

WHAT IS A BREAST ENLARGEMENT (AUGMENTATION)?

Breast augmentation is a procedure that involves enlarging the breasts with either saline (water) filled implants or silicone gel implants. The implants are inserted through a small incision, usually under the breast in the fold.

If you have breasts that are noticeably different in size – a cup size or more – or you are unhappy with the size or fullness of your breasts, you may be considering breast augmentation. Breast augmentation helps balance the breasts, enlarge them and restore fullness.

Women may opt for either a saline (water) filled implant or a silicone gel implant based on a number of factors including:

- The location of the implant (above or below the pectoralis muscle)
- Type of incision (under the breast or around the areola)
- Amount of breast tissue already present
- Cost
- Health concerns

These factors are addressed at the time of consultation so you can make a more informed decision about the type of implant that is right for you.

PRE-SURGERY CHECKLIST

1. Prescriptions filled before surgery and Tylenol
2. Dressings (gauze or maxi pads/panty liners works well)
3. Antibiotic ointment (Polysporin) or Vaseline
4. Q-tips
5. Paper tape
6. Stop the use of all anti-inflammatories 2-weeks before and 2-weeks after your surgery. (Tylenol is fine to use)
7. Sports bra that zippers in front
8. Book an appointment to see Dr MacDonald after your surgery

AFTER SURGERY

1. You can shower two days after surgery.
2. In the shower, peel off the dressings and tapes. Dry and then reapply ointment and a light dressing and put on bra or rewrap the tensor.
3. After every shower apply antibiotic ointment or vaseline gently with a q-tip and cover.
4. Ice to sides and underneath breasts may be used for the first 48 hours.
5. Avoid any activity that increases your heart rate or uses your chest muscles for 4-6 weeks. Slow walking right away is recommended.
6. Massage your scars with a gentle cream or ointment starting 2-weeks after surgery for 1-2 minutes 3x day then wipe clean and apply paper tape or gel sheeting. Use constantly until you're happy with the scars.
7. Avoid Vitamin E creams and ointments.
8. Don't wear an underwire bra or lie on your stomach for 6 weeks after the surgery. Laying on your back is best for the first 2-3 weeks.
9. Move implants daily to avoid capsular contracture (scar build-up around the implant). I will show you how to do this after your first post-op visit.
10. All the stitches are dissolving.
11. Time off work approximately 2-weeks.
12. You won't know your final cup size until the swelling goes down. This can take as long as 6-months.
13. Bruising and swelling are normal and may spread down arm or chest but will settle in a few weeks.
14. Burning or itchiness around the surgical site is normal.