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# Breast Augmentation

Breast Augmentation (augmentation mammoplasty) is a surgical procedure to enhance the size and shape of a woman's breasts.

Breast Augmentation (augmentation mammoplasty) is a surgical procedure to enhance the size and shape of a woman's breasts. Women undergo Breast Augmentation for a number of reasons:

- To enhance the body contour of a woman who, for personal reasons, feels her breasts are too small.
- To replace breast volume lost as a result of pregnancy or breast feeding.
- To improve the appearance of breasts where there is a difference in size between the breasts.

Breast Augmentation involves placing an implant behind the breast tissue either in front or deep to the chest wall muscle through a small incision which is usually sited beneath the breast.

Breast Augmentation results in an increase of two or three cup sizes and in some cases even more. Most women undergoing Breast Augmentation surgery will have thought long and hard about their decision often for a number of years.

The information contained in this website will inform you about the procedure, the types of breast implants available and what you can expect from the first step of booking your consultation appointment, preparing for your operation through to returning to normal activities.

Breast implants are formed of a Silicone shell containing either Silicone or Saline (salt water). Modern implants have a textured outer shell and come in a variety of shapes and sizes. The size and shape most suited to you will be discussed at the time of your consultation.

Silicone implants have been used for Breast Augmentation surgery for over forty years and are the most commonly used in the UK.

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## the consultation

Your consultation with the Consultant Surgeon will be held at The Cosmetic Surgery Centre for the South West at the Winterbourne Hospital in Dorchester. We do not use nurse advisers or counsellors, as we believe that all consultations should be held with the surgeon who will be performing the operation and is able to answer any questions you may have. You are encouraged to bring your partner or a friend to the consultation.

At the initial consultation you will be asked your reasons for wishing to undergo Breast Augmentation and what your expectations are from surgery. You will be asked questions about your medical history, whether you are taking any medication or have any drug allergies.



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The surgeon will perform a breast examination to ensure that you do not have any breast lumps, which need to be investigated prior to surgery. Women over fifty should have had a mammogram (breast X ray) within the last twelve months. Chest measurements will be taken and a note made of the amount of breast tissue, skin tone and bone structure.

You will be shown the range of implants and discuss which type would be most suitable for you to achieve the optimum aesthetic result. Details of the procedure will be discussed, what to expect during your hospital stay and during your recuperation period. The surgeon will also discuss the potential risks and complications associated with Breast Augmentation surgery.

You will of course be given an opportunity to ask any questions you may have.

## the operation

You will be admitted to The Cosmetic Surgery Centre for The South West at the Winterbourne Hospital in Dorchester on the day of surgery. The room facilities will be demonstrated to you and your nurse will ask you some basic questions about your health and fit anti-embolism socks. Please remember to bring your sports bra with you to the hospital on the day of surgery.

The surgeon will see you before the operation, make a final decision with you about the size of implant to be used, draw some line markings on you and take your pre-operative photograph following which you will be asked to sign the consent form which gives him your permission to operate.

You will have the opportunity to meet the Consultant Anaesthetist who will explain to you what the anaesthetic involves. Some patients may have experienced nausea after previous anaesthetics. If this is the case you should inform the Anaesthetist who will give you medication to reduce the risk of nausea.

You will next see your Anaesthetist in theatre. The anaesthetic is given and you will drift off to sleep. While asleep you will be given an antibiotic to reduce the risk of infection. The operation lasts approximately one hour and you will wake in the recovery bay before being taken back to your room. Local anaesthetic will have been injected during the operation and you will be given painkillers to keep you comfortable. There will only be a small plaster over the scar.

We do not routinely use surgical drains or compression bandaging after Breast Augmentation surgery but you should bring a soft well supporting sports bra with you to the hospital. You should stay in hospital for at least four hours after your operation. Many women choose to return home later the same day while others choose to stay overnight. You will be given painkillers and discharge advice to take home with you and a contact telephone number should you have any questions. You will also be given your next out patient check up appointment.

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## the recovery period

You should take it easy at home for the first few days and take the prescribed painkillers if needed. You may shower after twenty-four hours but you are encouraged to keep the plaster over the scar for a period of two weeks as it aids wound healing. All sutures are dissolvable and therefore do not need to be removed.

It is not unusual to hear fluid in the tissues surrounding the implants, which will settle within ten days. The breasts will appear swollen and firm for the first week or two and only as the inflammation subsides and the tissues stretch will you see the full effect of surgery.

You may slowly resume normal activities as you feel comfortable to do so. Driving is usually possible within a few days and depending on your occupation, return to work in seven to ten days or sometimes sooner. You may swim after two weeks. Strenuous gym work is usually not possible for four weeks although exercises involving the lower body may be started within a few days of surgery. Flying is discouraged for the first two weeks following surgery.

## risks and complications

Your surgeon performs many Breast Augmentation operations every year. The operation is usually straightforward but all surgery carries an element of risk. There are general risks associated with anaesthesia such as chest infections and thrombosis and those specifically related to breast surgery.

Bleeding may occur within the first few hours following surgery and sometimes requires a return to theatre. Wound infection is treated with antibiotics. Although extremely rare an implant infection may require temporary removal of the implant.

Occasionally women form raised or red scars which may benefit from the application of scar reduction patches. Up to 5-10% of women to some extent form too much internal scar tissue surrounding the implant termed capsule formation or encapsulation. In the worst cases this may result in hard painful breasts requiring further surgery.

Minor degrees of asymmetry may occur. Sensitive nipples may occur following Breast Augmentation surgery which usually improves over the first three months. Less frequently there may be a reduction or even loss of nipple sensation.

The life expectancy of modern implants is thought to be in the order of ten to twenty five years. Implants may rupture or leak and may need to be replaced. There is however no evidence that a ruptured implant causes health problems.

You should perform regular breast self examination following surgery and although mammograms are not as sensitive following Breast Augmentation, from the age of fifty, you are encouraged to undergo regular breast screening in the NHS breast screening program.

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## The Winterbourne Hospital

Mr Graham your local Consultant Surgeon holds consultations and operates at The Cosmetic Surgery Centre for the South West at the Winterbourne Hospital in Dorchester, one of the leading cosmetic surgery centres in the UK.

The hospital, which has recently undergone a major refurbishment, has two new state of the art operating theatres, twenty nine private en suite bedrooms, eight consulting rooms, resident medical officer and as is of course fully registered with the National Care Standards Commission.

Mr Graham your surgeon lives locally and has been operating at The Winterbourne Hospital for more than nine years and during that time has developed an expert operating and outpatient team in cosmetic surgery.

## Mr. Michael D. Graham

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If you would like to arrange a consultation with your local Consultant Surgeon, please fill in the online form at [www.michaeldgraham.co.uk](http://www.michaeldgraham.co.uk) or, contact us by telephone at 01305 267 687. Arranging a medical consultation does not obligate you to anything other than attending the appointment. There is no obligation to proceed with treatment. This is entirely a matter for your decision, after the surgeon has decided on the feasibility and accepted you as suitable.

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