

C1-BREAST AUGMENTATION



C.1. BREAST AUGMENTATION

Breast augmentation, also known as breast enhancement or mammoplasty, is a cosmetic surgical procedure designed to increase the size, shape, or fullness of the breasts. This procedure can involve the use of breast implants or fat transfer to achieve the desired results. Here's a comprehensive overview of breast augmentation, including its types, benefits, procedure, recovery, and considerations.

Types of Breast Augmentation

1. Breast Implants: Silicone Implants

2. Fat Transfer:

- **Description:** This technique involves liposuction to remove fat from another part of the body (such as the abdomen and/or thighs and/or back

and/or arms) and then injecting that fat into the breasts.

- **Considerations:** This method may be suitable for women looking for a modest increase in size and who prefer a more natural approach without implants.

Benefits of Breast Augmentation

- **Increased Breast Size**
- **Improved Self-Confidence**
- **Restoration of Volume**
- **Symmetry**

The Breast Augmentation Procedure

1. Consultation:

- **A careful consultation with a Brazilian board-certified plastic surgeon to discuss goals, medical history, and any concerns. The surgeon will evaluate the breasts and recommend the best approach.**

2. Anesthesia:

- **The procedure is typically performed under general anesthesia.**

3. Incision Placement:

- **The surgeon will make incisions in one of several areas, depending on the approach chosen:**

§ **Inframammary Incision:** Under the breast fold, which is often preferred for silicone implants.

§ **Periareolar Incision:** Around the edge of

the areola.

§ **Transaxillary Incision:** In the armpit, leaving no visible scars on the breasts.

4. Implant Placement:

◦ The surgeon will create a pocket for the implant, either under the breast tissue or beneath the chest muscle (submuscular placement), depending on the patient's anatomy and conditions.

5. Closure:

◦ The incisions are closed with sutures, and the procedure usually takes about 1 to 2 hours.

Recovery After Breast Augmentation

· **Initial Recovery:** Swelling, bruising, and discomfort are common in the first few days. Pain can usually be managed with prescribed medications.

· **Downtime:** Most patients can return to normal activities within a week, but heavy lifting and vigorous exercise should be avoided for 8 to 12 weeks, but also the patient should refrain from sleeping on the abdomen or on the sides for 6 months after the surgery.

· **Follow-Up Care:** Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.

Risks and Considerations

· **Fat Resorption:** Some of the injected fat may be reabsorbed by the body over time, which could lead to a decrease in breast volume.

· **Complications:** Potential risks include infection,

bleeding, uneven contour, or changes in breast sensation, rupture of the silicone implant, rejection on the silicone implant by the immune system of the body.

· Limited Volume Increase: Fat transfer may not provide as significant an increase in breast size as traditional implants, making it more suitable for patients seeking subtle enhancement.

· Not Suitable for Everyone: Patients with insufficient body fat for harvesting or certain medical conditions may not be candidates for this procedure.

