



BREAST AUGMENTATION

Your surgeon:

Mr Ajay L Mahajan

MB BS, FRCSI, MMedSc, MD, FRCS (Plast)

Consultant Plastic Surgeon | Honorary Senior Lecturer | Director of Research – PSBRU

Your Predicament: “My breasts are small and I have to wear padding to enhance them to fill my bra. It hugely undermines my confidence and affects what I can wear”

Our Solution: A breast augmentation procedure will help you achieve the volume you wish for. You will be able to wear appropriate clothes and swimwear. It will boost your confidence significantly.



The “DUAL PLANE” technique.

There is a big difference between aesthetically enhancing breasts and just making them larger in size. Enlarging breasts to better suit your chest is no doubt desirable. While most of Mr Mahajan’s patients want their breasts to be bigger, they do not want them to look ‘fake’. They want to have bigger boobs, but do not want the world to know that they have had a boob job done! “Naturally” augmenting breasts is a scientific art that involves achieving ‘beauty through science’. On the other hand, there are patients who are keen on having an augmented look with a lot of fullness in the upper halves of the breasts. Patients’ perspective can vary and it is important to understand their desires.

Breasts augmentation is not about stuffing the breasts with implants to increase their volume. There are a lot of factors that need to be taken in to account to achieve an aesthetically pleasing natural result. The predominant factor that determines the future volume of your breasts is the characteristics of your chest, your breast base diameter and the position of you breast base on your chest. Technique used and outcome is also dependent on the quality of your existing breast tissue and skin envelope. It is also dependent of the position of your nipple in relation to your supra sternal notch, mid line of your chest and the breast crease (Infra mammary fold).

Implants can be placed under or over your pectoral muscles. Mr Mahajan can offer you a dual place technique, which he mastered during his time in Stockholm. This technique combines the benefits of both placing the implants under the muscle to camouflage them as best as possible, but at the same time using the dissection in the plane above the muscle to drape your breast / skin envelope over the implants as best as possible to help achieve an aesthetically pleasing result.

It is important for patients to not only gain first hand experience about how their new breasts will look on their body, but to also have an idea as to how the added weight would feel like on their chests. Mr Mahajan uses the Biodynamic breast analysis system, which allows patients to understand this by wearing various biodynamic sizers during their consultation.

Patients often come to us for this procedure after contemplating about it for years. After the procedure, they wish that they had had it done ages ago and not had to live with their small breasts for all those years.

Pre Operation

Mr Mahajan will acquire a detailed history from you about your concerns and your medical history. He will take the time to understand your desires and discuss in details as to how he can achieve the results you want. A detailed examination involving assessment of the breast tissue and overlying skin envelope in relation to your chest and physique will be noted. Measurements will be taken to gauge the degree of the problem and any asymmetry.

Depending on your examination a treatment plan will be formulated tailored to your needs. Depending on the characteristics of your chest, existing breasts and your desire, Mr Mahajan will discuss implant options with you. You will together be able to decide the size, shape and content of the implant as well as the technique of the procedure that will be used to achieve your desired results. There is limit as to how large you can go and still look natural, depending on the characteristics of your chest. You may also not want to go too large as the weight of the implants will drag down on the breast envelope over the following years, making the breasts more droopy than they would be if smaller volume implants are used.

Mr Mahajan feels that the ideal augmentation should be up to the volume that suits your chest wall. If you have a small chest diameter, enlarging the breasts to a very big size may not be appropriate for you. Once your anatomy has been explained to you at the consultation, you will be better informed to make a decision on the size of the implant. Pattern of the incisions, procedure and subsequent scars will be discussed in detail and you will be given an opportunity to probe into any aspect of the proposed procedure. Once you decide to go ahead following the consultation, you will be required to attend the pre-assessment clinic to ensure you suitability for the procedure under general anaesthetic.

Operation

You will be admitted to the hospital on the day of the procedure. The operation will be done under general anaesthesia. It will be carried according to the technique that was planned at the consultation. This will depend on the characteristics of your breast and will involve using the approach discussed before.

Depending on the chosen technique an incision will be made either in the breast crease or around your areola. A pocket for the implant is then carefully dissected above or under the muscle or both in case of the dual plane technique. Depending on the characteristics of your existing breasts, a dual plane 1, dual plane 2 or dual plane 3 techniques will be used. The procedure can take 1 to 1.5 hours to do depending on the complexity of the case. Mr Mahajan will dedicate as much time as is necessary to dissect the perfect pockets for your breast implants to create new aesthetically pleasing form and achieve the results you desire.

Post Operation

Following your procedure, you will be taken to your room once you have recovered from the anaesthetic. You will be cared for to the highest standards by our well-trained nurses. Once you have recovered enough after the surgery, you will be encouraged to sit out of the bed and mobilise to reduce the risks of blood clots in your legs or lungs. You will have some pain and discomfort for 2 to 7 days, but we will ensure that you are comfortable will adequate analgesia.

You can go home as soon as you are comfortable enough to go home. This could be on the same day or the following day depending on how you feel. You will have dissolvable sutures and as a result you will not need to endure the discomfort of them being removed and also this will prevent you from getting any stitch marks around your scars. Scars are unavoidable following any surgery, but Mr Mahajan aims to make these as neat as possible. Your breasts will be swollen, tense and appear prominent immediately following the surgery. Over the next few months the swelling will gradually go down and the breast will assume a more natural ptotic position. You are advised to wear a sports bra for 2 to 3 months. Once the swelling has decreased in 3 months or so you can consider investing in new lingerie!

You will be seen 2 weeks following the procedure to ensure that your wounds have healed well. After this initial follow up, you will be seen again in 3 months time to assess the results when the swelling has settled reasonably. Mr Mahajan will be available to see you at any time following the procedure should there be any unexpected problem.

NEED-TO-KNOW INFO

- Duration of surgery: 1 to 1.5 hours
- Anaesthesia: General Anaesthetic
- Duration of inpatient stay: Day case or overnight stay
- Wounds healed in: 2 weeks
- Scars matured in: Settle in 3 to 6 months, Fully matured in 12 to 18 months
- Back to light work: 1-2 weeks
- Back to cardiac exercise / fast walking: 2 weeks
- Back to labour intensive work / Exercise: 4 to 6 weeks
- Sexual activity: 4 to 6 weeks
- Able to drive: 1 to 2 weeks (Should be able to apply emergency stop)
- 'Long haul' flights / holidays: Avoid four weeks before and after. Short flights are okay.
- Shower / bath: Can shower the following day, no bath for 2 weeks
- Sun bathe: Keep the scars covered or protected with a high factor sun protection cream until they mature in about a year or so.
- Garments: Sports bra for 8 to 12 weeks
- Post operative review: 2 weeks, 3 months (As often as necessary if clinically indicated)
- Post Operative pain / discomfort: 2 to 7 days
- Potential risks: (Every effort is made to reduce the risk of complications, but potential risks are) Bleeding, bruising, swelling, haematoma / seroma, infection, explantation of implant, delayed wound healing, scars – hypertrophic, stretched, sensitive, not in the inframammary crease, No guarantee of cup size or cleavage, Altered sensation – decreased or increased, altered lactation and mammogram, asymmetry, Implant - visibility, palpability, rippling, rotation, rupture, silicone granuloma / axillary lymphadenopathy, capsular contracture, double bubble appearance, ALCL, risks associated with general anaesthetic, blood clots in legs or lungs.