

BREAST ENLARGEMENT (also: BREAST BALANCING)

ABOUT THE PROCEDURE

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 4 cm incision.

ARE YOU A GOOD CANDIDATE?

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 under the pectoralis muscle)
- Type of incision (under the breast or around the areola)
- Amount of breast tissue already present
- Cost

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.

POST-OPERATIVE INSTRUCTIONS

- Time off work minimum 2 weeks.
- You can shower two days after surgery. 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.
- Don't wear an underwire bra or lie on your stomach for 6 weeks after the surgery.
- Massage 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.
- Massage your scars postoperatively to help minimize scarring (see general post-op instructions scar management).
- All the stitches are dissolving.
- Call my office to make an appointment 1 week after surgery.

COMMON POST-OPERATIVE EXPERIENCES

- Burning or itchiness around surgical site is normal.
- Bruising and swelling are normal and may spread down arm or chest but will settle in a few weeks.

OUTCOME

- You won't know your final size for 6 months until the swelling goes down.
- Scars can take up to 1 year to completely heal.
- See general post-op instructions.