



RESHAPE & RESTORE

Breast Augmentation

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Introduction

Reshape & Restore has put together this factsheet for anyone who is considering a breast augmentation. We understand that undergoing a surgical procedure is not often an easy decision, and you may have many questions.

The aim of this factsheet is to outline the details of the breast augmentation procedure, explaining how it works, how it's carried out and what to expect from the results. Being fully informed about the potential risks and complications of surgery, can help to answer any concerns which may help you in making a clear decision.

Every patient's surgery is a unique experience and the approach we take at Reshape & Restore is tailored to suit your specific needs. It is important to understand that as the requirements of each patient differ, so does the outcome. This will depend on a number of factors and with our guidance, we can help you to understand the realistic results that can be achieved.

Why have a breast augmentation?

Small breasts can occur for a variety of reasons, and can be improved through a breast augmentation procedure. Many women find the shape and size of their breasts have not developed as they would prefer. This is usually because the genes have influenced the appearance of this part of the body, but in some cases the breasts have failed to develop during puberty due to an underlying condition - a congenital condition such as Poland Syndrome or Turner Syndrome - or the part that hormones have played during the body's time of growth and change.

When the breasts have become smaller over time, ageing, weight loss or breastfeeding can be the reason for the decrease in size. These circumstances can cause fat and tissue in the breasts to decline, thus shrinking

the original breast size. In these cases small breasts can also become sagging breasts as there will now be an excess of skin. The breast augmentation can help to enlarge the breasts, as well as to achieve a balanced look between both the left and the right breast. The nipples on deflated breasts that sag may then sit at the base of the breasts, pointing downwards, which isn't a natural-looking position. Breast augmentation can address these issues at the same time as enlarging the breasts to improve their shape and size, as well as restoring their natural-looking appearance.

The consultation

The consultation is the most important part of any treatment journey. Not only does it give you the chance to meet your surgeon, it provides the opportunity to discuss what is concerning you and what you are hoping to achieve from surgery. There are a variety of factors we need to consider before recommending any procedure, including: general health, skin type, risk of bleeding, how well you're likely to heal, smoking status, alcohol consumption and medications. We also examine your breasts, and we'll talk through the appearance you are likely to achieve. We'll provide information about how the procedure is carried out, any potential risks and complications, and what to expect during the recovery period. The aim of the consultation is to give you a better understanding of what undergoing surgery involves and what it can mean for you. As there is a lot of information to absorb, we don't expect you to make a decision there and then. It is our policy at Reshape & Restore to offer a second consultation at a later date so you have had some time to think, and consider the details of the operation - including reading any information leaflets that have been provided by us. In many cases a person goes away and finds they have other questions that weren't thought of at the time, which can then be addressed at the second consultation. Only when both you and us are completely certain that undergoing surgery is the right option for

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you, will we make an appointment. During this session we will also take some photographs of your 'before' appearance and give you the opportunity to speak with past patients - this has proven to be very valuable for many of our patients.

What happens during the procedure?

Reshape & Restore approach the breast augmentation procedure according to your individual concerns. During the consultation we discuss the use of implants to help increase the size and fullness of the breasts, and together we'll establish what is your desired size. In some cases it is necessary for each breast to have a different sized implant, particularly if smaller breasts are also noticeably asymmetric. We insert the implants through an incision made in the natural crease where the breast and chest meet - inframammary fold. We then use one of two options on where exactly to place the implant: under the chest muscle (submuscular pocket), or behind the breast tissue (subglandular pocket). Breast implants are often the most suitable option for increasing the breast size by two or more cup sizes. With advances in surgical techniques, fat transfer is now another safe solution for augmenting the breasts. However, this option is usually more effective when wishing to achieve an increase of one or two cup sizes.

Implants can also help to provide volume to breasts that sag and due to lost volume. A decrease in tissue mass can be restored with the use of an implant, eradicating what has become excess skin.

On the day of your surgery, you will be asked not to eat or drink anything from midnight, and you should not apply any creams, lotions to the chest area. Our patients often spend one night recovering in hospital before being discharged, however, it is not unusual for someone to spend two or three nights with us. We usually advise that you have someone drive you home from the hospital and also to stay with you on your first night at home.

What can i expect after the procedure?

Before we discharge you we will ensure you have been provided with suitable pain relief advice and some ointment to apply regularly to the wounds while they heal. It is not recommended that you use aspirin or brufen as these medications can increase bruising and the risk of postoperative bleeding. If any drains have

been applied they will be removed, and we will arrange your first follow up appointment - usually 7 - 10 days after surgery.

Your breasts will have some degree of swelling, tenderness and bruising, immediately following the procedure. The skin may also feel tight, and you may experience some temporary numbness. These effects are expected to gradually settle over the next few weeks, and we ask that you keep the breasts dry for 1 week. You will find that sitting upright and sleeping propped up on pillows for around 2 weeks after surgery will help to minimise discomfort and swelling. At your first appointment we aim to remove any stitches, if your healing allows. You should then be able to have a gentle shower, using non-perfumed products and warm water. When drying your breasts it is better to pat them gently using a soft towel, as rubbing will be uncomfortable and may disturb the wounds.

Having surgery can be hard on the body and it will use a lot of energy while it heals and recovers. You will benefit from taking it easy for a few weeks, only undertaking light duties and keeping activity levels low. Heavy lifting, rigorous exercise, swimming and the gym should be avoided for between 8 weeks. You can expect to need up to 13 weeks off work, depending on your job, when you should feel more comfortable to drive and resume normal daily activities. You will be fitted with a supportive bra before you leave the hospital, which will need to be worn for around 8 weeks to help support the breasts and minimise swelling. Our aftercare programme entails a series of follow-up appointments made approximately 1 week, 6 weeks, 3 months and 6 months after surgery. Your healing, recovery and development of results will be closely monitored during this time, and we will provide you with any necessary advice to ensure the outcome is effective.

What are the risks of surgery?

People who undergo a surgical procedure are usually concerned about how much scarring will be left behind. At Reshape & Restore we use modern surgical techniques which consider where incisions are made, and where scars will form. As incisions are kept to a minimum, scarring is usually less noticeable and can be hidden beneath underwear. In some cases a person is prone to developing hypertrophic scars, which can be particularly thick or raised from the skin. During our

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follow-up procedures we will monitor how your scars are developing and if hypertrophic scars are becoming likely, there are ways we can treat this in the future.

During the consultation we will discuss potential complications, which are always a risk when undergoing surgery. Haematoma is a condition where blood collects under the skin, and is a risk in the first few hours after the procedure. If this occurs we will need to take you back to the theatre to have it removed. Infection is fairly uncommon and careful aftercare is often the best way to prevent an infection from developing, and a course of antibiotics will help to clear it up. We mentioned temporary numbness as a possible side effect, but in some very uncommon cases this can be prolonged. It happens if the nerves are bruised and don't start to work as quickly as expected. Although it can cause some alarm, in most cases it does resolve itself in time and doesn't remain permanent. We will discuss how this is managed at the consultation. It is important to maintain your mobility while your body is recovering. Capsular contracture is a common concern following the insertion of implants, usually developing some time after the surgery. Any changes to the look and feel of the breasts, as well as any discomfort, should be reported to the team at Reshape & Restore, and we'll arrange an appointment to check for this condition.

You should try to move around regularly as you may risk developing Deep Vein Thrombosis (DVT), a condition where a blood clot forms in the leg. This only happens in around 1% of cases and we provide medication for you to take after the procedure to minimise the chance of this occurring.

If at any time you are concerned with your healing, or experience prolonged side effects / a burning sensation / discharge from the wounds, you are welcome to contact the Reshape & Restore team. Particular symptoms to look out for include: temperature above 38.5, pain and discomfort that is not relieved through painkillers, bleeding or discharge from the wounds and sudden swelling at the wounds.

What results can i expect?

Inserting implants into the breasts works to increase their size. Modern implants are designed to replicate the natural shape and feel of the breasts, which gives a pleasing appearance to larger sized breasts. The

specific placement of the implants are in-line with the shape and contouring of the upper body, being careful not to displace the location of the nipples - which can be repositioned if necessary.

For many patients with small breasts, undergoing a breast augmentation procedure can positively impact their well-being as it helps to boost self-confidence. It can balance the overall shape of the body, improving and creating more feminine curves.

It is important to understand that breast implants are not intended to provide a permanent solution to small breasts as they have a life-span of around 15 years. After this time the implants may need to be removed, and a replacement can be made if this is still desired.

Disclaimer

We are unable to make any guarantees to the outcomes of your procedure as the results of cosmetic surgery differ from patient to patient. It is prudent to note that whilst potential outcomes may have been discussed, these can sometimes be modest. Beauty is entirely subjective, and therefore what is good / achievable for one person may not be good / achievable for another. We can only guide you to what we expect your outcome to be, during the consultation. It is also possible that post procedure, other areas of the body may become more noticeable such as: arms, flanks or thighs. This is more common with procedures such as breast augmentation or tummy tuck.

Surgery comes with no guarantee of happiness and cosmetic surgery should not be undertaken lightly. Before proceeding, you must be certain that you can cope both physically and mentally should any complications arise as a result of your decision to undergo a surgical procedure. For this reason we recommend that you do not hide the fact from friends or family, rather you involve them in the decision making process so you can be sure you have an adequate support network should you need it.