

What is Breast Augmentation?

Breast augmentation is a procedure to enlarge the size of the breasts by inserting an implant in a space created between breast tissue and underlying muscle or occasionally under the chest muscle. The implant we mostly use is a plastic envelope containing a saline solution or silicone gel.

Where is the scar placed?

A small incision is carried in the crease beneath the breast, or around the lower border of the areola or still in the underarm area.

Where is the operation performed?

The operation is usually performed in our surgical facility as an outpatient procedure.

What type of anesthesia is used?

Local anesthesia following intravenous sedation is most commonly used. General anesthesia can be given at the patient's request. The procedure takes about 2 hours to perform.

What is to be expected following surgery?

A brassiere and pressure bandages are applied around the chest. Analgesics are prescribed to alleviate any pain and discomfort. Rest is advised for a couple of days. When the patient is seen again, the bandages are removed and instructions on breast massages are given. Since the body reacts by forming a sheath of scar tissue around the implant, breast massaging is essential in preventing the shrinking of the scar tissue around the implant. However there are other factors contributing to scar contracture that are beyond the control of either doctor or patient.

When are the sutures removed?

Sutures are placed inside the skin and resorb by themselves.

What activity is allowed?

The patient is advised very limited motion of her arms for about 2 weeks. She then is allowed progressive physical activity until six weeks postoperatively when she is permitted total freedom of exercises. A bra is worn for 3 weeks day and night and then for another 3 weeks during the day.

What results can you expect?

Your expectation regarding the size and contour of your breasts following surgery should be discussed during your consultation. Bear in mind that the tightness of the skin of your breast can be a limiting factor to the size you are seeking. A joint decision between doctor and patient is then reached.

What are the complications?

Complications can be minimized by following your surgeon's advice on follow-up care during the healing process. But despite the surgeon's best efforts and your adherence to the instructions given, some complications, though rare, might happen. Among them are bleeding, infection and asymmetry due to the difference in the healing process on the two sides. Some degree of firmness of the breast may occur

weeks or months following surgery. There may also be a temporary loss of sensitivity around the nipple postoperatively.

Can implants cause breast cancer?

There has never been any demonstrated relationship between the silicone implant and the future development of breast cancer.

How about breast feeding?

The implant will not interfere with future breast feeding if the patient becomes pregnant. Remember that the best time to have an answer to your questions is during your consultation.