



Breast AUGMENTATION - common questions

Melbourne cosmetic plastic surgeon **DR CHRISTOPHER MOSS** answers common breast augmentation questions.

What's best for me?

Embarking on breast augmentation can be very daunting at first. What is the best breast size and shape for you is a very individual decision and depends on your personal feelings, wishes, and what your body tissues will allow you to have. There are a number of decisions to be made. These include implant size, shape and placement, incision site and your preference for silicone or saline. Each of these options is thoroughly discussed and your surgical plan is tailored to your individual requirements.

Naturally, satisfaction with your breast surgery depends on you having realistic expectations of what can be achieved for you personally.

Am I 'normal' to want my breasts enhanced?

It is completely reasonable to want to have 'normal' breasts or to want to be your personal best. Obviously it would be wonderful if you were happy with the breasts nature has given you. However, if this is not the case, then you have the option of

breast augmentation which is now the third most common cosmetic surgery procedure for women. Although the "Baywatch breast" always gets a lot of press, the vast majority of women I see request a natural appearance to their breast enhancement.

There are two main groups of women who typically consider breast augmentation: those whose breasts developed inadequately (either small size, uneven size or abnormal shape) and those whose breasts lost shape and fullness after pregnancy. A third group of women have other personal reasons for wanting to enhance their breasts. Some try to correct their problem with push-up bras and inserts however these options do not work well to improve a woman's body image.

Is breast augmentation safe?

Due to past litigation and sensational articles in the press, many people express concerns about the safety of silicone implants. Many large published international studies have now shown that there is no evidence that breast implants cause breast

cancer or any known type of autoimmune disease, connective tissue disease or immune system dysfunction. Following over three years of evaluation of their safety the Australian Therapeutic Goods Administration (TGA) has recently approved specific silicone gel breast implants for general use.

Breast augmentation is becoming increasingly popular with recent advances in the surgical techniques and improved implant technology. One recent improvement is the cohesive silicone gel implant. Unlike the older silicone gel which had the consistency of honey, the new cohesive silicone is firmer and therefore does not migrate. This dramatically reduces the possibility of leakage (silicone bleed).

All surgery, even in expert hands, has risks. When surgery is performed by a trained and experienced plastic surgeon, complications occur in only a small percentage of patients. During the consultation I carefully explain the possible risks of your surgery so that you can make an informed decision.

So in summary, breast augmentation is medically safe, provided good decisions are made between yourself and your surgeon. At this time there is no credible scientific evidence that breast implants cause any type of disease, regardless of the type of breast implant.

Can I breast feed with implants?

At this time there is no scientific evidence that implants cause health problems in breast-fed children.

Will there be pain?

I have a strict after-care protocol aimed at reducing any discomfort right from the outset. Pain control medications are provided. True, there is a degree of discomfort or pain in the first few days, but despite this, one of the most important things you can do is to get moving. The trick is to use enough pain medication to allow gentle upper body movement as this helps you recover more quickly.

Most of my patients prefer day surgery but it is important that they have someone to care for them overnight. Some patients choose to stay overnight in hospital.

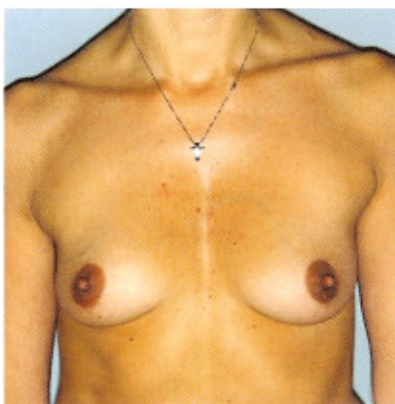
How long before I'm back to normal activities?

Most patients are back to their routine activities within three days and nearly all within one week. This includes caring for small children. Recovery time varies for individuals depending on their motivation, tissues and procedure. By treating your tissues gently at surgery, the surgical trauma is minimised and your recovery is both shorter and easier. It is very important to follow your after-care instructions. By doing this you will speed up your recovery time.

It is important to avoid any aerobic exercise for the first two weeks. If you have an office job it is very common to be back to work after a few days. For more physical work it usually takes about two weeks.

The ultimate aim of breast augmentation is to enhance the breasts that you already have. Careful selection of your surgeon is crucial to give you the best chance of achieving your desired result. Satisfaction with your new breasts can then lead to further benefits including improved body image and self-esteem.

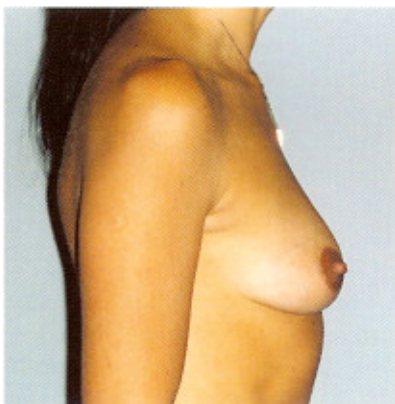
Patient 1



BEFORE Patient unhappy with B cup size and loss of shape after breast feeding two children.



AFTER One month after breast augmentation by Dr Moss. 320ml textured round silicone implants placed beneath the muscle via an infra-mammary (breast-fold) approach.



BEFORE



AFTER

Patient 2



BEFORE Patient feels breasts are too small (A cup) and out of proportion with rest of body size. No children.



AFTER Two months after breast augmentation by Dr Moss. 380ml smooth round silicone implants placed beneath the muscle via trans-axillary (underarm) approach.