants and release the capsule.

Most breast implants available in the UK market now are textured and come with a decreased risk of capsular contracture formation. If you require it then we can provide you with data relevant to breast implants in order to assist you.

Intended Benefits and recovery time

The intended benefit of breast augmentation surgery is to enhance the cosmetic appearance of the breasts, improve confidence and replace lost volume in patients that have breast fed children for example.

The recovery time is initially 1-2 weeks however you will be required to wear a supportive bra for 4 weeks post surgery. It is also important to know that after breast surgery, the breast tissue needs time to settle before you ultimately see the end result. This normally takes place after 3-6 months where you will then be able to see the end result.

Patient Aftercare

You will be discharged from hospital either the same day or the morning after your procedure. You will be wearing your supportive bra which needs to be worn day and night for 4 weeks.

The following should also be adhered to:

- Shower daily removing your supportive bra, then use a hairdryer on a cool setting to blow dry the wound site dry.
- Ensure you keep hydrated and eat a nutritious diet to ensure wound healing.
- Do not smoke
- Refrain from vigorous physical activity including heavy lifting for 2 weeks.
- Take mild painkillers as required.

Please do let us know if you have any concerns post your breast augmentation procedure and we will be happy to advise you.

Bella You offers an emergency out of hours service should you have any concerns and is contactable via the clinic on 01892 257357.