

Breast Enlargement / Enhancement (AUGMENTATION MAMMAPLASTY)

DISCLAIMER:

Please read the following points:

- ❑ The details supplied on this website are for information purposes only and full medical details should be obtained from Mr Mutimer at a pre-arranged appointment
- ❑ All details supplied by people who log onto this site are confidential and are safely secured by this website only. However, if you do not wish to add details to this website there is the option of performing this via the office on telephone: 9592 0522 or by fax on 9592 0320.
- ❑ All patient photos and literature on this website are firstly consented to and signed by the patient themselves

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Breast Enlargement, also commonly known as Breast Augmentation, is a procedure to place a prosthesis behind the breast to enhance the breast size.

The prosthesis is either a silicone or saline implant, which vary in feel and texture. It is extremely important that you are totally confident with the choice you make in relation to your implant. Many women gain a great deal of self confidence and satisfaction from breast surgery, however it is important to realise whilst you may gain self confidence it will not change you totally.

The most common reasons why women have their breasts enlarged are:

- To obtain a fuller bust-line
- To alter the breast to a more desirable size
- One breast may be smaller than the other
- To give self confidence as there may be very little breast tissue
- Breast feeding may have reduced breast size and altered the shape
- Breasts may be small compared to the rest of the body

WHAT TO EXPECT AT YOUR CONSULTATION

During the consultation, Mr. Mutimer will discuss with you your needs and expectations, to gain a good understanding of the results you are hoping to see after your breast surgery. You will be asked about the texture and shape you are looking for, and will be shown various sample types of implants and allowed to actually feel them. Mr. Mutimer will discuss with you the various types of implants and their long-term effects.

It is important to remember that your breast size should be in proportion to your body shape. There will be personal preferences and various factors that will help both you and Mr. Mutimer decide what breast size is best for you.

The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a patient to make enquiries about such a delicate matter. Our caring and supportive staff are more than happy to

help you make the necessary arrangements for an appointment to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed as possible about the procedure. Please do not hesitate to ask the staff for any assistance.

Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre. Strictest care is taken to ensure your privacy.

Easy parking is available at the rear.

Mr. Mutimer will do a physical examination before a procedure takes place.

He will perform a comprehensive examination of your breasts, noting their size and shape, the quality of your skin, and any requirements for nipple repositioning, if necessary.

Preoperative photographs will also be taken.

Mr. Mutimer will want to discuss your full medical history, and will need to know about any medication you are currently taking.

It is very important to inform him too, of any previous breast surgery, breast cancer history, breast biopsies or removal of cysts or lumps.

Any weight loss or gain, or any desired loss before surgery, should be reported also.

N.B. If you have had any previous mammograms, please bring all relevant information to your consultation.

You can expect the consultation with Mr. Mutimer to last at least 30 minutes.



Many women choose to have their breasts in order to satisfy their own desire for a fuller bustline.



Breast augmentation can enhance your breast size and shape, and give you a more proportional figure.

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HOW A BREAST ENLARGEMENT IS PERFORMED.

Where are incisions placed?

Incisions are made either within the armpit, underneath the breast in the crease or around the areola. The position of the incisions will depend whether the prosthesis itself is placed behind or in front of the pectoral muscle.

With the saline implant, a smaller incision of 3-4 cms is required. The incisions are often made underneath the breast in the crease, around the lower edge of the areola or within the armpit. When the incision is made the implant is then placed into a pocket either behind or in front of the pectoralis muscle.

Mr. Mutimer will inform you of the best position to place your implant, as this depends on the individual body shape, and quantity of the existing breast.



An incision can be made either underneath the breast just above the crease, around the lower edge of the areola (the pigmented skin surrounding the nipple) or within the armpit.

RISKS, COMPLICATIONS AND SIDE EFFECTS

Breast enlargement surgery is safe procedure however it does have risks, complications and side effects and it is important that you understand these before proceeding with surgery. They are as follows:

- Infection of the wound site requiring antibiotics.
- Bleeding from the wound which may require further surgery.
- Prolonged healing period (every patient is different).
- Bruising and swelling causing pain and discomfort for up to two weeks.
- (If this persists for a long period of time you should consult Mr. Mutimer).
- Lumpy scar tissue around the wound site which may take up to 18 months to heal.
- Distortion or hardening of the implant - known as capsule contraction.



The implant is placed in a pocket either directly behind the breast tissue (right) or underneath the pectoral muscle which is located between the breast tissue and chest wall.

- Nipple sensation can be altered, and may vary from side to side.
- All implants can interfere in some way with breast mammography.
- This can be minimised by certain techniques.
- Rupture of the implant, involving removal and replacement implant.
- (This is a very rare occurrence)
- If an implant has been inserted for many years a patient may request removal and/or replacement. Whilst it is not known exactly how long the implants will last, it is thought to be 15 - 20 years.

Mr. Mutimer will explain these to you in more detail, during your consultation.

PRE-OPERATIVE PREPARATION

- Mr. Mutimer may ask you to have a mammogram prior to surgery
- Smoking should be ceased two weeks prior to surgery (this includes nicotine patches)
- Any blood thinning tablets (i.e. aspirin/disprin) or vitamins should be ceased two weeks prior to surgery
- Arnica tablets should be taken 3 days prior to surgery (5 tablets a day) excluding the day of surgery and also taken post-operatively until finished (These will help with swelling and bruising).
- Fasting is required 7 hours prior to surgery
- Betadine wash should be applied to the chest/armpit area daily after showering for two weeks prior to surgery

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WHAT TO EXPECT ON THE DAY OF SURGERY

The patient care coordinator will have given you an admission time, which will be approximately one hour prior to your surgery. You will have fasted 7 hours prior to this.

Remember to take your hospital/health cover details, night wear, toiletries and comfortable clothing including a top that is zipped or buttoned at the front for easier access, and comfort.

You will be given a general anaesthetic and it is important to inform Mr. Mutimer or the anaesthetist of any previous reactions to anaesthetics, nervous conditions or anxiety.

Your procedure will take approximately 90 minutes after which you will be taken into the recovery room where you will be closely monitored. You will have drainage tubes inserted to allow for drainage of blood and fluid.

The length of stay in hospital is usually one night, though occasionally it is performed as a day procedure.

What should I expect after my surgery?

The nursing staff at the hospital will closely monitor your recovery, and are available to address any needs or concerns relating to your surgery. You will have drainage tubes for at least 24 hours unless Mr. Mutimer recommends they be removed at a later stage.

After discharge, you will monitor the drainage yourself and will daily inform the wound care manager of this.

You will be mobile a day or two after surgery and Mr. Mutimer will allow you to bathe 2 days post-operatively. You will experience some pain and discomfort due to swelling for which you can take pain relief (remember not to take aspirin or disprin). Lifting, straining and bending should be avoided for at least three weeks. It is important not to expect too much too soon. It is more beneficial to sleep on your back and if you have difficulty doing this you may need to obtain a prescription for tablets to help you sleep. You should try to get as much rest as possible as this will aid in your healing process. Remember to take your Arnica tablets. Every patient heals differently, some quicker than others. If you suffer from post operative anxiety, anguish or worry it is important for you to remember that you are not

alone and you can contact the office to speak to the wound care manager for any support.

When can I resume normal activities?

You will need to allow yourself two weeks off work, depending on the degree of physical activity in your job. If you have small children it is important that you do not lift or carry them to avoid any implant movement in the first few weeks post-operatively. You should abstain from sexual activity for at least one week and physical exercise for at least three.

MAINTAINING A PATIENT/DOCTOR RELATIONSHIP

Mr. Mutimer is a very relaxed, approachable doctor, who understands your needs in relationship to breast augmentation surgery. Please feel free to approach him with any questions that you feel need to be addressed or concerns that you may have.

You will return to the consulting suites for follow up care, at prescribed intervals by Mr. Mutimer, where he will monitor your recovery. Post-operative photographs will be taken at a later date.

It is important for you to remember that the relationship between you and Mr. Mutimer does not end when you leave the hospital. If you have any questions or concerns do not hesitate to contact the office to speak with him.

The post-operative period is an extremely important time and staff are available to help you. You can contact the office on 9592 0522.

SEE NEXT PAGE FOR INFORMATION ON IMPLANTS