



GOLD COAST
Plastic Surgery

MASTOPEXY AUGMENTATION

BREAST LIFT WITH IMPLANTS

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goldcoastplasticsurgery.com.au

CONTENTS

Dr Mark Doyle	3
What makes breasts <i>beautiful</i> ?	4
Breast lift with implants <i>procedure</i>	5
<i>Considering</i> a breast lift with implants	6
Breast surgery <i>post-pregnancy</i> or <i>weight loss</i>	8
Breast implant and lift surgery; <i>what to expect</i>	9
Are there any <i>risks associated with surgery</i> ?	10
Gallery	11
Breast Surgery Costs	12
Mastopexy augmentation and Medicare	13

Dr Mark Doyle

Dr Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

Dr Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 26 years of experience to call upon, Dr Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr Doyle's success has been his ability to combine experience with unparalleled compassion and understanding.

Dr Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable.

He regularly attends international meetings and workshops in Australia, America and Europe to remain a leader in the latest advances and surgical techniques.

Dr Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.



What makes breasts *beautiful*?

Just like all facets of beauty there is no one-size-fits-all standard of beauty for breasts.

Beauty is based on personal preference and every woman will have her own unique goals and expectations. While some women want their enhancement to be subtle in order to give a natural look, others will wish for a more noticeable enhancement. Beautiful breasts come in all shapes and sizes.

*The perception of beauty is
based on the beholder*



Breast lift with implants *procedure*

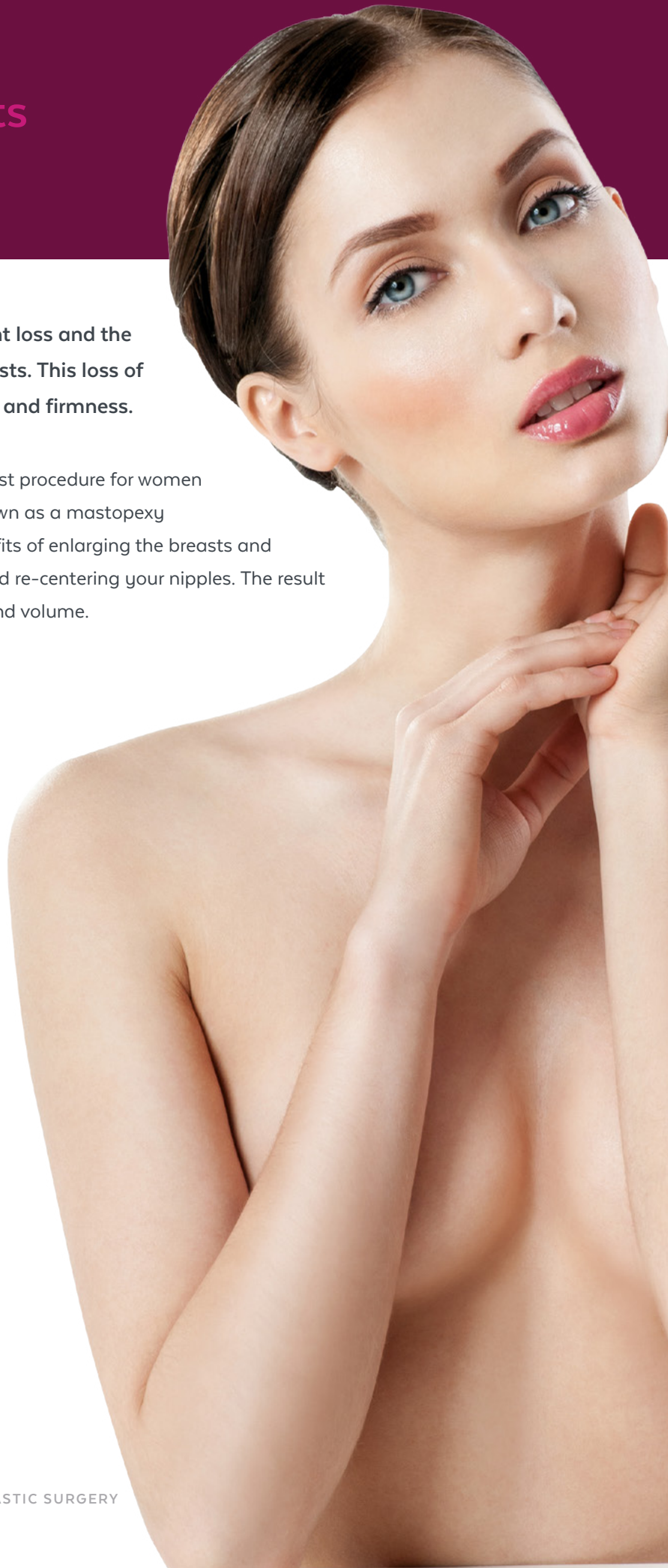
Factors such as pregnancy, breast-feeding, weight loss and the force of gravity can take a toll on a woman's breasts. This loss of elasticity often causes breasts to lose their shape and firmness.

A breast lift with implants is usually the preferred breast procedure for women who have excessive skin or drooping breasts. Also known as a mastopexy augmentation, this procedure has the combined benefits of enlarging the breasts and enhancing the shape, as well as tightening the skin and re-centering your nipples. The result is a more youthful breast shape, increased firmness and volume.

Why do many women choose to undergo a breast lift with implants?

Some women may desire a breast lift with implants to:

- Enlarge the breasts
- Lift sagging breasts (correcting breast ptosis)
- Reshape the breasts
- Improve asymmetrical breasts
- Change the size and/or shape of the areola
- Change the alignment of the nipple and breast
- Look more proportionate to their body



Considering a breast lift with implants

Some factors to consider before your consultation

Type of implant

There are two primary implant types available: silicone and saline implants. While saline implants are rarely used, both of these implants are considered safe, and each have their own advantages and disadvantages. During your consultation, Dr Mark Doyle will provide you with a sample of both implants, as well as the benefits so you can make a well-informed decision going forward with surgery.

The 'look'

Do you desire a more natural subtle appearance or a very obvious transformation? Once again, this comes down to personal preference. You can choose a fake-look or a natural augmentation. Discuss your priorities with Dr Doyle during your consultation, and feel free to bring images of results you would like to achieve.

The implant shape

Once you've decided on the look you want to achieve, you can begin thinking about the shape of the implant. You need to consider whether you want round or tear shaped implants.

A NATURAL, TEARDROP SHAPE



A ROUND SHAPE WITH UPPER POLE FULLNESS

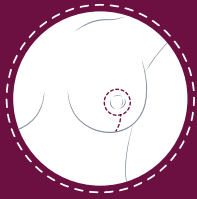


Breast projection

You need to consider whether upper pole fullness (fullness in the upper breast) or a more natural look is desired. This will mean the difference between selecting a round or teardrop implant.

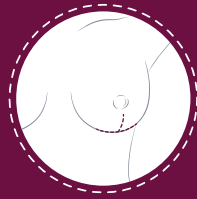
Surgical incisions

The size and shape of your breasts, size of your areolas, extent of sagging, and the desired outcome are factors that will help Dr Mark Doyle determine the best surgical incision for you. Incisions may be made using the following techniques:



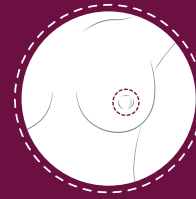
VERTICAL OR “LOLLIPOP” LIFT

As the most common incision performed, a vertical lift resembles a lollipop-shaped incision made from the crease of the breast, travels vertically and surrounds the nipple. This technique allows Dr Doyle to remove excess skin and reshape the entire breast with modest, easily hidden scars.



ANCHOR LIFT

This technique involves 3 incisions; one vertically from the areola to the breast crease, and one along the breast fold. This technique is ideal for women with considerable sagging and natural breast tissue, or for patients requiring a breast reduction with their breast lift.



PERI-AREOLAR LIFT

This involves a circular incision running around the edge of the areola. Women who experience very mild sagging or desire a smaller areola size will benefit from a peri-areolar lift.

Submuscular or Subglandular

The implants will be inserted using the incisions made for the lift either behind (submuscular), in front of the muscle (subglandular) or half and half (dual plane). The incision wounds will be closed with dissolving sutures and covered with waterproof dressings, allowing you to shower as soon as you feel comfortable.

Breast surgery *post-pregnancy* or *weight loss*

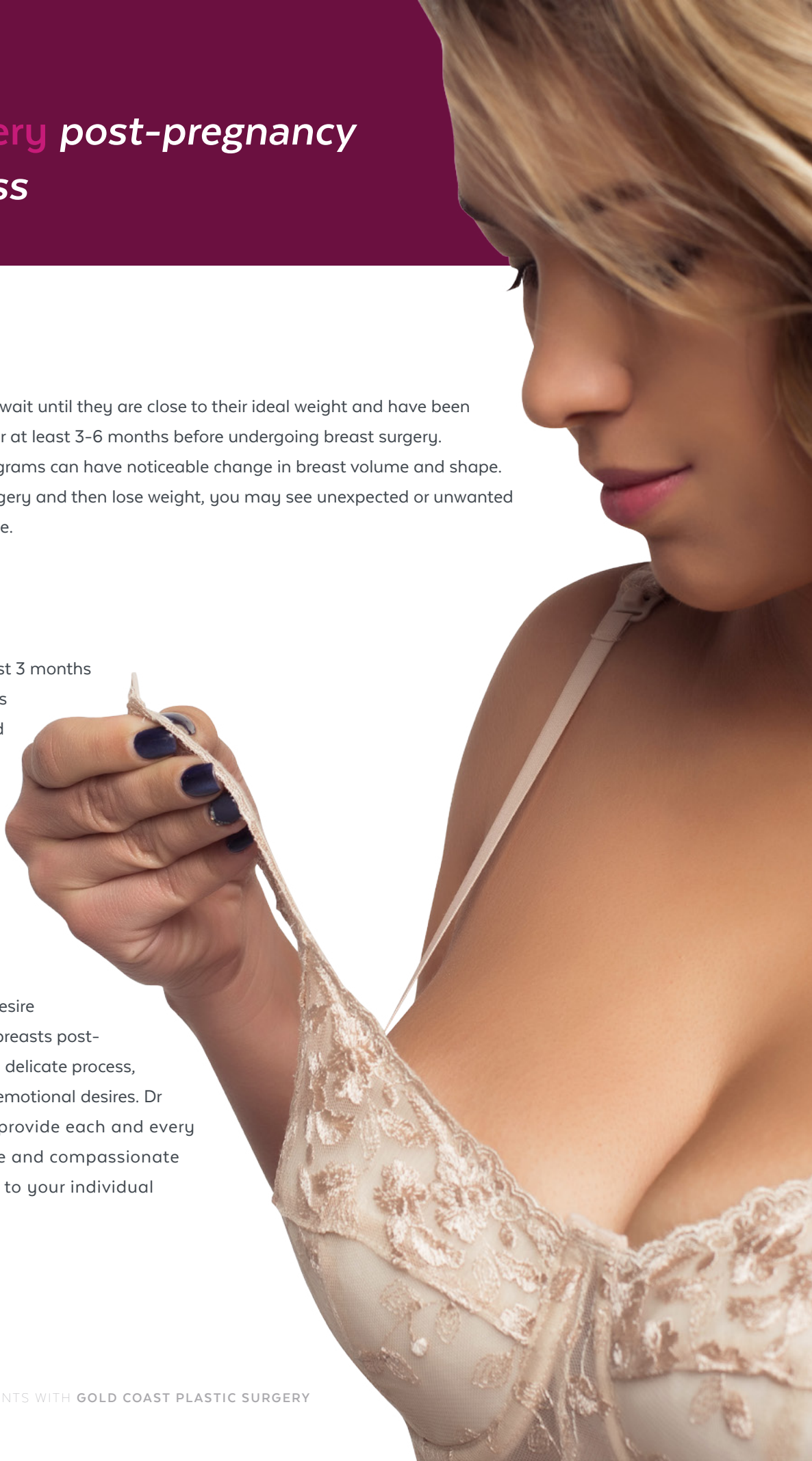
Weight loss

Dr Doyle advises patients to wait until they are close to their ideal weight and have been stable in this weight range for at least 3-6 months before undergoing breast surgery. Changes of more than 5 kilograms can have noticeable change in breast volume and shape. If you undergo breast lift surgery and then lose weight, you may see unexpected or unwanted changes to your overall shape.

Post-pregnancy

We encourage waiting at least 3 months postpartum and/or 3 months from when you have stopped breastfeeding to allow your breasts to settle. Giving ample time after breastfeeding will help to obtain optimal results and maintain your ideal breast size post-surgery.

We understand a woman's desire for fuller and more youthful breasts post-pregnancy or weight loss is a delicate process, involving both physical and emotional desires. Dr Doyle and his whole team provide each and every patient with comprehensive and compassionate care, tailoring your surgery to your individual limitations and desires.



Breast implant and lift surgery; *what to expect*

Surgery

Dr Mark Doyle's anaesthetist will administer a general anaesthetic for the 2.5 – 3 hour operation. All surgeries are performed at a licenced and accredited private hospital.

The procedure will involve removing excess skin and some underlying breast tissue in order to elevate and reshape the breast.

Aftercare

After the procedure, you will likely be covered with gauze and a surgical support bra. Typically, Dr Doyle does not use any drains. You will be able to move around normally, however, strenuous activity should be avoided until the breasts have completely healed. Pain medication and antibiotics may be prescribed to help alleviate discomfort and reduce the risk of infection. Sexual activity should be limited during the 2 weeks after surgery.

You will have an appointment at 7 days to have your wounds checked and an appointment 3 weeks following your surgery to remove the tape dressing over your wounds. You will be instructed to wear a support bra for 6 weeks, until the swelling and discolouration of your breasts diminish.

Your breasts will be swollen and bruised for about 2 weeks. You will likely feel slight discomfort and soreness around the incisions, which will be pink for a few months. You may notice that you feel less sensation in the nipple and areola areas. Sensation loss is usually temporary and can take up to a year to resolve. Your breasts may also require some time to assume a more natural shape.



Are there any risks associated with surgery?

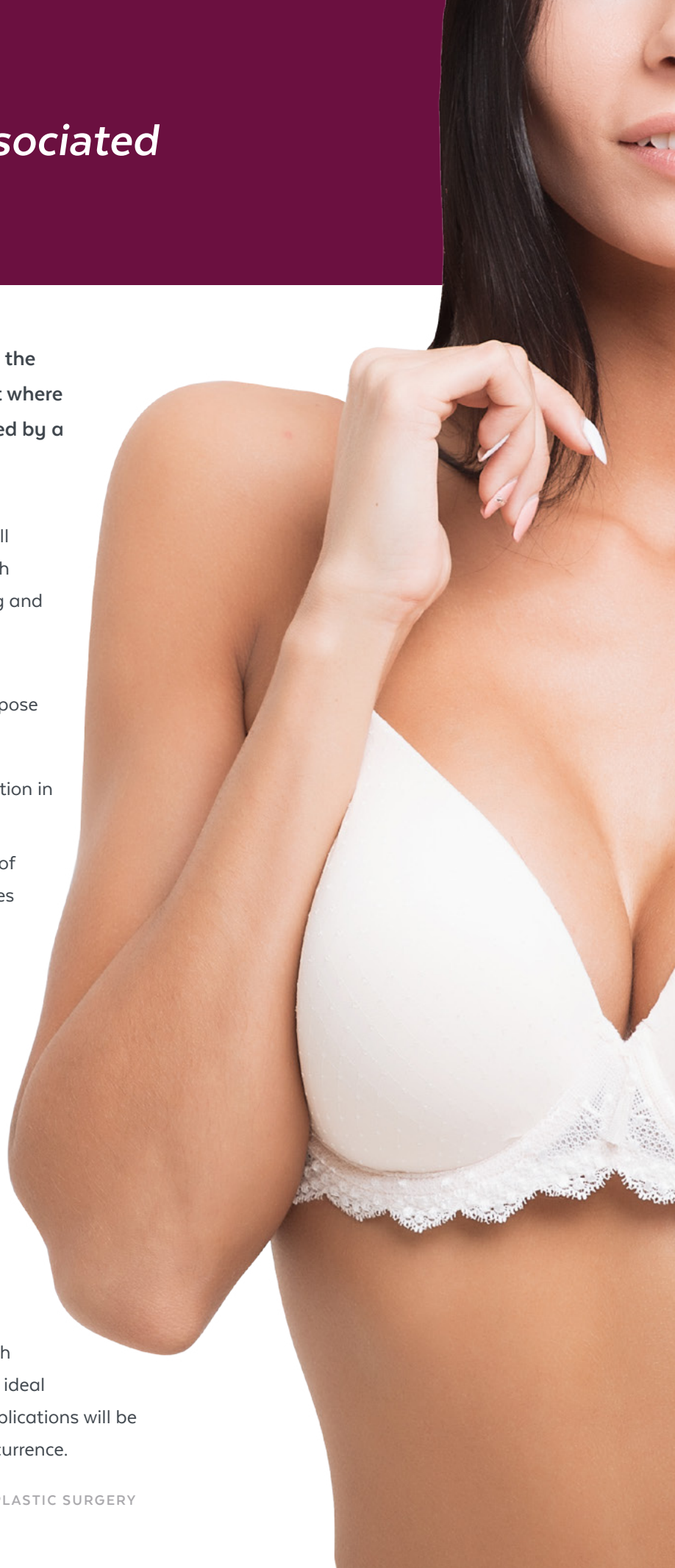
No surgery is totally free of risk. Over the years, the techniques of surgery have advanced to a point where they are quite safe—provided they are performed by a qualified surgeon in an approved hospital.

When it comes to surgery you need to understand all the potential risks and complications associated with going under the knife. With the appropriate planning and preparation these risks can be minimised.

Although infrequent, a breast lift with implants can pose the following risks:

- Diminished sensitivity or permanent loss of sensation in the nipples or areas of breast skin.
- Irregularities or asymmetry in the shape and size of the breasts. (This could occur as a result of changes during the healing process, or surgery might not successfully correct pre-existing asymmetry).
- The areolas (the pigmented area around the nipples) may appear uneven.
- Rarely, the blood supply to the nipple or areola is interrupted during a breast lift. This can damage breast tissue in the area and lead to the partial or total loss of the nipple or areola.
- Rarely, poor healing can cause scars to become thick and wide.
- Difficulty breast-feeding.

At your consultation with Dr Doyle, he will go through the procedure with you, and determine if you are an ideal candidate. Additionally, the potential risks and complications will be explained to you, as well as how to minimise the occurrence.



PATIENT 1



PATIENT 2



PATIENT 3



Breast Surgery Costs

Cost is obviously a major factor when it comes to breast surgery, it is however not the only factor.

While breast procedures may look more affordable overseas it's important to consider the accountability of your surgeon, their qualifications, the standards of the clinic and how positive the end result will be.

An exact costing for your procedure will be confirmed at the time of your consultation with Dr Doyle as there are many variants.

To get an estimated cost, please contact our team on 55980988 or book a consultation.

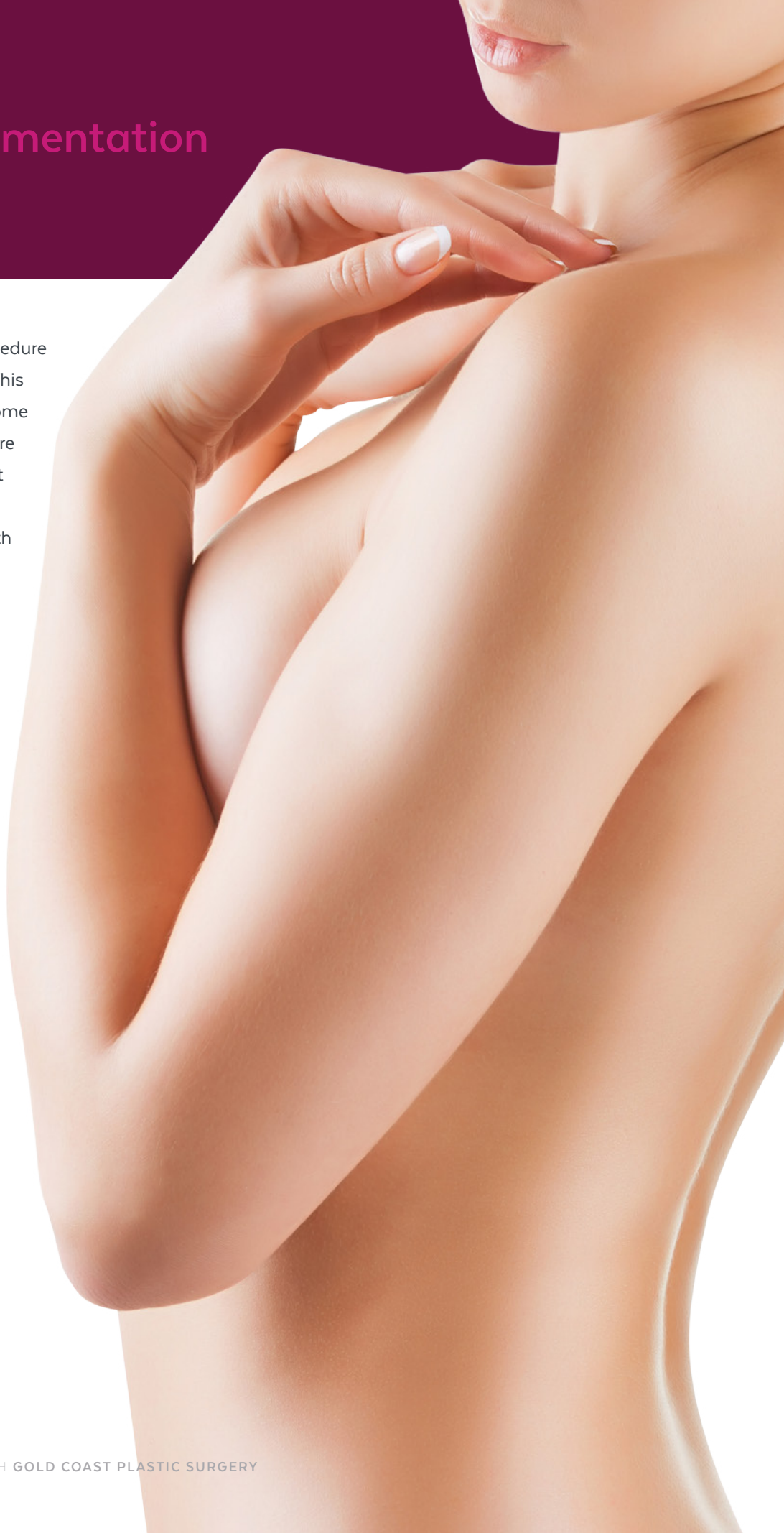
Book A Consultation Online



Mastopexy augmentation and Medicare

The breast lift with implants is a procedure for women with breasts of any size. This procedure is considered medical in some circumstances and subject to Medicare rebates. There are certain criteria that need to be met including significant droop experienced after childbirth with a child between the ages of 1 and 7.

Photographs need to be submitted to Medicare for approval, which can be organised by Gold Coast Plastic Surgery after your consultation with Dr Doyle.



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DISCLAIMER

Individual results may vary. Surgery and all health regulated services carry risks which need to be discussed with your doctor. A valid quote will be provided at your consultation. It is always recommended to seek a second opinion.