

# Breast Augmentation

Our philosophy for performing breast augmentation is based upon two principles. First, we perform surgery for women who are whole people, not two breasts. Your desire for a specific shape and size is the most important thing. Secondly, we view this procedure as one that enhances the whole feminine figure and profile, not just the breasts.



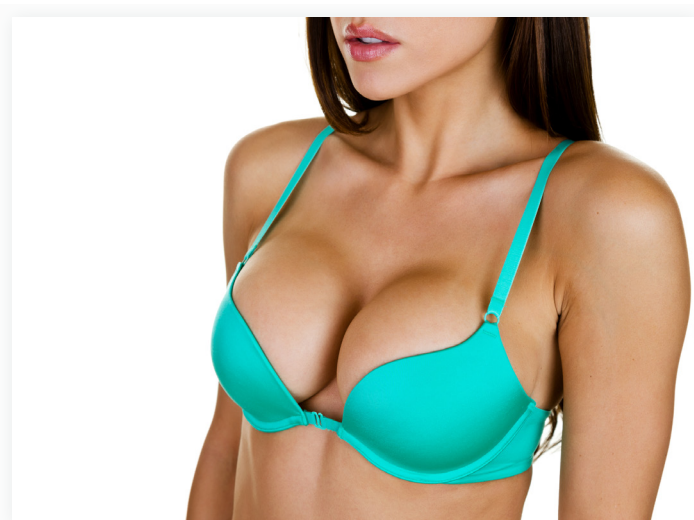
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EXPERTS IN COSMETIC SURGERY

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## WHAT ARE THE RISKS AND LIKELY AFTER-EFFECTS?

Cosmetic Surgery, like any other surgery, involves a "trauma" to the human body and there are risks associated with any procedure. Each woman's body is different, and your general health, level of fitness, age and genetic profile will all have an effect on the speed of healing and also on the risk of side-effects.

If you smoke, drink alcohol, are overweight and/or take drugs for medical or other reasons, the risk of complication during and after surgery can be greatly increased. Smoking, in particular, is discouraged because it increases the risk both of infection, wound breakdown and thrombosis (blood clots).

## WHAT IT IS?

Breast augmentation is the surgical term for enlarging or reshaping the female breasts by the insertion of implants.

## WHY IS IT POPULAR AND WHAT ARE THE BENEFITS?

Women choose to enlarge their breasts for a variety of reasons, and augmentation is one of the most popular cosmetic surgery operations. There are two types of patient who need this operation. Firstly, those who have never developed breast tissue and secondly, those who have found their breast tissue has decreased after having children. Breast augmentation on its own has limits in tightening the breast or raising the nipple. If you have excess loose skin or the nipple is low you may also need a mastopexy or breast lift.

The benefits are self-evident. Your breasts will be larger, fuller, firmer and more shapely.

## WHAT DOES THE PROCEDURE INVOLVE?

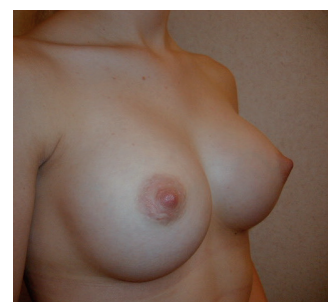
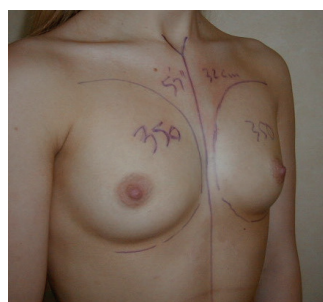
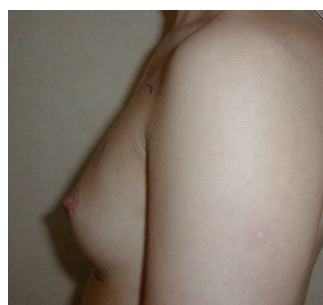
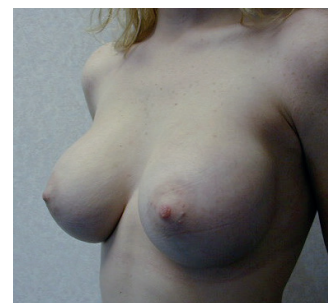
The procedure is performed either under local anaesthetic with "twilight" sedation or general anaesthetic. An overnight stay is generally not necessary.

Your surgeon will make a small incision (usually 4-5cm) under each breast. The breast tissue is then raised from the underlying muscles and a pocket created, into which a textured silicone implant is inserted. The skin is then closed with small stitches and a light dressing applied. The whole procedure usually takes about an hour to perform. Sometimes if the tissue is thin, implants are placed behind the muscle. Your surgeon shall explain the operation plan at the time of your consultation.

Before



After



After a breast augmentation it is normal for all women to experience swelling, bruising and numbness. A very small number may also encounter infection. Long term, in a minority of cases (about 10%), the body may react to the implants by creating a hard capsule of scar tissue around them. This is correctable. The risks can be reduced by massage that shall be explained after the operation.

## WHAT WILL HAPPEN AFTER THE OPERATION?

### Post-Op

Your surgeon will see you when you have come round from the anaesthetic to check that all is well, and discharge you providing you are fit to return home. You'll be given medication and full post-operative instructions along with appropriate telephone numbers in case you need to contact us at any time. You will need to wear a support bra continuously for the first two weeks to provide support and reduce swelling.

### Week 1

During the first week after surgery, you should not remove the support bra at any time and you will not be able to immerse your breasts in water. You should try to resume normal daily activities as soon as possible: general mobility will help speed up the healing process. You should NOT, however, drive or undertake any strenuous activity or exercise. You will see the nurse after 7-10 days so that she can check your progress and remove your dressings and stitches. After your check-up you should be able to bathe and shower fully as usual, using unscented products. You should also be able to drive again.

### Week 2-4

During this period the bruising clears and swelling reduces. The sensation starts returning, most patients experience burning sensations and sharp shooting pains in either or both breasts. The nipples may be sensitive to touch and have a burning sensation. Occasionally, implant movement may produce noises. All this should settle by the end of this period.

### Week 6-10

You can expect much of the swelling and discomfort to have eased by now, and you should be able to start gentle exercise again. Your surgeon will see you again, usually 8-10 weeks afterwards for a full post-operative consultation. You can also travel by air and can sunbathe if you wish, taking care not to expose any scars to the sun.

## FULL POST-OPERATIVE COVER

We're confident that you will be delighted with the results. For that reason, we guarantee that we will provide post-operative cover for a full three years after your procedure. It's our way of ensuring that you have peace of mind and confidence in Linia.

## PERIOD OF REFLECTION

Cosmetic surgery is a purely elective procedure and careful consideration should be given to both the potential benefits and the risks, before making a decision to proceed. Linia recommends that, following consultation with your surgeon, you allow a period of at least fourteen days before making a decision.

## FREQUENTLY ASKED QUESTIONS ABOUT BREAST AUGMENTATION

**"How safe are implants?"** Extensive research has been carried out into breast implants. One of the most comprehensive studies (IRG 1998) found no scientific relationship between silicone gel implants and immune reactions, long-term illness or specific connective tissue disease. The Department of Health continues to monitor new scientific evidence.

**"Do the implants ever rupture?"** It is virtually impossible for silicone implants to rupture spontaneously. In the unlikely event that this does occur (due to a strong force as in a car accident) the gel-like nature of the filling means that the substance will stay in place and will not leak or migrate outside the casing, so removal is easy.

**"How long do implants last?"** Many of our patients have the idea that implants have a defined "shelf-life" of around 10 years. This is not true, and we would never advise routine replacement for the sake of it. The average life expectancy of an implant is probably closer to 15-17 years, but this will depend on many factors. Your surgeon can advise you of these.

**"What is ALCL?"** ALCL stands for Anaplastic large cell lymphoma, the full title is Breast Implant Associate Anaplastic large cell lymphoma (BIA-ALCL), and is an extremely rare cancerous tumour that can potentially grow around breast implants. The occurrence of ALCL affects is estimated at 1 in 60,361 breast implants (Source: Association of Breast Surgery December 2017).

It usually appears with a sudden swelling in the breast surrounding an implant, although it can present with a mass. It usually happens many years after the implants have been placed, an average of 8 years. Most cases are easily treated by having the implant removed, along with the capsule that surrounds it (total capsulectomy).

**"Will implants affect my ability to breastfeed?"** Implants do not affect breast feeding.

General matters pertaining to cosmetic surgery.

**1. Expectations and limitations:** Cosmetic surgery may satisfy many needs and often provides inner confidence. It may enhance your quality of life significantly. It is however, not the answer to all of life's problems. It is vital to understand the limitation of such surgery. The purpose of cosmetic surgery is to improve one's appearance. But do not expect miracles. Most patients understand these limitations and have a realistic view of what may be achieved. Wrong expectations and over expectations may lead to disappointment. Being realistic brings satisfaction.

**2. General risks of Surgery and Anaesthesia** such as blood clots, chest complications, pain and discomfort, infection, swelling, bruising, bleeding and haematoma, seroma, problems in the healing process, numbness, sensitivity etc.

**3. Subjective Nature of Cosmetic Surgery:** It has been emphasised that, the final assessment of the result is a matter of subjective opinion. Hence, while a probable expected result has been advised, this is in no way a guarantee of a good result.

**4. Scars:** All surgery involves creating some scars. Although these are placed in locations to hide, any scar, in theory, can become prominent. It normally takes 12-24 months for scars to fade away completely.

**5. Time lag for final results:** Every operation is followed by a period of healing, before tissues return to normal and the final result is apparent.

**6. Numbness:** Loss of sensitivity is a consequence of all surgery and it takes time for normal sensation to return.

**7. Revisions and Refinements:** Every operation may sometimes need more refinement to achieve a satisfactory end result.

**8. General Asymmetry:** Every human body is asymmetrical between left and right sides. This normal difference will persist after the surgery.

**9. No guarantee can be given for final cup size following breast enlargement or reduction.**

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