

Breast Surgery

Breast surgery can improve the appearance of your breasts and boost your self-confidence.

About

There is considerable variation in the volume, shape, size and spacing of a woman's breasts. The three major determinants of breast appearance are size, shape of the individual breast and the position of the breast and nipple when standing in an upright position.

In western societies breast appearance is directly associated with the sexual attractiveness of women and their perceived body image. Therefore it comes as no surprise that every year millions of women throughout the world undergo breast surgery or '*boob job*' to improve the appearance and contour of their breasts with the vast majority seeking changes in their breast shape or size.

For the last decade, breast surgery has been the most popular surgical cosmetic procedure in the UK. Audit figures from the British Association of Aesthetic Plastic Surgeons show that breast surgery, in particular breast augmentation, heads the list of the most requested operations. **SFMedica** surgeons understand why women opt for breast surgery and the huge impact an improved appearance of their breasts can have on their psychology and self confidence. We pride ourselves on being able to offer a great variety of breast surgical procedures ranging from cosmetic enhancement to breast reconstruction.

Breast surgery can be a life changing procedure for some women therefore a good patient-surgeon communication is of paramount importance. You need to be prepared to discuss the reasons why you are choosing to have breast

surgery and what you expect out of it.

Following a complete physical examination and a comprehensive history including any family and personal history of breast disease we will discuss with you all risks involved, preoperative considerations such as mammograms, various surgical and non-surgical options, post-op recovery and scarring. You will receive the right guidance by our highly experienced medical team in order for you to make an informed decision with regards to your breast surgery.

Indications

Breast surgery is the generic name for a variety of surgical procedures involving the breast. The most commonly performed cosmetic procedures in the breast include:

- Breast Augmentation with implants
- Breast Reduction
- Breast Lift or Mastopexy
- Correction of asymmetry, tubular (or tuberous) breasts and congenital breast deformities
- Breast augmentation with woman's own (autologous) fat using fat grafting techniques
- Suction-assisted lipectomy
- Breast Reconstruction following mastectomy with tissue expanders or implants

- Non-Surgical Breast Enhancement with Macrolane
- Gynaecomastia (Male Breast Reduction Surgery)

Contact us today to arrange a consultation with one of our specialist doctors who will be happy to discuss what is right for you, as well as answer any questions you may have.

Surgery Explained

Depending on the dimensions of your breasts, skin quality and laxity, size of areola and nipple, presence of breast asymmetries or deformities, your age, overall health, family planning (e.g. more children, breastfeeding) and your expectations, we will be able to guide and advise you with regards to the most appropriate type of breast surgery and technique for your individual problem and needs.

Aftercare

Following breast surgery you will be expected to stay in hospital overnight.

Drains are rarely required and postoperative pain is usually manageable with OTC painkillers.

Breast surgery has a relatively fast recovery time.

You will be advised to wear a supportive bra day and night for several weeks post-operatively.

The stitches are removed after one to two weeks.

It is generally advised that recovering patients avoid heavy lifting and strenuous exercise for the first few weeks following surgery.

Depending on the type of surgery, a woman can usually return to work 10 to 14 days after her breast surgery.

The breasts may swell and become painful during the first menstrual period after surgery.

Altered sensations in the breast and nipple are common following surgery, and the nipples and breasts may remain numb for up to a year, but most patients report regaining feeling before then.

You will be given written instructions for your post-operative care and all follow-up appointments with your surgeon will be arranged for you by our **SFMedica** team.

Photographs of your breasts will be taken to show the way your breast look and discuss any potential asymmetries or deformities that may need to be addressed during the operation. The photos also will be kept as a record to compare the way your breasts look before and after surgery.