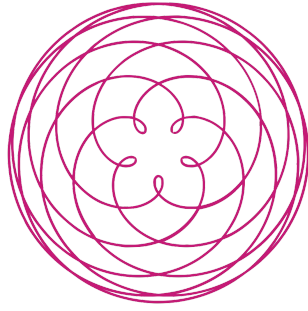




GOLD COAST

Plastic Surgery



THE ULTIMATE GUIDE TO BREAST AUGMENTATION

(07) 5598 0988

www.goldcoastplasticsurgery.com.au

WHAT IS INVOLVED A BREAST AUGMENTATION?

Breast augmentation, also known as augmentation mammoplasty, is a very popular and common procedure that can increase your breast size by one or more sizes. By surgically inserting breast implants beneath the breast tissue or the chest muscle during breast augmentation, women can achieve larger, shapelier breasts. This type of breast enhancement is sometimes performed in conjunction with a breast lift.

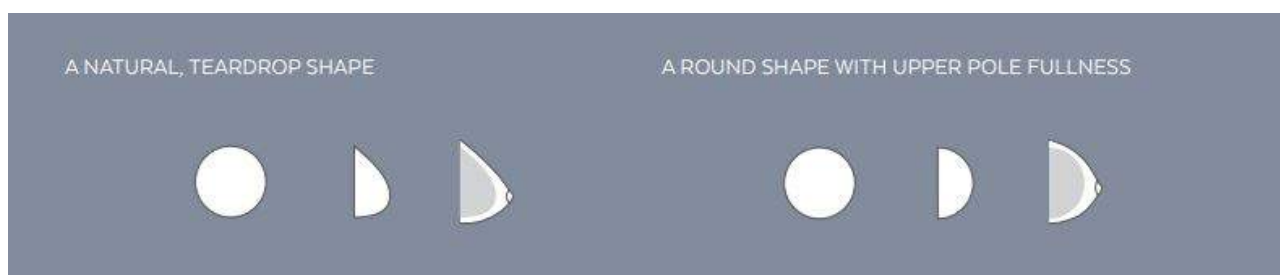
For some women, breast augmentation is a way to enhance self-image and self-confidence. For others, breast augmentation is part of breast reconstruction after surgery for breast cancer or other conditions affecting the breast.

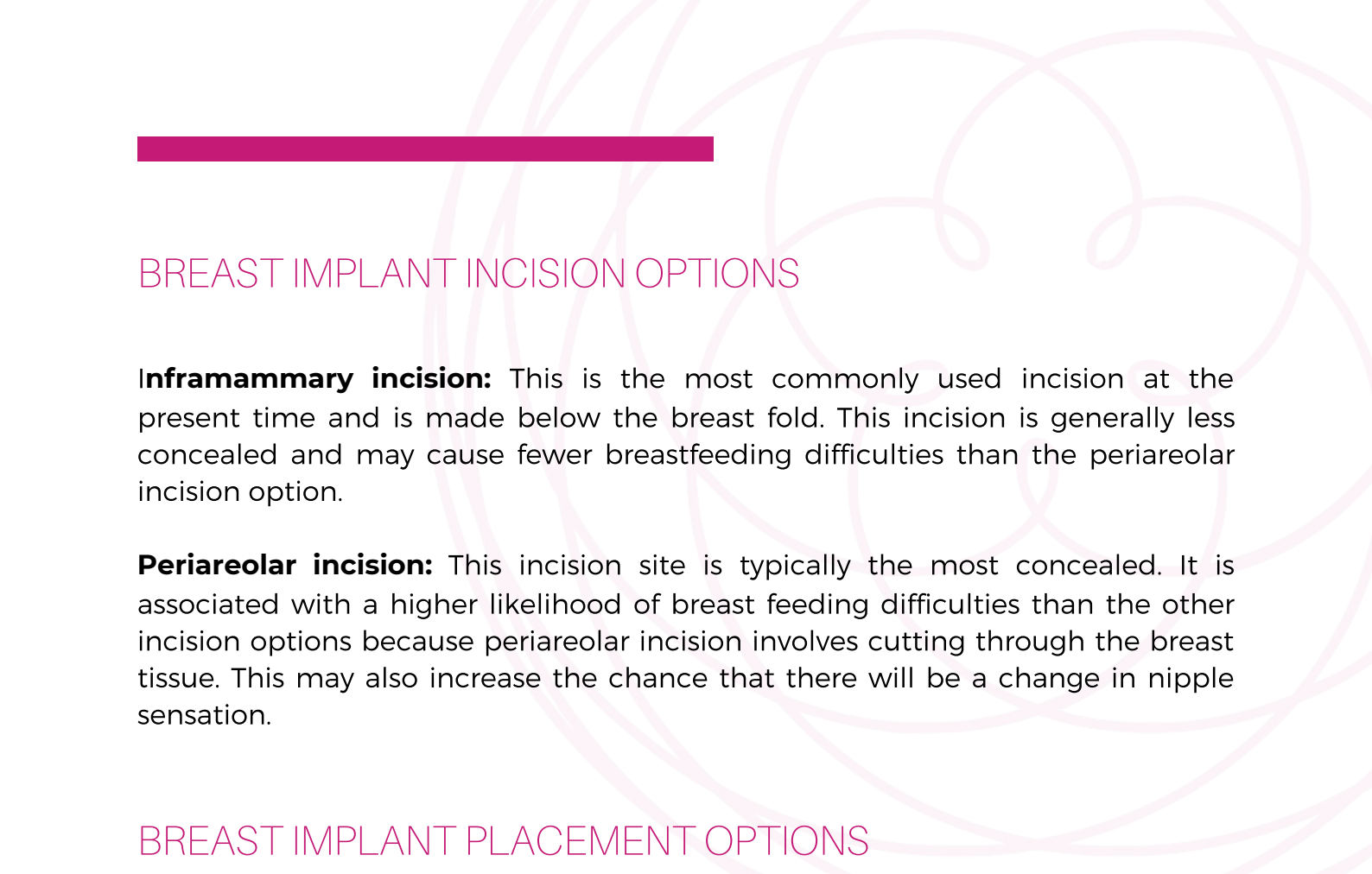
BREAST AUGMENTATION CONSIDERATIONS:

Breast augmentation can dramatically improve the appearance of a woman's breasts. During your breast augmentation consultation, you'll learn more about your options for creating your ideal breast appearance, including:

- Implant size, style, and shape.
- Implant material (silicone, gel or saline).
- Implant position (above or below the pectoralis muscle)
- Implant incision site.

The goal is to create a natural and alluring look. Which implant size that will work best for you must be individually determined with your input. The size, shape, style, and type of implant will be decided after a comprehensive examination. Placing implants that are too large for the intended body size have greater chances of capsular contracture, discomfort and longer recovery times.





BREAST IMPLANT INCISION OPTIONS

Inframammary incision: This is the most commonly used incision at the present time and is made below the breast fold. This incision is generally less concealed and may cause fewer breastfeeding difficulties than the periareolar incision option.

Periareolar incision: This incision site is typically the most concealed. It is associated with a higher likelihood of breast feeding difficulties than the other incision options because periareolar incision involves cutting through the breast tissue. This may also increase the chance that there will be a change in nipple sensation.

BREAST IMPLANT PLACEMENT OPTIONS

Sub-muscular implant placement: The breast implants are placed partially or wholly under the pectoralis major chest muscle. Sub-muscular implants may result in a longer, more painful recovery than sub-glandular implants. Sub-muscular placement may result in less palpable implants and may reduce the risk of developing capsular contracture , as well as offer easier mammographic imaging of the breast.

Sub-glandular implant placement: The breast implant location is between your chest muscle and your breast tissue (under the glands). This placement may help reduce your surgery and recovery time. It may be less painful than sub-muscular placement and may make your breast implants easier to access if re-operation is necessary. Implants that are sub-glandular may be easier to see and feel through your skin.

Each placement type has benefits that may be right for you. During your consultation you will discuss your desired outcome with your surgeon to select the best option for your figure.

AM I A GOOD CANDIDATE?

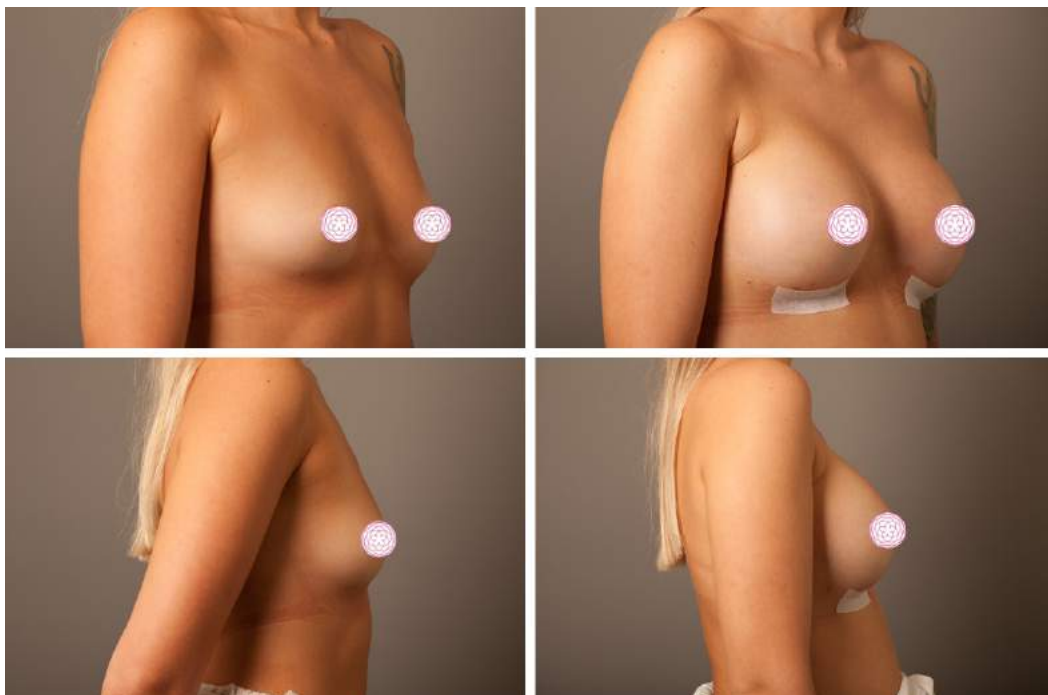
You might be a candidate for a breast augmentation if you:

- Experience breasts that are sagging, flattened, elongated, asymmetrical or lacking adequate cleavage or volume
- Wanting to aesthetically change your appearance

It is very important to communicate with your surgeon before the operation to make certain you have realistic expectations of the outcome.

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
- Any previous breast surgeries or illnesses
- Any bad scarring or poorly healed scars after previous surgeries

WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you will most likely:

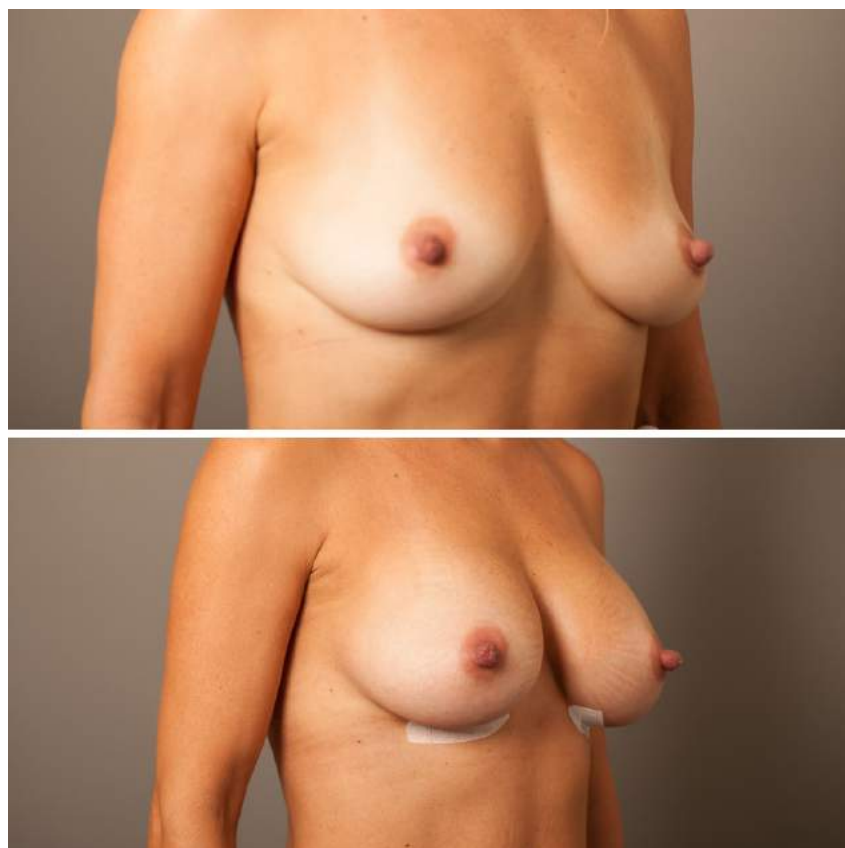
- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions 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

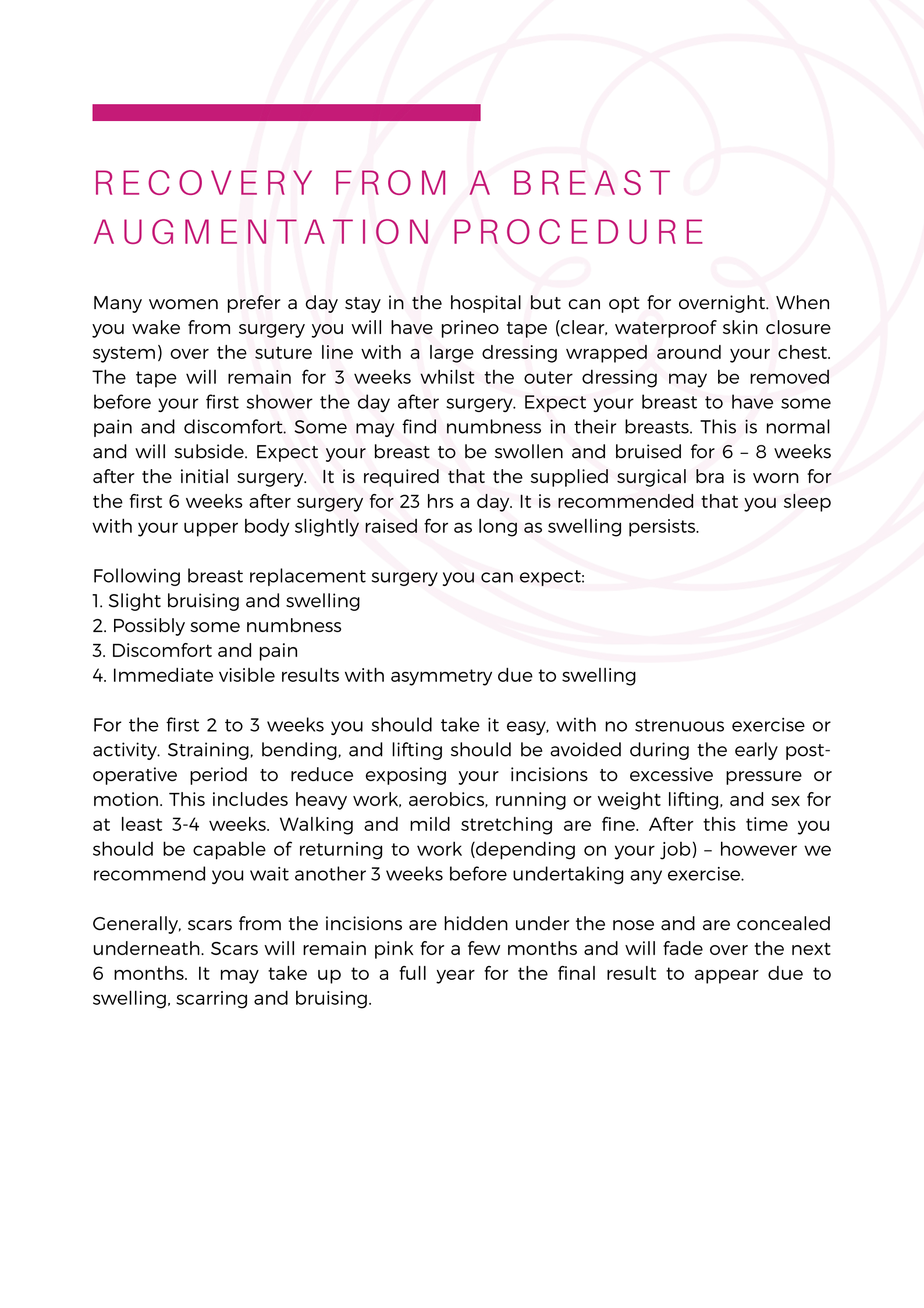
WHAT TO EXPECT FROM SURGERY?

Breast augmentation can be performed in a surgical centre or hospital outpatient facility. Surgery usually takes one to two hours, and is performed under general anesthesia. You will most likely go home the same day of your surgery (rarely does the procedure require a hospital stay). Your surgeon will give you specific guidelines to follow during your recovery based on your personal needs. In general, you can expect to return to your usual routine after a few days, but you should avoid excessive lifting to minimize tension on incision lines, thereby ensuring minimal scar lines

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. Not all breast implant issues are fixable, and breast augmentation surgery will not always guarantee the surgical result you were originally hoping to achieve. This is why it is extremely important to choose a properly qualified and highly respected surgeon for any surgical procedure.





RECOVERY FROM A BREAST AUGMENTATION PROCEDURE

Many women prefer a day stay in the hospital but can opt for overnight. When you wake from surgery you will have prineo tape (clear, waterproof skin closure system) over the suture line with a large dressing wrapped around your chest. The tape will remain for 3 weeks whilst the outer dressing may be removed before your first shower the day after surgery. Expect your breast to have some pain and discomfort. Some may find numbness in their breasts. This is normal and will subside. 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.

Following breast replacement 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

For the first 2 to 3 weeks you should take it easy, with no strenuous exercise or activity. Straining, bending, and lifting should be avoided during the early post-operative period to reduce exposing your incisions to excessive pressure or motion. This includes heavy work, aerobics, running or weight lifting, and sex for at least 3-4 weeks. Walking and mild stretching are fine. After this time you should be capable of returning to work (depending on your job) – however we recommend you wait another 3 weeks before undertaking any exercise.

Generally, scars from the incisions are hidden under the nose and are concealed underneath. Scars will remain pink for a few months and will fade over the next 6 months. It may take up to a full year for the final result to appear due to swelling, scarring and bruising.



WHAT RISKS MAY BE INVOLVED?

Each year thousands of women undergo successful breast augmentation surgery, experience no major problems and are happy with the results. Significant complications from a breast augmentation are infrequent. However, make sure you understand.

What surgery involves, including possible risks, complications and follow-up care.

- Breast augmentation poses various risks, including:
- Capsular contracture (a tightening of the scar tissue which can make the breast feel hard and can distort the shape of the breast implant).
- Changes in nipple and breast sensation (usually temporary)
- Breast pain
- Rare implant leakage or rupture

Correcting any of these complications might require additional surgery, either to remove or replace the implants.

OTHER CONSIDERATIONS FOR BREAST AUGMENTATION SURGERY INCLUDE:

- Breast implants won't prevent your breasts from sagging. A breast lift may be needed in addition to a breast augmentation to correct sagging breasts.
- Breast implants aren't guaranteed to last a lifetime. In addition to the possibility of implant rupture or leakage, factors such as aging, weight gain and/or weight loss may further change the way your breasts look. Any of these issues might lead to additional surgery.
- Mammograms might be more complicated. If you have breast implants, routine mammograms might require additional, specialised views.
- Breast implants might hamper breast-feeding. Some women are able to successfully breast-feed after breast augmentation. For others, however, breast-feeding is a challenge.

- Insurance might not cover breast implants. Unless it's medically necessary, such as the need for implant reconstruction after a mastectomy, breast augmentation is not covered by insurance. Be prepared to handle any expenses that accompany breast augmentation, including related surgeries or future imaging tests.
- Additional surgery may be needed after breast implant removal. If you decide to have your implants removed at a later time in your life, you might need a breast lift or other corrective surgery to help your breasts maintain an aesthetically pleasing appearance.

Like any major surgery, breast augmentation surgery poses a risk of bleeding, infection and an adverse reaction to anaesthesia. It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure.

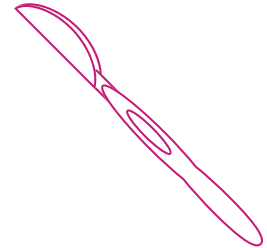
You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your breast augmentation surgery. If you have any concerns about the risks involved with breast augmentation surgery, please consult your surgeon.

COMMON QUESTIONS



IS A BREAST AUGMENTATION COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?

If it is considered medically necessary, Medicare may cover part of the costs associated to the surgery less the doctors fee. How much Medicare covers will depend on the nature of the surgery you require.



To find out if your procedure falls under the category of medically necessary you will need to contact Medicare. You will also need to provide details to your health fund to see if they will cover you and to what extent.

IS A BREAST AUGMENTATION PROCEDURE PAINFUL?

You will experience discomfort. You will be given a pain reliever, for mild discomfort, but remember to avoid anti-inflammatory medication such as aspirin, ibuprofen, naproxen and any other medications or herbal supplements that may increase bleeding.

WHEN CAN I RETURN TO WORK?

The time taken 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 weeks after the initial surgery.

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 as smoking decreases the oxygen that is carried throughout your blood to help your skin heal from a surgical incision.

WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. Post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. 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 in your calves.

WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 3-4 weeks. It is recommended that strenuous exercise is restricted for 6 weeks as it may increase swelling, bleeding or duration to the body's natural healing 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 pillows propping your chest and head up with your upper body 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.

WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 3-4 weeks of surgery due to infection as your wounds are not completely healed.

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).

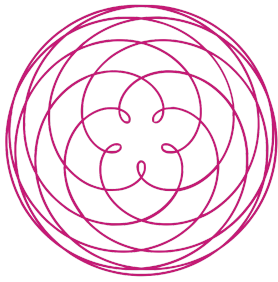


Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

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 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.



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YOUR NEXT STEPS?

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



(07) 5598 0988



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