
Breast augmentation

By editor

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Breast augmentation is surgery to enhance the size and shape of your breasts. This surgical procedure has been performed for more than 50 years, and has continued to improve in safety and effectiveness. Breast augmentation usually involves placing implants that simulate natural breast tissue into the body. Breast implants are usually pouches of either saline (a saltwater solution) or gel-like silicone. The pouch material is a rubber-like material called silicone elastomer.

Breast enlargement is one of the most popular cosmetic surgery procedures. Small breasts or breasts that have decreased in size following childbirth can be a source of embarrassment to a woman, but breast enlargement is one way to make you feel more confident and feminine again.

Breast enlargement surgery involves surgically inserting an implant behind the natural breast tissue to increase the size of the breast. Breast augmentation is a similar procedure to breast enlargement surgery but is usually conducted to create better symmetry.

The implant is usually inserted through an incision made in the natural crease beneath the breast. It is also possible to make the incision in the armpit or around the edge of the areola.



Before



After

The procedure generally requires an overnight stay in hospital but can be performed as a day case. A breast enlargement operation will be performed under a general anaesthetic and will take approximately 1-1 ½ hours. A small incision will be made in the crease of the underside of the breast, the armpit or lower edge of the areola. Your Cosmetic Surgeon will advise you on the most appropriate procedure for you.

Once the incision is made, the Cosmetic Surgeon will create a pocket for the implant to lie in. This may be either beneath the muscle or beneath the breast tissue. Your size and shape will determine the outcome of the position of the implant and will be discussed fully at consultation with the Cosmetic Surgeon.

Following the surgery you will have stitches (these may be dissolvable) in place, covered with a dressing and a sports bra. You will be advised to have your stitches removed, if applicable, at 7 days after your operation, or in accordance with your Cosmetic Surgeon's instructions, and to continue to wear the sports bra 24 hours a day for up to 3 months.

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