

Breast Augmentation (Breast Enlargement)

What is Breast Augmentation?

Breast Augmentation or enlargement is a cosmetic surgical procedure designed to enhance or increase the size of the breasts, using a prosthesis, usually a silicone implant placed behind the breast tissue.

Would this procedure be suitable for me?

This procedure is suitable for women who feel their breasts are too small or out of proportion with their body shape. It is also suitable for women with uneven or unequal breasts, and for women who report a volume loss following childbirth and breast feeding. This procedure may also improve slight sagging of the breast tissue.

Where is the implant placed?

The implant is usually placed under the pectoral muscle, to provide extra camouflage for the implant. Insertion is usually made under the breast fold or through the nipple, and the scar is usually very inconspicuous and fades with time.

What types of implants are available today?

There are many different types of cohesive gel implants available today. Dr Katsaros can advise as to which implant is most suitable. Textured, smooth, round or "tear-drop", it varies and does depend on the shape of the breast, person and the desired result. The implants cannot deflate or leak like the implants used in the past.

What are the complications of this procedure?

Swelling, tenderness and slight bruising can occur. This may last for two to three weeks. Numbness can occur and is usually temporary. Sometimes a thick capsule of tissue called "Capsular Contracture" may form around the implant causing firmness, and distortion of the breast shape. This occurs in a small percentage of women. There is no evidence that breast implants cause cancer or other diseases.

Can I breast feed if I have breast implants?

As the implants are placed behind the breast tissue, there is no reason why breast feeding should be compromised.

Will I be hospitalised and what is the recovery period?

In most cases, Breast Augmentation can be performed in our Day Surgery Centre under a general anaesthetic. It is advised normal activities are restricted for the first two weeks, then most people return to basic activities. It is advised strenuous activity is restricted for six weeks, and arm movements kept to a minimum (above the head). No bras are to be worn for the first four to six weeks unless otherwise advised. This allows the implants to drop into a natural position.

What results can I expect?

The aim is to increase breast volume, and produce a natural looking breast in proportion with your physique. It is very important patients have realistic expectations regarding the outcome of their surgery.