

GOLD COAST

Plastic Surgery



ULTIMATE GUIDE TO BREAST IMPLANT REMOVAL

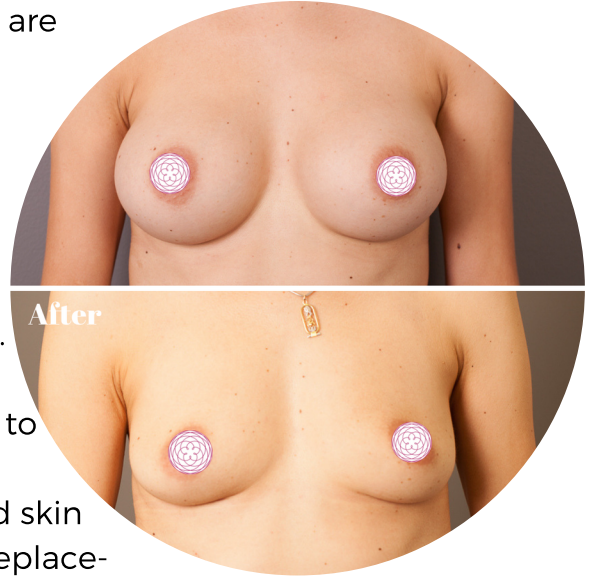
(07) 5598 0988

www.goldcoastplasticsurgery.com.au

WHAT IS INVOLVED IN BREAST IMPLANT REMOVAL?

An increasing number of patients with breast implants are now undergoing treatment to remove their unwanted breast implants.

Breast implant removal is a viable option for women who no longer want their implants following breast augmentation. The removal surgery can be combined with another surgery to create the patient's ideal result. Breast implant removal and breast lift (mastopexy) surgery is a popular procedure for women who choose to remove (and not replace) their breast implants. The lift component of this procedure can correct any stretched skin that occurred due to the implant's size. Removal and replacement of breast implants (breast implant revision) can correct changes in the breast shape that occurred due to the formation of scar tissue (capsule). This can also resolve any issues to do with sizing preference.



Breast implant removal aims to:

- Reduce the overall size breasts
- Remove ruptured implant/s
- Improve Breast Implant Illness Symptoms
- Stop breasts sagging further because of heavy breast implants
- Improve breast distortion because of implant movement

Generally, patients request a breast implant removal when they are no longer happy with their breast augmentation. If you don't have enough breast tissue to achieve a breast size that you are happy with, then the implants can be replaced with new implants. The current implants used are significantly better technology than the older implants.

THE BENEFITS OF GETTING BREAST IMPLANTS REMOVED

- Improved posture and relief of back shoulder and neck pain.
- If your breasts are different sizes, breast reduction surgery can be used to create symmetry.
- Breast removal surgery can attract Medicare and Health Insurance rebates.
- Removal of breast implants and in particular their capsules, can reduce the risk of ALCL, a type of cancer associated with capsules of textured breast implants, and the risk of developing breast implant illness.



AM I A GOOD CANDIDATE?

Breast implant removal (en-bloc) surgery may be a good solution for you if:

- You wish to reduce the weight and volume of your breasts
- Are fed up with heavy breasts that have led to chronic back, neck and shoulder pain
- Are experiencing postural problems
- Are experiencing fashion limitations and social discomfort
- Are wanting to achieve a more natural breast shape and look
- Your implants have dropped and your breasts are sagging
- Your implants have moved position since they were put in
- You have problems with infection, capsular contracture, asymmetry, displacement or leaking silicone.

DOES AN EN-BLOC SURGERY INCLUDE A BREAST LIFT?

Breast implant removal (en-bloc) surgery involves removal of your implants and a complete removal of the capsules (scar tissue) surrounding your implants. This will decrease the risk of a cancer (Lymphoma) forming in the capsules which have developed around your implants. It may also improve symptoms in those patients suffering with breast implant illness. A breast lift may be recommended at the same procedure to remove saggy breast skin and lift the nipples.

DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

BEFORE SURGERY RECOMMENDATIONS

Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.



Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Previous surgery for breast cancer or radiotherapy to the breast area
- Any bad scarring or poorly healed scars after previous surgeries

WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you can expect to:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery

WHAT HAPPENS DURING THE SURGERY?

In most breast implant removal surgeries, the nipples and areolas remain attached. It is essential to preserve the shape of the original breast when performing breast implant removal surgery whenever possible. The En Bloc technique is used by Dr Mark Doyle in which the breast implant and its surrounding scar tissue (capsule) are removed in one piece. (One Block= En Bloc). Removing the breast capsule and implant together reduces the risk of any fluid or silicone surrounding the implant (but contained within the capsule) from leaking into your breast tissue. If this isn't possible, the implant will first be removed and followed by the capsule.

After the implant and capsule has been removed internal sutures are often used to help reshape the breasts.

Following breast implant removal surgery you can expect:

1. Slight bruising and swelling
2. Possibly some numbness
3. Discomfort and pain
4. Immediate visible results with asymmetry due to swelling

Most patients leave the hospital on the day of surgery. For the first 2 to 3 weeks you should take it easy, with no strenuous exercise or activity. After this time you should be capable of returning to work (depending on your job) – however we recommend you wait another 3 weeks before you exercise.

All future nursing appointments will be booked in advance.





RECOVERY FROM BREAST IMPLANT REMOVAL (ENBLOC) SURGERY

Many women prefer a day stay in the hospital.

When you wake from surgery you will have prineo tape (clear taped waterproof skin closure system) over the suture line with a large dressing wrapped around your chest. The tape will remain for 3 weeks. The outer dressing is waterproof and you will be able to shower the day after your surgery. This will be removed by Dr Doyle's office 10 days following your procedure. Expect your breasts to have some pain and discomfort. Some may find numbness in their breasts. This is normal and usually subsides. Expect your breast to be swollen and bruised for 6 – 8 weeks after the initial surgery.

It is required that the supplied surgical bra is worn for the first 6 weeks after surgery for 23 hrs a day. It is recommended that you sleep with your upper body slightly raised for as long as swelling persists.

IMPORTANT REMINDER

It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.



WHAT RISKS MAY BE INVOLVED?

Like any major surgery, a Breast Implant Removal (en-bloc) Surgery poses a risk of bleeding, infection and an adverse reaction to anaesthesia. Potential complications will be discussed at your consultation with Dr. Doyle.

It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure. You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your surgery.

If you have any concerns about the risks involved with breast implant removal surgery, please consult Dr Mark Doyle and his team at Gold Coast Plastic Surgery.

COMMON QUESTIONS



DOES MEDICARE OR MY PRIVATE HEALTH FUND COVER BREAST IMPLANT REMOVAL?

Medical reasons for breast implant removal include:

- Severe capsules
- Implant rupture

IS BREAST IMPLANT REMOVAL SURGERY PAINFUL?

Most surgery involves discomfort and pain during the healing stages. It can be difficult to predict the pain levels as each individual's pain and discomfort may vary. Pain relief will be given to you after surgery.

WHEN CAN I RETURN TO WORK?

The time to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work 2-3 weeks after the initial surgery. It is recommended that no heavy lifting is done 6 weeks after surgery to ensure the body had time to heal.

HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive for 48 hrs after your procedure. This is due to the decreased movement in your chest and the inability to move freely as well as having been administered anaesthetic. When you can move and react without pain and are no longer on any pain medication you may recommence driving.

WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability. Smoking decreases the oxygen that is carried throughout your blood, therefore slowing the time taken for your skin to heal from a surgical incision.

WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 4 weeks of surgery due to infection, as your wounds are not completely healed.

WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. However, after 6 weeks post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. You will be given information regarding specific cream that will help with the healing process during your consultation. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots.

WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended that strenuous exercise is restricted for 6 weeks as it may increase swelling and bleeding and slow the recovery process. These activities include weight lifting, push-ups and running.

HOW DO I SLEEP AFTER SURGERY?

It is recommended to reduce the swelling after surgery to sleep with your upper body slightly raised on 1 to 2 pillows for as long as swelling persists.

HOW LONG UNTIL I CAN WEAR A BRA WITH UNDERWIRE?

It is recommended that you do not wear a bra with underwire for the first 8 weeks following surgery.

HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

OUR SURGEON DR. MARK DOYLE

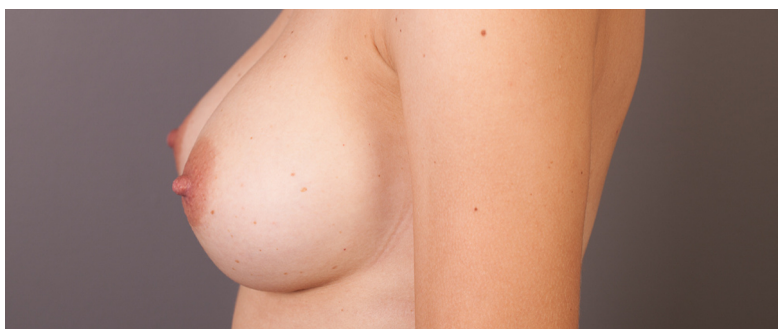
Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

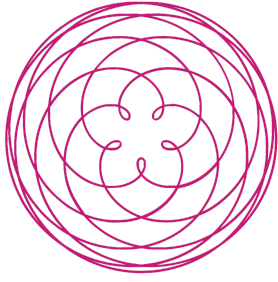
Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 30 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 surgery 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.





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YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



enquiries@goldcoastplasticsurgery.com.au



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