

## **Breast Revision Surgery**

***Specialist surgery to correct problems from previous breast operations and improve the appearance of the breasts***

### **What is Breast Revision Surgery?**

Breast Revision Surgery is secondary surgery to resolve problems from a previous breast operation, treat ongoing breast changes, and achieve an attractive, natural result.

Corrective surgery can help if you are not happy with the results of your breast surgery, you are looking for a different cosmetic result, or you have had complications following Breast Augmentation, Breast Uplift, or Breast Reduction Surgery.

Revision surgery presents additional challenges because of the changed anatomy and existing scars. It requires specialist skills to achieve a balanced, harmonious result. Bella Vou's highly-qualified surgeons have extensive experience and expertise in revision surgery. They can operate to correct any problems and rejuvenate your breasts.

### **Why have Breast Revision Surgery?**

The most common reasons for Breast Revision Surgery include capsular contracture following augmentation, breast asymmetry, drooping of the breasts, and implants that can be seen or felt.

If you are unhappy with the appearance of your breasts, if there is asymmetry, a capsule has formed around an implant making them feel hard and look unnatural, or if an implant is faulty, infected or ruptured, Revision Surgery can help. Specialist Revision can also help if you'd prefer different sized implants, or if the ongoing effects of age and gravity mean that you need another uplift.

Aesthetic plastic surgeons are seeing more people that need revision surgery following botched surgical procedures. This can be because of poor technique, not correctly selecting the operation for an individual's needs and surgical tourism. Bella Vou offers the highest standard of treatment by experienced and accredited surgeons so that you can be reassured that you will be given the very best care and attention.

### **What happens in Breast Revision Surgery?**

The surgeons at Bella Vou are experienced at Breast Revision Surgery. If you are a healthy adult, the procedure is low risk.

Bella Vou provides a bespoke breast surgery service. The specific procedure required will depend on the operation you've had, the problems following surgery, and the cosmetic result you wish to achieve. The surgeons will carefully assess your breasts, discuss any issues you have, and tailor surgery to address your concerns. Treatment could include:

**Breast Asymmetry Surgery:** If surgery has left you with unequal shaped breasts, then the breast contour can be adjusted using Vaser Liposculpture, autologous fat transfer, or by Breast Augmentation or Breast Reduction surgery.

**Breast Implant Replacement:** Surgery to replace faulty implants, excise capsule from around the implant, and restore an attractive breast silhouette.

**Breast Uplift:** If the breasts have sagged, Breast Uplift or Mastopexy can lift and reshape the breasts to give a fuller, firmer, and more youthful contour.

**Areola Correction:** If there is lumpy, puckered, or discoloured scarring around the areola, Areola Correction can treat the scars and restore a harmonious appearance.

### **How long is the recovery from Breast Revision Surgery?**

Breast Revision is more complicated than initial breast surgery. The recovery will depend on the treatment you need and your general health and wellbeing.

Pain, swelling, and bruising are normal after the operation. You may notice that this is more significant than following your first procedure. You will be given a sports bra to support your breasts, reduce swelling, and keep you comfortable. Pain and swelling will progressively settle over the first two weeks.

You can gradually reintroduce normal activities. But it's essential to take things easy and be sensible. Avoid too much arm movement, excess exertion, and heavy lifting should be avoided for between four and six weeks. By six weeks, you should be back to your usual routine.

### **Quick glance guide to Breast Revision Surgery**

**Procedure Time: 1 - 2 hours**

**Recovery: Depends on procedure, from 3 days to 6 weeks**

**Anaesthetic: General anaesthetic**

**Hospital stay: Overnight stay**

**Treats: Capsular contracture, infected implants, removal of implants, ruptured implants, rippling, asymmetry, cosmetic dissatisfaction.**

### **Why choose Bella Vou for your Breast Revision Surgery?**

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 Revision Surgery journey at Bella Vou**

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

Bella Vou offers 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 the concerns you have with your breasts and receive an impartial professional opinion.

When you have already undergone surgery, you may be worried about having another procedure. The surgeon will discuss the problems following your previous surgery, your wishes and objectives, and examine your breasts to determine what treatment you need. You can take as much time as you need to decide whether revision 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 Revision Surgery. This will give you a chance to find out more about the procedure, understand the advantages and potential problems, and to ask any questions you may have.

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

### **Preparation for Breast Revision Surgery**

The Bella Vou team will give you individual pre-operative advice to reduce your chance of bleeding and infection. As soon as your operation time is set, they'll also let you know when to stop eating and drinking in preparation for your general anaesthetic.

It's vital to tell the team if you're on any 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.

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 Revision Surgery?**

Breast Revision Surgery is performed under general anaesthetic. You will need to stay in the hospital overnight so that your recovery can be monitored. The specific surgery will depend on the operation, or combination of procedures, you are undergoing. Surgery can include:

**Breast Implant Replacement:** The surgeon will make an incision in the crease under the breast. They will carefully cut away any puckered, lumpy, or unattractive scar tissue. They will remove the existing implant and excise any capsule that has formed around the implant. If there is no evidence of infection, a new implant can be inserted, and the incisions stitched closed.

**Breast Uplift:** If the breasts have sagged, or the new implant is smaller, an uplift may be needed. The surgeon will excise skin from the underneath and the sides of the breast. They then lift and shape the breast to rejuvenate and restore symmetry.

**Areola Correction:** If there is stretched, lumpy, or puckered scarring following previous surgery, the cosmetic surgeon can either excise and refashion the scar. The wound is replaced with a fine scar that should be hidden in the margin of the areola.

The surgeons are skilled in minimising scarring, and areola scars heal well over time. However, if the healed scar is discoloured, medical tattooing can help camouflage the scar and help it blend with the surrounding skin.

## **Recovery from Breast Asymmetry Surgery**

You will need to stay in hospital overnight following surgery to recuperate. The staff at Bella Vou will offer safe and effective painkillers, carefully monitor your recovery, and provide support every step of the way.

Your breasts will feel sore, bruised, and swollen for a week or two. You may notice that this is greater than following your first procedure because the surgery is more complicated. You will be given a soft sports bra to support your breasts, reduce swelling, and keep you comfortable as you heal.

You should avoid returning to work for at least a week for optimal rest and recovery. After one week, the nurse and wound care specialist will check your breasts, examine the scars, and assess your general wellbeing.

The soreness and swelling will gradually settle, and you can start to get back to normal activities. However, you should wait six weeks before playing sports and taking part in other strenuous activities.

At around six weeks, your surgeon will check your progress and ensure that you are healthy and happy with your results. However, the Bella Vou team is always available if you have questions or worries at any time.

## **FAQs**

### **How is the recovery?**

The recovery will depend on your individual case and the correction surgery required. A simple implant exchange will be less complicated than one in which a capsule is excised, or the implant size is changed significantly.

There is usually some pain and swelling; our staff will offer you pain-relief after the procedure and following discharge. Antibiotics may be prescribed to prevent infection. Swelling will gradually decrease, applying ice-packs can help speed the process up.

After the operation, you will be placed in a supportive bra for up to 6 weeks. You should rest on the day following discharge and avoid exercise and any bending or heavy lifting for at least two weeks. From two weeks, you can slowly build up your activity levels, so that by six weeks you should be back to your regular routine.

### **Will I lose breast sensation?**

The nerves to the breast and nipple can be affected during any form of breast surgery. After the operation, you may notice numbness in the nipple and the underside of the breast. This is more common following procedures where the breasts are lifted, or the nipple is repositioned.

### **Are there any complications?**

There are complications with any surgery. The risks are higher following breast revision surgery, with research in America suggesting that around one in five women had a problem within five years of a follow-up procedure. Our expert surgeons and theatre staff will work to minimise these and support your safe recovery.

### **Will you replace implants that were inserted elsewhere?**

Yes. The surgeons at Bella Vou are highly skilled and experienced in revision breast surgeon. Like many other aesthetic plastic surgeons, they are seeing more people that need revision surgery following botched surgical procedures. This can be because of poor technique, not correctly selecting the right operation for an individual's needs and surgical tourism. Bella Vou offers the highest standard of treatment by experienced and accredited surgeons so that you can be reassured that you will be given the very best care and attention.

### **How do I know if I have a capsular contracture?**

Capsular contracture makes the breast firm to the touch, and they may change shape, or alter position on the chest wall. The breasts can be asymmetrical, and they may feel tender or painful.

If you are worried about your implants, make an appointment with the experienced surgeons for expert assessment and advice.

### **Should all implants be replaced after ten years?**

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. If you are worried about your implants, make an appointment for assessment and advice.