

## Procedures - Breast Augmentation FAQ's

### How would this procedure help me?

A consultation with Pure Aesthetics is the first step when you are considering surgery. You should frankly discuss your goals and expectations about looking and feeling better after surgery. You should always keep in mind that the desired result is improvement, not perfection.

### Will I be hospitalised for the procedure?

Breast augmentation may be performed as Day Surgery or with a short hospital stay. Dr Merten and Dr Rome do all their surgery in fully accredited facilities for your safety.

You should discuss the details of your recovery with our staff.

### How is the surgery performed?

There are currently several techniques for Augmentation Mammoplasty. They all involve the insertion of a saline (salt water) filled implant or a silicone gel implant either behind the breast tissue or behind the pectoral muscle. The implant is inserted through a small incision either under the breast, around the nipple or in the armpit. The surgeon will determine which approach would be most appropriate.

### Are there any side effects of this procedure?

You may have some bruising and swelling of the breasts for 2 or 3 weeks. Occasionally a capsule of scar tissue forms around the implant, which makes the breast feel firm. In addition an implant may become fixed in a slightly high or low position. It is possible with saline solution filled implants that the implant will deflate and therefore require replacement. There is no evidence that the implants currently in use cause breast cancer or other diseases nor do breast implants interfere with breast-feeding.

### Will the procedure leave any scars?

Although scars are the inevitable result of any surgery, we make every effort to keep them as inconspicuous as possible. The scars are usually just a few centimetres long and are located in such a way as to become less noticeable as they fade with time.

### How important are psychological factors in relation to Breast Augmentation?

Emotional stability is the primary factor to be considered before any aesthetic surgery is performed. A "bigger bust" does not guarantee a new life or an end to all personal problems. It is mostly your mental attitude that determines a successful outcome. A breast augmentation can improve your appearance and renew your self-confidence; the rest is entirely up to you.

### What results can I expect?

The goal of your surgery is to augment your breasts to a size that is in better proportion with your physique. Often a B-C cup size is obtained. Your surgeon will determine whether your expectations are achievable.

### When can I resume normal activities?

You should be able to resume your normal routine in 2-3 weeks although you may wait a little longer before undertaking strenuous exercise. Returning to work or your normal activities is an individual matter, and your surgeon will advise you.