

## **BREAST AUGMENTATION**

### **Achieving Natural, Safe, and Long Lasting Outcomes Through a Strong Surgeon-Patient Team Approach**

Breast augmentation is one of the commonest cosmetic surgery procedures that Dr Huang performs. It is also one of the most rewarding cosmetic operations for patient and surgeon alike, because the overwhelming majority of women who undergo this procedure experience high levels of satisfaction with the results and a significant improvement in body image.

Breast augmentation involves placing silicone implants under the breasts to enlarge them as well as to improve their shape. This procedure is used to help two groups of women: (1) those who were born with small breasts and who wish to have larger ones, and (2) those who have suffered loss of breast volume and shape after pregnancy and breast feeding, and who would like to restore their breasts to their previous condition, or to even improve them beyond their original size and shape.

#### **THE SAFETY OF BREAST IMPLANTS**

The safety of breast implants as medical devices is beyond doubt. Clinical studies have shown conclusively that silicone breast implants do not increase health risks, such as the risk of breast cancer or other diseases.

#### **THE PROCEDURE AND RECOVERY**

Breast augmentation is completed under intravenous anesthesia as a one-hour day surgery procedure without the need for hospitalisation. You will be asleep and completely unaware of anything during the procedure. When you wake up, you will feel comfortable and alert within a short space of time, with minimal or no drowsiness, headache, nausea or vomiting. There will be little or no pain. This rapid and smooth recovery from the operation is due to a combination of advanced anesthetic expertise and gentle and precise surgical technique. After resting for one to two hours, you will be able to return home or to your hotel escorted by an accompanying person.

The downtime for most patients is one week or less. The first two days should be spent resting quietly at home, after which normal daily activities may be resumed, such as driving and going out of the home. Most patients are able to return to work within the first week. Light exercise may be started after one month, while strenuous upper body exercise is allowed after 3 months.

Pain is mild and well controlled with oral painkillers, which are often no longer required after the first few days. Antibiotics and medications for swelling and bruising help to ensure a safe and smooth recovery. Swelling and bruising are usually mild. Bruising usually disappears by two weeks, while the majority of the swelling subsides by the end of the first month.

For the first one to two weeks, a compression band is worn across the upper chest above the breasts. This helps to minimize swelling, keep the implants in the correct position and prevent them from drifting upwards on the chest. No bra is worn during

the first month, as it may cause the implants to be displaced upwards. After the fourth week, new bras may be purchased and worn.

## CHOOSING THE RIGHT BREAST IMPLANT FOR YOU

Dr Huang strongly believes that while size is important and is often the main factor in the patient's mind, achieving your size objectives while producing the most natural possible shape is just as important to your *long term satisfaction* as a patient. With these objectives in mind, your implant will be selected as a result of a team effort between Dr Huang and yourself, combining (1) Dr Huang's scientific analysis of your chest and breast dimensions and breast tissue quality (known as biodimensional analysis) as well as his aesthetic judgment with (2) your own size and shape desires and preferences. Through this combined team approach with input from both patient and surgeon, we will arrive at a customized solution that will harmoniously blend technical considerations, your personal desires and expectations, and empower the patient-surgeon team with the ability to produce the best possible result for you.

With this philosophy in mind, it is highly likely that Dr Huang will recommend an anatomical silicone breast implant for your procedure. These implants are tear drop - shaped, meaning that their forward projection while in your body is greater in the lower part of the implant than the upper part. This design is similar to the shape of a natural breast, which has the same projection characteristics. In contrast, the traditional round breast implant has equal projection in its upper and lower parts, and is therefore not as close to the shape of a natural breast. Thus, an anatomical implant is able to produce a more natural result compared to a round one. In addition, anatomical implants are made in a wide variety of dimensions in terms of width, height, and projection, so that the selection of the best implant for you can take into consideration the width and height of your own breasts as well as your personal desires for breast fullness, size, and cleavage, all the while maintaining the natural shape of a real breast. This powerful dimensional system of anatomical implants will allow Dr Huang, with your equally important input, to create new breasts for you that look natural.

For a consultation with Dr Huang or if you have any questions, please e-mail us at [enquiries@cos-surg.net](mailto:enquiries@cos-surg.net) or call Tel: 6733 3372.