PLASTIC SURGERY

BREAST AUGMENTATION

(Enlargement mammoplasty)

This guide is for women who are considering having an operation to enlarge their breasts. We advise that you talk to a plastic surgeon and only use this information as a guide to the procedure.

A Breast Enlargement (also known as Breast Augmentation/Mammoplasty) operation usually involves placing an artificial implant either under your breast tissue, or under your chest muscle behind your breast.

Breast augmentation can:

- Increase fullness and projection of your breasts
- Improve the balance of your figure
- Enhance your self-image and self-confidence

Why have breast enlargement operations?

Every woman is special in her own way and similarly the reasons for having a breast enlargement surgery differs in all. The most common reasons why you may choose to enlarge your breasts include:

- to enhance the body contour of a woman, who for personal reasons feel that their breasts are too small
- loss of breast volume afterpregnancy and breastfeeding (although enlargement will not lift them)
- to restore breast shape after partial or total loss of breast for various conditions.
- a difference in size between your two breasts, hence for symmetry
- reduced breast size after losing weight
- to replace existing breast implants for cosmetic or reconstructive reasons

Breasts implant surgery is contraindicated in women with untreated breast cancer or pre-malignant breast disorders, active infection anywhere in the body, or individuals who are currently pregnant or nursing. Individuals with a weakened immune system (currently receiving chemotherapy or drugs to suppress the immune system), conditions that interfere with blood clotting or wound healing or have reduced blood supply to the breast tissue from prior surgery or radiation therapy treatments may be at higher risk for complications and poor surgical outcomes. A woman must be at least 18years of age for cosmetic breast augmentation.
What it won’t do
Breast augmentation does not correct severely drooping breasts. If you want your breasts to look fuller and to be lifted in case of sagging, a breast lift may be required in conjunction with breast augmentation.

Breast lift can often be done at the same time as your augmentation or may require a separate operation. Your plastic surgeon will assist you in making this decision.

Consultation with your surgeon
What to expect during your consultation?
The success and safety of your breast augmentation procedure depends very much on your complete candidness during your consultation. You’ll be asked a number of questions about your health, desires and lifestyle.

Be prepared to discuss:
*(please do fill the medical questionnaire provided to you before meeting the surgeons)*

- Why you want the surgery, your expectations and desired outcome
- Medical conditions, drug allergies and medical treatments
- Use of current medications, vitamins, herbal supplements, alcohol, tobacco and drugs
- Previous surgeries
- Family history of breast cancer and results of any mammograms or previous biopsies

Your surgeon may also:
- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine your breasts, and may take detailed measurements of their size and shape, skin quality, placement of your nipples
- Take photographs for your medical record
- Discuss your options and recommend a course of treatment
- Discuss likely outcomes of breast augmentation and any risks or potential complications
- Discuss the use of anesthesia during your breast augmentation

Preparing for surgery
Prior to surgery, you may be asked to:
- Get lab testing or a medical evaluation (Pre-Operative Tests)
- Take certain medications or adjust your current health needs
- Stop smoking well in advance of surgery (6 weeks prior to surgery)
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding
Special instructions you receive from the Surgeon or Anesthetist:

- What to do on the day of surgery
- Post-operative care and follow-up
- Informed Consent form to cover all the risk

Your plastic surgeon will also discuss where your procedure will be performed. Under normal circumstances you will be in the hospital for 1–2 nights after surgery.

Procedural Steps:

Step 1 – Anaesthesia

Medications are administered for your comfort during the surgical procedure. The breast augmentation surgery is done under general anesthesia. Your anesthesia will be explained during or after your consultation with the surgeons and also after the results of your pre-operative check.

Step 2 - The incision

Incisions are made in inconspicuous areas to minimize visible scarring. You and your plastic surgeon will discuss which incision options are appropriate for your desired outcome. There are 3 main incision options:

**Inframammary incision**

Placing the incision in the crease under the breasts, slightly above where the breast and rib cage meet, is known as an inframammary incision. It is very popular with surgeons.

**Periareolar Incisions**

Periareolar approach a small incision underneath the nipple-areolar complex which camouflages beautifully with the darker pigment of the areola.

A periareolar incision is made between the pink or brownish skin that surrounds your nipple (the areola) and the regular skin of your breast. This type of incision is a good choice for inserting breast implants if you are also having an areola reduction or certain types of breast lifts.

- There is a small chance of decreased nipple sensation with areolar incisions, but this is usually temporary.
- You also may be more likely to experience difficulty breast-feeding with periareolar incisions. This is an important consideration if you are thinking about having children. If you choose the periareolar incision and become pregnant, you might also want to consult with a lactation specialist if you decide to breast-feed.

A periareolar incision also carries an increased risk of a staph infection compared to the other breast implant incisions, because staph bacteria can be found in the milk ducts of the nipple. These ducts may be cut during this type of insertion.
Transaxillary (Armpit) Incision

- Breast implants can also be inserted through incisions in the armpits (transaxillary incisions). Inserting breast implants this way can be done endoscopically. The surgeon creates tunnels to the sites where the breast implants will be placed. Usually, transaxillary incisions are between 1 and 1.5 inches long, depending on the type of implant. Some surgeons consider this to be the best incision for full submuscular placement.
- Just as with implant placement, and implant type and size, breast implant incision patterns should be discussed during your initial consultation with a board-certified plastic surgeon. Ask your surgeon what he recommends for your surgery, and why.

Step 3 - Implant choice
Breast size and shape are important, so be honest and open about your expectations when talking with your surgeon. Implant type and size will be determined not just on your desired increase in size but more importantly on your breast anatomy, skin elasticity and body type.

Options for Breast Implants

Saline implants are filled with sterile salt water. They can be filled with varying amounts of saline which can affect the shape, firmness and feel of the breast. Should the implant shell leak, a saline implant will collapse and the saline will be absorbed and naturally expelled by the body.

Silicone implants are filled with an elastic gel. The gel feels and moves much like natural breast tissue. Current high cohesive silicon gel implants do not leak.

An ultrasound or MRI screening can assess the condition of breast implants.

Implant manufacturers occasionally introduce new styles and types of implants, so there may be additional options available.

- Currently Saline implants are FDA-approved for augmentation in women 18 years of age and older.
- Currently Silicone implants are FDA-approved for augmentation in women 22 years of age and older.
- Saline or silicone implants may be recommended at a younger age if used for reconstruction purposes.

Our surgeons recommend Silicone gel filled, high cohesive, textured implants for our clients.

Beverly Wilshire Medical Centre is the pioneering centre in Malaysia for the latest generation of breast implants; the Furry Brazilian implants, that received FDA approval in March 2012, but more importantly they received FDA approval for a new high strength gel and for shaped implants making them the only manufacturer to receive this.

The implants are covered in a layer of polyurethane-foam that creates a ‘furry’ feel to the outer shell. It is supposed to feel like suede or fur which is why they are often referred to as “furry Brazilian implants”. The outer shell, reportedly reduces the risk of Capsular Contracture, which is a risk that every woman considering breast surgery should be aware of. These ‘furry brazilian implants’ cause a different reaction, instead of one large capsule forming, many ‘micro capsules’ form. This means that it doesn’t contract like a tight bag around the implant. Studies have shown that in a first time breast augmentation, the chance of capsular contracture (CC) is around 17% over the first 7 years. Studies into Furry Brazilian implants suggest a rate as low as 1% over 15 years- (the range being 0-9% in different studies) which is a significant reduction.
Step 4 - Inserting and placing the implant.

After the incision is made, a breast implant is inserted into a pocket either:

- Under the pectoral muscle (a submuscular placement), or
- Directly behind the breast tissue, over the pectoral muscle (a submammary/subglandular placement)

*The method for inserting and positioning implants depends on the type of implant, degree of enlargement desired, your body type, and your surgeon’s recommendations.*

Step 5 – Closing the incisions:

Incisions are closed with layered sutures in the breast tissue and with sutures, skin adhesive or surgical tape to close the skin. Over time the incision lines will fade.

Step 6 - See the results

The results of breast augmentation are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Satisfaction with your new image should continue to grow as you recover and realize the fulfilment of your goal for fuller breasts.