

## BREAST AUGMENTATION FAQs

### What Is Breast Augmentation Surgery?

Breast Augmentation is the term used to describe an operation to apply change in the form, texture or size of breasts using breast implants. This regains fullness of the breast that has been lost and also helps to regain symmetry of uneven breasts, often caused by ageing, or post pregnancy.

### Am I Suitable For Breast Augmentation Surgery?

Only following a thorough consultation and examination will you know whether a breast augmentation operation is right for you. Factors relating to your medical health and your desired outcome will be discussed in detail to ensure that a breast augmentation procedure will help you achieve the aesthetic result you desire. Everyone has different ideas as to what the perfect breasts are and therefore it is extremely important to discuss your expectations openly at the time of consultation.

### What Does Breast Augmentation Surgery Involve?

An incision is made in one of three areas, the axilla, peri-areolar or, most preferably, the inframammary fold situated in the natural crease of the breast. A pocket is then made either above or underneath the muscle in order to accommodate the implant. Once the implant is situated appropriately, the incision will be sealed with stitches.

### How Do I Know What Breast Implants To Choose?

During your consultation with Mr. Karidis everything from the shapes and brand of implants to the size of implants will be discussed. Everyone is different and consequently there is not one best type of implant to suit every individual.

### Do Implants Need To Be Replaced?

It is reasonable to expect that you may well need to change your implants at some stage in the future. There is no expiry date as such but over time there will be some degree of wear

and tear. In addition to this, your body will change and age over time and the aesthetic result may deteriorate due to this. Most ladies will choose to change their implants after having them in for 10 years or more. After which point, it is advisable to have your implants examined by a specialist on a regular basis and an MRI scan of the implant if deemed necessary. This will detect any deterioration in the outer coating of the implant and will help to identify any capsular contracture which is currently the leading cause of the need to change implants.

### Is Breast Augmentation Surgery Painful?

Whilst some women find this procedure painful others report very little or even no pain post operatively. Placement of the implant behind the pectoral muscle is usually, but not always, associated with a slightly greater degree of pain; as it is necessary to cut the muscle to some degree in order make space for the implant.

### How Should I Expect To Feel Post Surgery?










When you return to your room after surgery you will be sat up in bed with pillows behind you. You will have some dressings placed across the breasts that stay on fully for 1 week. You will need to wear a sports bra from the day of surgery all day and all night for 6 weeks. You may feel some discomfort caused by swelling however with the use of regular pain relief, patients cope very well post operatively.

### What Should I Expect Post Breast Augmentation Surgery?

It is very common to have some bruising and swelling post Breast Augmentation surgery. Some patients report numbness to the area or increased sensitivity. This is common and usually resolves within 2 weeks. Most women report a considerable improvement in their symptoms and in fact do away with any painkillers.



### Quick Reference

-  **Surgery time**  
Under 45 minutes
-  **Anaesthetic used**  
General anaesthetic
-  **Hospital stay**  
Day case
-  **Pre admission tests required**  
Blood tests +/- ECG
-  **Up and about**  
Same day
-  **Washing**  
Keep incisions dry for 2 weeks
-  **Driving**  
1 week
-  **Exercise**  
4-6 weeks
-  **Time off work**  
1-2 weeks

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## What Are The Scars Like Following Breast Augmentation Surgery?

A scar will always be present following breast augmentation surgery. Initially everyone will see a pink scar line. Most people heal extremely well and the scar fades to a silvery thin line within the first 9 months of treatment. However, rarely, pink or lumpy scarring can remain. You will be assessed for any risk factors at the time of your consultation.

## Can Breast Augmentation Surgery Go Wrong?

All surgery carries risks. However, choosing an appropriately qualified plastic surgeon and following the advice of medical staff will keep risks of complications to a minimum. Individuals vary greatly in their anatomy and healing abilities so it is impossible to guarantee a specific outcome.

General risks include bruising and swelling, bleeding, wound infection, problems with general anaesthetics, abnormal scarring. There are specific risks relating only to breast augmentation procedures and these include capsule formation and capsular contracture. Mr. Karidis will discuss this in more detail during your consultation.

## How Does Breast Augmentation Surgery Affect My Lifestyle?

Most people are up and about soon after surgery but it is very important to avoid any extreme stretching or lifting during the first 2 weeks. Many people feel happy to return to work at around 1 week post surgery however this may depend on the type of job you have. If your job involves lifting or strenuous activity it would be advisable to refrain for another week. Light exercise can be resumed from around 4 weeks post surgery with aim to resume usual sports / exercise somewhere between 6 and 8 weeks post surgery.

### Nurses top tip:

Wear a sports bra – a front fastening option is often helpful. If you have young children – a second pair of hands will be very helpful for your first 2 weeks whilst you recover.

## What Costs Are Involved?

A surgeon fee, anaesthetist fee and hospital fee will be required. You will be given a breakdown of these costs on the day of your consultation.

## How Many Breast Augmentations Has Mr. Karidis Performed?

In accordance with the National Healthcare commission guidelines, according to the last five years of annual audit figures submitted to the Hospital of St. John and St. Elizabeth in London, Mr. Karidis inserted on average 300 breast implants per year. In the last 10 years he has inserted nearly 3000 breast implants.

## What Advice Would You Give To Prepare For My Op?

It is always useful to allow yourself plenty of time to recover and organise sufficient time off work. 7 - 14 days off should give you sufficient time to allow any significant bruising, swelling and discomfort to subside. Ensure any blood tests or other tests that are required are undertaken well in advance to avoid any potential delays.

Don't forget to pack a sports bra in your hospital bag as you will need to wear this post-surgery.

## How Does Travelling Soon After Surgery Affect Me?

After your operation you may feel a little drowsy from the anaesthetic and other medications. Therefore we strongly suggest that, if possible, you nominate a friend or family member to collect you. Alternatively, we can assist you in booking a taxi whilst you are in hospital.

## Will There Be Post Op Care?

We look forward to seeing you at the clinic at 14 days after your surgery to remove your dressings and check all is healing well. This is usually extremely exciting as it will be the first proper glimpse at your new breasts! Providing all is well, you will usually see Mr. Karidis at around 6 weeks post operation for a routine check up. Further appointments can of course be made if necessary.

## What Are The Warning Signs After Breast Augmentation Surgery?

Please ensure you notify medical staff of any heavy bleeding, pain, excessive swelling or a persistent high temperature (above 37.5 degrees for 12 hours or more). Most often there is nothing to be concerned about, however, it is always best to check!

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### **Why Should I Choose Breast Augmentation Surgery?**

The chances are excellent that you'll be happy with your surgery. Most patients understand the advantages and benefits of this type of surgery. However, despite assurances by competent British Plastic Surgeons and the UK's Department of Health, many women are still concerned about the safety aspect of silicone and implants in general. If you decide to undergo breast augmentation surgery it is important that you choose an implant that you feel assured about. A surgeon can only inform and advise what implant he feels is best however ultimately the decision is yours. Unfortunately, the perfect implant has yet to be made and there are some positives and drawbacks associated with all implants. It is important that any potential patient weigh up the benefits and risks prior to undergoing any surgery and allow themselves not to be swayed by any form of media hype or scaremongering.

### **How Safe Are Breast Implants?**

Silicone gel implants are currently the most common type used in Europe. Modern silicone gel implants have been available since 1962 therefore surgeons have had over 45 years of experience with these types of implants. Not only are these silicone implants reported to be extremely safe, they arguably have the most natural 'feel' and result.

### **Will Breast implants give me a lift to my breasts?**

Although breast implants will by virtue of their volume, expand the skin of the breast envelope you must remember that to a degree this will be cancelled out by the gravitational effect of the weight of the implant. Therefore if you are significantly droopy to begin with prior to surgery, inserting a breast implant will just give you bigger, but still droopy breasts. In this situation it is usually best to perform a simultaneous uplift or mastopexy. This of course will be discussed at the time of consultation.