



BREAST PROCEDURES FAQ's

What is Breast Augmentation and how is it performed?

Breast Augmentation of the breast consists of insertion of a silicone/saline bag (prosthesis) under the breast (sub mammary) or under the breast and chest muscle (sub pectoral). Filling the prosthesis expands the breast area to give a fuller breast (increased cup size), give a better contour, and give more cleavage. There are several techniques, all of which involve the insertion of saline or silicone gel-filled implants behind the breast tissue or behind the pectoral muscle. The implant is inserted through a small incision either under the breast, around the nipple or in the armpit. Together, the surgeon and patient determine which approach is most suitable during the pre-operative consultation process.

What outcome can I expect to have?

Breast Augmentation surgery is performed to increase the size, shape and or fullness of the breasts. The size increase needs to be discussed prior to the procedure and depends on such variables as individual measurements and overall proportion. An experienced surgeon can determine whether the patient's expectations are achievable or not.

What are the risks?

Like all surgery, breast augmentation carries inherent risks and complications. The more research you do and the more experienced your surgeon is, whilst also choosing an accredited hospital, provides the greater chance of a positive outcome. In addition to health/medical problems, there is the risk that the patient will not like the results of her breast augmentation. Photos are a great way to express to your surgeon what outcome you would be happy with.

What are some of the things I should take into consideration when choosing my implants?

All implants in our hospitals must meet the high safety standards. Mentor Memory Gel Implants, Allegan, Silimed (Brazilian) implants are available at our Hospitals. With Mentor the only current implant with FDA approval.

Incision, insertion and shape are all important factors when choosing the right implant. Your surgeon's recommendation will guide you in the right direction. But ensure you research all the options, you have to be 100% happy with the decision.

Are psychological factors taken into account pre operation?

Your emotional stability is a primary factor to consider prior to any cosmetic surgery being performed. A large bust does not guarantee a new life or an end to all your personal problems. Mostly it is a patient's mental attitude and state that helps determine a successful outcome. Breast Augmentation can improve the fullness, proportion and overall appearance of the breasts as well as lift self-confidence and esteem. The rest is up to each individual.

Will I have any swelling or bruising?

Swelling is very common post-operatively, and patients will most likely experience both swelling and or bruising to some degree. This can be reduced by applying cold compresses, and following your surgeons post-surgery guidelines. Sleeping in a reclining position that may help the fluid move away from the breast area and ease the swelling. Any bruising typically fades within the first couple of weeks post surgery. Severe or deep dark bruising that feels firm should be reported to your agent (Somnio) and surgeon as this could lead to hematoma.

Is there pain associated with my breast augmentation?

The amount of pain/discomfort experienced depends on the technique in which the procedure is performed, the incision site and the implant placement. Each patient has a very different tolerance to another and experience pain in different ways. Your surgeon will prescribe appropriate pain medication after surgery for this should you be concerned.

Do breast implants lift sagging breasts?

Breast implants cannot elevate excessively drooping breast's, they can reduce the appearance of mild droop of breasts by adding volume behind loose skin determined by the surgeon after viewing images and consultation. Moderate to severe sagging breasts can be corrected by a Breast Lift (mastopexy), which can be performed at the same time as augmentation should you wish, or as a standalone procedure.

What about scars?

Scars are an inevitable result of almost every surgery, however a skilled surgeon can make them as inconspicuous as possible. Breast augmentation scars are usually a few centimeters long and are positioned to be barely noticeable.

Will I know if my implant was to rupture?

If a silicone gel implant ruptures, the gel may remain in its shell or leak into the surrounding tissue. Whilst this gel is harmless to the body, it is difficult to detect a rupture because the gel moves slowly. For this reason, a mammogram or ultrasound may be necessary to detect this. Silicone gel implant that rupture can remain undetected. If a saline implant ruptures, the saline solution disperses into the body without causing harm and the breast volume is generally visibly reduced quite rapidly.

Do my implants have to be replaced?

Breast implants have a reasonable lifespan and may need to be removed or replaced at some point. The lifespan varies but many last up to 25 years, give or take. It is possible for any type of implant to leak if damaged or worn. It must be assumed that all breast implants will eventually wear out and need revising or removing.

Do breast implants cause breast cancer?

There is NO medical evidence to show that women with breast implants have a higher incidence of developing breast cancer or other diseases for that matter.

According to scientific research, women with breast implants are not at any increased risk of autoimmune or connective tissue diseases. Although some patients have claimed of complications to their health due to ruptured silicone implants in the past, studies have not conclusively indicated that implants bring about increased risks of any rare diseases.

How to detect breast cancer with implants?

Breast implants can obstruct your x-rays from penetrating all of the breast tissue, creating the potential for abnormalities to remain undetected. Women with breast implants should choose a facility that has technicians experienced in obtaining reliable mammograms from breast implant patients. Informing technicians and specialists about your breast implants enables them to use appropriate techniques and avoid compression that could lead to rupture.

Breastfeeding after breast implant surgery?

Breastfeeding with implants is mostly no more difficult than breastfeeding without implants. Usually, the milk ducts that bring milk from the lobes and lobules of the breast to the nipple are not disturbed during surgery. The implant is placed in a pocket under the breast tissue. The periareolar incision is the only one that cuts through breast tissue and ducts. This is usually performed for breast lift and reduction's.

Should I proceed with implants after I have children?

Women can generally have breast implants at any time, many patients choose to hold off if they plan on having a child/en. Weight gain and breast tissue gain and loss will affect the appearance of the breasts, as will breastfeeding and associated hormonal changes.

Will my breast augmentation sag after surgery?

All breasts relax with age as elasticity is lost in the skin and the amount of breast tissue usually decreases. This means that all breasts can be expected to sag, with implants or without. Implants do add weight to the breast, which may increase the rate of sagging, however, implants and surrounding scar tissue can also provide internal support for the breasts. The larger the implant, the greater the chances of sagging. We suggest wearing a good quality surgical/supportive bra and not assume that breast implants mean that a bra is not necessary.

When can I resume my day to day activities?

This varies for each patient and should be discussed with your surgeon before (pre) and after (post) surgery. Most patients should be able to resume office work 3-5 days after surgery. For more physical positions, downtime is usually around 2-3 weeks in most instances, if not longer.