

Cosmetics



MR MANSOOR KHAN

BREAST AUGMENTATION

Breast augmentation is one of the most popular cosmetic surgical procedures. Implants, usually containing silicone gel, are inserted behind the breast via small incisions in the crease where the breast meets the chest wall. The aim is to produce a natural and aesthetically pleasing appearance and feel to the augmented breast. The implants come in a variety of shapes and sizes and can be inserted into either sub-glandular (behind the breast but on top of the muscle), submuscular (behind both breast and muscle). The choice of implant, shape, size and placement is individualized with the patient and will be discussed at the initial consultation.

Pre-Operative Advice

Prior to surgery patients will have been seen at consultation and details regarding the surgery, the type of implant, the placement and sizing will have been discussed. Patients who smoke are at greater risk of complications including bleeding and wound infection and are therefore advised to refrain from smoking for 6 weeks prior to surgery and two weeks postoperatively. Patients should also avoid Aspirin and equivalent anti-inflammatory agents for two weeks prior to surgery as these can increase the risk of bleeding.

Operative procedure:

The operation of breast augmentation is undertaken under general anaesthesia and usually takes approximately one to one and a half hours. The operation is undertaken on the day of admission and patients stay in hospital for one night following surgery. The stitches that are used are self-dissolving and drains are usually employed. The drains are usually removed on the day of discharge.

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What to expect following Surgery

Patients are asked to wear a sports type bra for two weeks day and night following surgery. The augmented breasts will initially feel pert and tight and will take some two to three weeks to soften and settle into a natural shape. The degree of discomfort experienced by patients is extremely variable and painkillers may be required for one to two weeks following surgery. In the initial forty-eight hours patients should avoid Aspirin. Some transient numbness in the skin underneath the nipple is common and usually recovers within several weeks following surgery. Nipple sensation may be altered, usually become hypersensitive, though on rare occasions reducing in sensitivity. The hypersensitivity usually settles spontaneously after several weeks though massaging may be required.

Restrictions/activities:

Patients are usually discouraged from driving for at least one week following surgery and the usual time off work is between one and two weeks. Activities do need to be curtailed for several weeks following surgery and in patients who engage in contact sports, these need to be avoided for at least two to three months. A sick certificate can be provided if required.

Follow up:

Patients are usually reviewed by the nursing staff for wound check at 7 days postoperatively and then in the outpatient clinic by Mr. Khan at 1 and 3 months post-operatively.

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Risks & Complications

As with all surgery complications can occur. In the initial stage following surgery there are risks both of bleeding and infection which may require operative intervention. From a longer term all breast implants will induce a degree of scar formation around them. In the majority of cases this is inconsequential but in some patients the scar tissue can thicken and form what are called capsules. In approximately 1:20 women some form of capsule formation is detectable though treatment is not always required in all cases. As with all cosmetic surgical procedures undertaken by Mr. Khan he provides a fixed surgeon's fee which means that no further charges are incurred should treatment or surgery be required for complications that occur within one year following the initial surgery. This does not cover other costs such as anaesthetist's and hospital fees. Full terms and conditions are provided with each quotation and available on request.

Other details:

There is a very large range of breast implants available with sizes ranging from 80 to 1000 cc. Additionally a variety of shapes are available as well as filler materials. At the current time all breast implants that are available are made of silicone in their outer layer (some now have polyurethane covering this). Mr. Khan's preference is to use silicone gel breast implants as he believes these offer a more natural shape and feel to the breast. There have, however, been a number of concerns over the last few years regarding the safety of silicone gel implants though at the current time there is a very substantial body of evidence and research which has confirmed the safety of these implants.