



MOST FREQUENTLY ASKED QUESTIONS ABOUT BREAST AUGMENTATION

1. Why is there a 'cooling-off' period?

Breast augmentation is a lifetime commitment. It is important that you are making the right choice for yourself and understand all the implications of the surgery you are considering. Some women may need revision surgery later on down the track and need to be prepared emotionally and financially for this. Breast augmentation isn't an urgent procedure. If you are or you are put under pressure to proceed with surgery right away you should walk away and look elsewhere.

2. Are Breast Implants Safe?

Silicone gel-filled breast implants have undergone changes over time to meet increasingly sophisticated consumer expectations. The first silicone breast implants used thick shells and contained firm gel. The second generation of implants (introduced in the late 1970's) had thinner shells and used less firm gel to address concerns of patients and surgeons who believed that implants were too firm, palpable, and visible.



In the mid 1980's, concerns related to rupture rates of the second generation thinner-shelled implants led manufacturers to introduce a third generation of implants. The shell and gel of these implants are slightly thicker but still soft.

Today these third generation silicone gel filled breast implants are typically referred to as cohesive gel implants. Mentor's products have kept pace with the ever-evolving expectations of surgeons and women who desire a safe, soft gel to retain the natural feel that resembles actual breast tissues.

The amount of silicone released from implants is extremely minimal. Less than that is absorbed from daily consumer products containing silicone. For example, silicone can be found in many common household items, such as polishes, suntan and hand lotion, antiperspirants, soaps, processed foods and chewing gum.

3. Should I be at my ideal weight before I get breast implants?

You should be close to your ideal weight. A significant loss of weight after receiving breast implants could alter the results in a look that is not satisfactory to you. There could be some ptosis (drooping) and a reduction in size. A significant gain in weight could cause an increase in breast size.

4. Is the Procedure Painful?

Like any other surgical procedure, breast augmentation is an medical undertaking. The surgery is completed under administered general anesthetic, so you won't feel anything during surgery. Patients may experience some discomfort during the first five days of recovery. You will be discharged from hospital with the appropriate pain management medication. If you are concerned about any form of pain that might be associated with your potential procedure, it is best to raise these concerns with your surgeon during the consultation period.

5. Will the feeling in my breast or my nipple change?

Feeling in the nipple and breast can increase or decrease after implant surgery. The range of changes varies from intense sensitivity to no feeling in the nipple or breast following surgery.

6. Can I breast-feed with breast implants?

Many women with breast implants successfully breast-feed their babies. Some breastfeeding difficulties have been reported following breast surgery particularly when a surgeon uses a periareolar (around the nipple) incision. It is important that you let your surgeon know if you are planning or considering getting pregnant after your surgery.



7. What is capsular contracture?

The scar tissue or capsule that normally forms around the implant may tighten and squeeze the implant and is called capsular contracture. Capsular contracture is more common following infection, hematoma, and seroma. It is also more common with sub glandular placement. Symptoms range from firmness and mild discomfort, to pain, distortion, palpability of the implant, and/or dis-placement of the implant. Additional surgery is needed in cases where pain and/or firmness is severe. This surgery ranges from removal of the implant capsule tissue to removal and possibly replacement of the implant itself.

8. What implant size do I choose?

Choosing an implant size is an important personal decision that you will make in your consultation with a surgeon. Your surgeon will help to guide you through the process of deciding which size will be best to achieve the look you desire, as well as which size will best suit your body.

Choosing the right size breast implant is one of the most important decisions in the breast augmentation process. Your surgeon will discuss several approaches to help you make the best decision based on your anatomy and the aesthetic appearance you wish to achieve.

Breast augmentation should be in proportion to the woman's overall body shape. An implant too large for a small frame is usually an obvious give away that a patient has undergone a breast augmentation procedure.

9. Will my breast surgery be performed in a hospital?

Your breast augmentation surgery is performed on an outpatient basis, in a hospital operating room. The surgery will always be performed under full general anaesthetic.

10. What is the recovery process like after breast augmentation surgery?

You will probably feel tired and sore for several days after the breast augmentation surgery, so rest is essential. It's normal to experience a feeling of tightness in the breast area as your skin adjusts to your new breast size and your breast implants. You may also notice diminished feeling in your breasts and nipples during immediate recovery.

Your surgeon will ask you to wear a postoperative bra and/or compression bandage for extra sup-port and positioning while you heal. Most patients are able to return to work after one week. It's best to avoid any strenuous activities that could raise your



pulse and blood pressure, or which require strenuous use of your arms and chest.

Your surgeon will be able to provide you with more specific details about the recovery process.

11. Do I have to replace my implants every 10 years?

Many people are under the mistaken impression that breast implants need to be replaced every ten years. This is simply not true. If you are not having any problems with your implants, there is no need to replace them. One of most common reason implants are replaced is when a woman wants to change her breast size.

12. What other types of breast surgery are available?

- **Breast Lift and Augmentation - Mastopexy Augmentation**
Sometimes breast augmentation on it's own isn't the right procedure for every women. A common procedure for patients who have had children, breast fed or lost a significant amount of weight is a Breast Lift and Augmentation.
- **Breast Lift - Mastopexy**
Women who have adequate breast tissue but feel their breast may have dropped or sagged due to weight loss or pregnancy may also consider a Mastopexy or Breast Lift.
A Breast Lift may help restore volume, shape and height.
- **Breast Reduction**
A breast reduction will help to reduce the size, shape and weight of womens breasts. Breast reduction surgery is particularly helpful for women that suffer from back pain, soreness from bra straps, poor posture and overall discomfort. This type of procedure can be life changing in terms of lifestyle.
- **Breast Revision**
Some women may need to have their implants replaced at some point in their lives. This can be for a various number of reasons such as:
 - Exchanging breast implants for a different size
 - Exchanging breast implants for a different shape
 - Correcting asymmetry, contractures or distortions
 - Dissatisfied with the outcome from a previous breast augmentation
- **Nipple and Areola Correction**
The nipple and areola, like the breast, comes in varying shapes and sizes. It may be asymmetrical, flattened, inverted, or enlarged. Surgical procedures can easily correct these issues and create the contour and shape that matches our breasts. Cosmetic tattooing may also be used.