



Are you unhappy with your breasts? Many women are not so more and more are opting for breast surgery. And today, it is even simpler and safer than ever before.

Today breast enlargement, or augmentation, is one of the most popular cosmetic procedures. Never has it been simpler or safer to have breast surgery. Women who have small breasts or who have experienced changes to their breast due to pregnancy, breast feeding or weight loss will often have this procedure. The results are larger and firmer breasts which can make you feel more feminine and therefore more confident.

Frequently asked questions:

Who is breast enlargement surgery for? What can I expect?
What does the surgery involve? What will recovery be like?
What are the possible risks or complications?

Who is breast enlargement surgery for?

- Women who have small breasts and feel unhappy with them
- Women who want to improve their appearance after pregnancy
- Women who have lost size in their breasts after losing weight
- Women who want to have a more proportionate figure
- Women who may have one breast smaller than the other

What can I expect?

Women who have breast surgery find that enhancement of their figure really can help to improve their self-esteem and self-confidence. Breast size can be increased by up to 2 sizes, so for example, from a B to a D. This is decided upon during consultation with your surgeon. Quite often women have breast enlargement surgery in combination with a breast uplift to enhance not only the size of the breasts but also the shape and height of the bust line.

What does surgery involve?

During the procedure small incisions are made in the natural crease underneath the breast or underneath the armpit and either silicone or saline implants are inserted. During your



Breast Augmentation

consultation your surgeon will help you choose which type of surgery and which type of implant suits you.

Prior to your surgery you will meet with your surgeon to discuss any questions which you may have. The surgery will last between 1-2 hrs. and will require a general anaesthetic and therefore an overnight stay in hospital.

What will recovery be like?

Many women say that the sensation after surgery is more uncomfortable than painful. If however you do experience pain then you will be prescribed painkillers. Your breasts may be bruised and swollen after surgery. You will be advised not to fly for 10 days. It is best to return to work after 1-2 weeks unless you have a very strenuous or active job in which case you may be advised to take a longer time of work. You will wear a light dressing which needs to be kept dry until you have your follow up consultation with your surgeon. This will be between 7 – 10 days after your surgery. After this it is often advisable to wear a sports bra for a few weeks to really help to keep the breasts in shape. There will be slight scarring which will still be pink for 1-2 months but which may take many months to completely reduce.

Are there any risks involved?

Breast Augmentation is one of the most commonly performed cosmetic procedures and generally is done without complications. All surgery however does carry an element of risk.

Complications can include capsular contracture where scar tissue hardens around the implant or rupture of the implant when a hole develops. With the introduction of newer implants both of these risks are now reduced. From time to time women can experience changes in sensation. The nipple can become more or less sensitive. This is almost always temporary and lasts for a few months but rarely this can be permanent. All of these risks are minimised by experienced surgical technique, specialist care and by using highly qualified surgeons and nursing staff.

The risks are also minimised by making sure that you are in good general health before your operation. Your consultation with your surgeon will give you advice on how best to achieve this as well as letting you know of any risks which may apply to you.