

## **Breast Augmentation**

### ***Surgery to enlarge the breasts and increase body confidence***

#### **What is Breast Augmentation?**

Breast Augmentation is surgery to increase the size of the breasts, provide uplift, and correct any asymmetry. It is the most popular cosmetic procedure in the UK and across the world.

Bella Vou provides Breast Augmentation by expert, accredited cosmetic surgeons. A boob job or breast enlargement can lift and restore breasts that have sagged or shrunk following childbirth, enhance the cleavage of women who are unhappy with the size and shape of their breasts, reconstruct breasts following cancer surgery, and boost wellbeing and self-esteem.

#### **Why have Breast Augmentation?**

Breasts come in all shapes and sizes. However, for many women, their curves and contours can have a significant impact on their body image. Breast Augmentation surgery enlarges, lifts, and rejuvenates the breasts. If you're unhappy with your breasts, augmentation can help boost your cleavage and your confidence.

Women wanting breast enlargement can usually be divided into two categories:

Some women have always been dissatisfied with their breasts. They may have not developed during adolescence and appear small, flat, or uneven. Surgery can increase the volume, give more of a cleavage, and create a silhouette that's more in proportion with the rest of the body.

Alternatively, many women are unhappy with their breasts because they have diminished or drooped following weight loss, pregnancy, or breastfeeding. Breast Augmentation can restore the lost volume and refill the loose skin so that the breasts are larger, more pert, and more youthful.

#### **What happens in Breast Augmentation?**

At Bella Vou, Breast Augmentation is performed under general anaesthetic. It is often done as a day case. However, you may need to stay in the hospital overnight.

The surgeon will make a small cut in the natural crease under the breast so that the scar is discreet and hidden. The implant is inserted and placed in position; then, the incisions are carefully stitched closed with absorbable sutures.

The implant fills the breast, pushing it outwards and upwards, enhancing the size and providing some uplift. Implants come in different shapes, sizes, and structures. The surgeon will take your breasts, your figure, and the look you want to achieve into account to get the best cosmetic result.

## **How long is the recovery from Breast Augmentation?**

Breast Augmentation is an established surgical technique. For healthy women, it is a successful, low-risk procedure. Most patients only need a few days' downtime following surgery.

Some soreness, swelling, and bruising are normal after the operation. You will be given a sports bra to support the breasts and maintain your comfort as you heal. Pain and swelling will progressively settle over two to three weeks following surgery.

After two weeks, you will be able to reintroduce normal activities gradually. However, excess arm movement, exertion, and avoid heavy lifting should be avoided for four to six weeks. By six weeks, you should be back to your usual routine, and by three months, the breasts will have softened, and you should be able to see the final results.

## **Quick glance guide to Breast Augmentation**

**Procedure Time: One hour**

**Recovery: Most women can return to work in 1-3 weeks, depending on the job**

**Anaesthetic: General anaesthetic**

**Hospital stay: Either a day case or one night stay**

**Treats: Small, sagging or shrunken breasts**

## **Why choose Bella Vou for your Breast Augmentation?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra charges.

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

## **Your Breast Augmentation journey at Bella Vou**

### **Free, no-obligation consultation**

Bella Vou gives every client a free consultation with an expert, accredited cosmetic surgeon. There is no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your breasts, and receive an impartial professional opinion.

The surgeon will discuss your wishes and objectives, then examine your breasts to evaluate the volume, position, skin elasticity, and the proportions of your body. The specialist will determine what is achievable by augmentation in terms of size and shape. They can show you photos of women who have had Breast Augmentation surgery at Bella Vou, and guide you on the implant and procedure that will achieve the breasts you're looking for.

You can take as much time as you need to decide whether surgery is right for you. Mr Amir Nakhdjevani says:

*'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

### **Meet your surgeon**

You will be offered a further appointment with your consultant before proceeding to Breast Augmentation. This will give you a chance to find out more about the procedure, understand the advantages and potential problems of breast enlargement, and to ask any questions you may have.

The specialist surgeon will take your medical history, examine your breasts to check for lumps, and ensure you're healthy and fit for surgery.

### **Preparation for Breast Augmentation**

You'll be given individual pre-operative advice to reduce your chance of bleeding or infection and support your healthy recovery.

It's important to let your surgeon know if you're on any prescription or over-the-counter medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can disrupt the healing process.

The Bella Vou team will let you know when to fast in preparation for your general anaesthetic, as soon as they've set your operation time.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre.

### **What happens during Breast Augmentation?**

Breast Augmentation is performed under general anaesthetic. It is often done as a day case. However, you may need to stay in the hospital overnight so that the team can monitor your recovery.

The surgeon will make an incision in the crease under the breast. The positioning ensures the scar is discreet and hidden. The surgeon will insert the chosen implants. They can be placed between the breasts and the pectoral muscle or behind the chest muscle. The surgeon will discuss the options before surgery so that you choose the right placement for your body, and the look you want to achieve.

Your consultant will stitch the incision closed with absorbable sutures that don't need to be removed. Finally, the wound will be covered with a simple dressing.

### **Recovery from Breast Augmentation**

You may need to stay in hospital overnight, or, depending on the time of your operation, you may be able to go home on the day of the procedure. There are no drains or drips. The staff at Bella Vou will offer analgesia, carefully monitor your recovery, and provide support every step of the way.

Some pain, swelling, and bruising are normal following Breast Augmentation surgery. You will be given a soft sports bra to support your breasts, reduce swelling, and keep you comfortable as you heal.

After one week, the nurse and wound care specialist will check your breasts, the scars, and your general wellbeing. The soreness and swelling will gradually settle over 2-3 weeks. After two weeks, you will be able to reintroduce normal activities progressively. However, excess arm movement, exertion, and avoid heavy lifting should be avoided for 4-6 weeks.

At around six weeks, your surgeon will check your progress and ensure that you are healthy and happy with your results. You should be back to your usual routine by this stage. At around three months, the breasts will have softened, and you should be able to see the final results. The Bella Vou staff are always available if you have questions or worries at any time.

### **FAQs**

#### **Is it better to have the implants above or below the muscle?**

The right positioning of the implant will depend on your skin, your breast tissue, and the results you want to achieve. The surgeons at Bella Vou will show you images of women before and after surgery. They can guide you about whether the placement should be under or over the muscle.

### **Will my breasts look natural?**

Breast Augmentation Surgery has made enhancing the shape and size of your breasts easier than ever. Implant technology has improved considerably to provide a natural look and feel. Bella Vou offers implants in a variety of sizes and shapes so that you can choose one that is right for your body. One of the clinic's experienced cosmetic surgeons will discuss your objectives and help you choose an implant to suit you.

### **Should I be concerned about breast cancer and Breast Augmentation?**

Breast Augmentation doesn't cause breast cancer. However, the accuracy of routine breast screening is slightly affected by implants, so it's important to tell your breast service that you have had surgery when you go for screening tests in the future. Some people at risk of breast cancer choose not to have augmentation surgery because of this.

Your surgeon will examine your breasts for lumps when you attend for your consultation. If you are over 40 or have other risk factors, such as a family history of breast cancer, you should visit a screening service in advance of having breast surgery.

If you notice a lump or any other breast changes, it's essential to get checked out as soon as possible.

### **What is the difference between saline and silicone implants?**

The most frequently used implant materials are silicone and saline. They each have pros and cons. Silicone feels and looks more natural. It allows the implant to retain its shape. However, it is more of a problem if the implant leaks. While silicone gel is harmless to humans, it remains in the breast or sometimes moves towards the armpit. Saline implants need a smaller scar and cause fewer problems when they leak, but the implants can ripple, and they look and feel less natural.

### **Will the implants need replacing?**

It may be necessary to replace your implants in the future. Specialists used to say that implants only lasted ten years, after which time they were at risk of leaking or changing shape. However, with improved modern implants, there is less of a risk. The implants seem to be safer and last much longer.

The consultant at Bella Vou will explain all the advantages and disadvantages of the procedure.

### **Is Breast Augmentation right for me?**

Only you can decide whether this is the right operation for you. It will depend upon the way you perceive your body, and the impact it has on your confidence and your life.

The specialist surgeons will talk you through the risks and benefits of the procedure, and explain the results you can hope to achieve. They may recommend alternative procedures, such as a Breast Uplift if this could provide a better cosmetic outcome.

You must make the choice that is right for you. The team at Bella Vou will give you space and time to make this decision.

### **Before and after pics**

### **Testimonials**

### **Pricing**