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Breast Augmentation / Breast Enhancement/ Augmentation Mammoplasty/ Breast Implant

Breast augmentation / breast enhancement is one of the most commonly performed cosmetic plastic surgery procedures. Breast augmentation is popular, relatively safe and has a high satisfaction rate. Breast augmentation increases the volume and improves the contour of the breasts with the use of breast implants.

The reasons for cosmetic breast augmentation are personal and should be discussed with your surgeon. Take time to understand your motivations, the procedure and information provided by Dr Pham. Breast augmentation can be performed for the following reasons:

1. To improve breast volume and contour due to inadequate development. Some women feel their breasts are out of proportion to the rest of their figures
2. To improve or regain breast volume and contour due to loss of breast tissue after pregnancy, breast feeding, trauma, breast resection or weight loss
3. To balance significant breast size and shape asymmetry where one side is different from the other

Dr Pham does not perform reconstructive breast surgery for cancer patients.

Initial consultation

At initial consultation Dr Pham will ask you about your motivation, the size and shape of the breasts you desire and any concerns you have regarding your breasts. Sizer implants will be available to place in your bra to help with volume decisions. However, predicting the exact size is not possible. It is important that Dr Pham is made aware of your detailed medical history. He will need to know of any previous breast procedures, past and current medical conditions, allergies and medications, personal or family history of breast cancer or other breast problems, and the results of any previous mammograms. He will also need to know if you are planning to have more children in the future, are breast-feeding or significantly altering your weight. Patients who are healthy and have realistic expectations are the best candidates for breast augmentation.

A thorough examination of your breasts and axillae (under arm area) will be performed and photographs will be taken for medical records. Dr Pham will take into account your ethnic background, skin type, size, shape and position of the breasts. If your breasts are sagging he may recommend a [breast lift](#) / [mastopexy](#) in conjunction with augmentation.

The aim of augmentation is to create natural appearing breasts.

Dr Pham usually aims to create natural appearing breasts. This can be achieved by avoiding the obvious visible outlines or margins of the implant, implant that is too high or perky or implant that is too large. The size and shape of the implant and position of the implant on the chest wall is planned to create natural enhanced breasts that is in balance with the body. In Australia, the trend is to have a full "C" to "D" cup for a natural result.

Dr Pham encourages you to have a second consultation or seek another surgeon's opinion if you are uncertain about undergoing the procedure.

Alternatives to Breast Implants - if you prefer not have surgery you can consider padding in the bra or external prostheses to increase the look of your breast size.

Types of Breast Implants

Implants used by Dr Pham are either:

1. Silicone gel (use in 95% of cases)
2. Saline

All implants have an outer silicone shell and can be either textured or smooth. Silicone is a synthetic product and is safely used in many medical products and implants throughout the body. Breast implants have not been scientifically shown to directly cause cancer, autoimmune or major connective tissue diseases. The presence of breast implants, however, makes it more technically difficult to take and read mammograms. This may be a special consideration for women who perhaps are at higher risk for breast cancer because of their family history. Placement of the implants underneath the pectoral muscle may interfere less with mammographic examinations, but other factors may also need to be considered with regards to implant placement. Dr Pham will discuss this with you.

Breast implants are manufactured to reduce any potential complications but cannot be guaranteed to have no side effects. There is no strict time limit on breast implants that may have to be removed or replaced. Most patients do not have any problems but on occasion breast implants are removed either by choice or due to complications.

Understanding the Procedure

Depending on a patient's anatomy and preferences an implant is inserted into an incision under the crease in the breast (the **inframammary approach**), through the armpit (the **transaxillary approach**) or around the areolar (the areola/**periareolar approach**). The implant is placed either behind the large chest muscle (**post-pectoral / submuscular**) or between the breast tissue and the chest muscle (**pre-pectoral / subglandular**). In certain cases Dr Pham will place the implant half in a subglandular and half in submuscular space (**dual pocket**) to achieve a modest breast lift along with augmentation. It is not placed within the breast tissue. Incisions are closed using fine sutures that leave little visible scarring. The procedure is normally performed under general anaesthetic in a hospital and takes about 1½ hour. Breast augmentation can be painful, especially when the implants are placed behind the muscle.

Breast augmentations are usually performed under general anaesthetic and very occasionally under sedation with local anaesthetic. Modern anaesthesia is safe but does have side effects and you should discuss these with your anaesthetist.

PREOPERATIVE (Before surgery) INSTRUCTIONS

- Please cease Aspirin, Aspirin-containing products, Plavix, Iscover and non-steroidal anti-inflammatories (such as Ibuprofen) for 10 days prior to and two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin) please notify Dr Pham.
- Smoking tobacco and alcohol increase anaesthetic and surgical risks. Please cease them for one to two weeks prior to and three weeks following surgery. They cause delayed wound healing, skin redness and other complications.
- Please notify us of all your routine medications and significant health history. You can remain on your daily medications, except for blood thinners unless instructed otherwise.
- Arnica, a natural herb that significantly decreases bruising, can be taken before and after surgery along with Vitamin C (ascorbic acid), which helps promote healing.
- If you are having a morning procedure you must not eat or drink after midnight the evening before. If you are having an afternoon procedure you must not eat or drink after 6.00am on the morning of surgery. You may, however, take your normal medications and brush your teeth.
- Please shower and remove any make-up and nail polish before arriving for your procedure.
- Unless you are remaining in hospital someone will need to drive you home after surgery and stay with you that evening.
- If you have any concerns please call the office. Remember, we are all here to give you the best possible care.

POSTOPERATIVE (After Surgery) INSTRUCTIONS

During surgery, dressings will be placed on the wounds. Immediately after surgery, you will be transferred to the recovery room for monitoring. Once awake and when it is safe to do so, you will be transferred to your

room. You should wear a surgical or supportive bra for 4- 6 weeks after surgery. You can either go home later that same day or stay overnight.

Breast swelling, bruising, tightness and pain can be expected after surgery, especially in the first 24 hours. Keep dressing tapes dry and intact until they are removed after a few days.

Medications - Dr Pham will prescribe pain relief to be used as directed. Usually Paracetamol +/- Codeine, Tramadol or Oxycodone is sufficient. Do not take additional pain relievers other than what Dr Pham suggests or prescribes and start any antibiotics when you get home.

Diet- You should take plenty of fluids and eat nourishing food as tolerated. You may feel nauseous for the first 24 hours.

Support Bras- Sports bras, full support surgical bras: Dr Pham recommends you wear a supportive bras straight after surgery and bring it with you to your first post-op visit. Wear the bra 24 hours a day, for 4-6 weeks after your operation, removing this support only when washing or showering. You may wish to have two bras on hand as you will want to wash them from time to time and/or have a choice for day and evening wear. Do not wear an under wire bra until 6 weeks after surgery

Showering, shaving or waxing underarms- You may shower with warm water. The dressing should be water proof. Use a hair dryer to dry off the dressings. Once the dressings and sutures are removed cover the wound with Micropore tape or Vaseline 4 times a day.

No hot showers, baths, saunas or spas for four weeks.

No topless sunbathing or tanning booths for six weeks. This may cause pigmentation or discolouration of your scars.

If the incisions are under your arms, no deodorant, vitamin E cream, perfumed lotions or shaving under arms for one week. You may sponge the area gently with warm water and mild soap, always avoiding the stitches, beginning the day after surgery. Do not wax underarms for one month post-operatively.

Driving- You may drive a car towards the end of the first week of surgery. Do this only if comfortable. Do not push it.

Activity- You should rest for the entire day after surgery. Sleep on your back with the head of your bed elevated or use two to three pillows for one week after surgery. Always protect your chest from sun exposure. You should avoid heavy lifting, exercise and activities such as running for 4 weeks after surgery. You can shower after a few days. Sexual intercourse can usually resume after 2 weeks.

Most people can resume work after 1 week or earlier, but occasionally longer if patients prefer more privacy. Most of the swelling and bruising will subside after 2 -3 weeks.

Office visit - check up- You will need to return to the office 5-7 days after surgery for your dressing changes and general check up.

Final results following breast implants may not be apparent for up to 3-6 months following surgery. We request that you please follow-up with us for at least one year for assessment and postoperative photographs.

Please Inform Dr Pham's office or the hospital where the procedure was performed if you have the following:

- High fever, chills or a temperature of more than 38 degrees
- Heavy bleeding from the wound
- Severe pain or tenderness
- Significant redness, or discharge around the incision
- Significant swelling

If you have any concerns you can contact Dr Pham's office. Remember, we are all here to give you the best possible care.

Risks of Surgery

Modern surgery is safe but does have risks. Complications can occur despite the highest standards and world's best practice principles used by Dr Pham.

It is not possible to list all the risks but you should be informed of the common side effects and benefits so that you can make an informed consent. Dr Pham will discuss these in greater detail at consultation. You should write down any particular questions or specific concerns. The potential risks are

General risk of surgery

- Wound infection or breakdown – may require antibiotics
- Bruising and swelling
- Bleeding, blood clots or seroma
- Chest infection
- Sore throat from the breathing tube
- Heart problems, blood clot or breathing difficulty due to anaesthesia in some patients
- Scars that become raised (hypertrophic or keloid)

Specific Risks

- Swelling and numbness, tingling or needle like sensations around the nipples and sidewalls of the chest for up to twelve months.
- Fluid accumulation
- Clotted veins in the breasts
- Lumps or cysts
- Capsule contracture - thick firm scar tissue around the implants can occur months to years later. This causes the breast to become firmer and is sometimes painful. 5% of patients with contractures may require surgical intervention.
- Painful or unattractive scarring.
- Subjective dissatisfaction with the final outcome.
- Nerve damage.
- Granuloma or foreign body reaction.
- Implant movement, extrusion, capsule rupture or leakage.
- Skin wrinkles and ripples.
- Chest wall deformity.
- Allergic reactions to sutures, tape adhesives and others.

Further Reading – Breast Implants Information Booklet published by the Therapeutic Goods Administration and Commonwealth Department of Health are available on line at <http://www.tga.gov.au/docs/pdf/breasti4.pdf>. You should read these for more information on breast implants and mammography, breast examination and breast feeding.

FEES

The cost of is:

Surgeon fee	5000-6000 +GST
Breast implants	1850-2000 + GST
Anaesthetist fee	1200-1500 +GST
Hospital (operating theatre + 1 night)	2500-3500
Churchill Day Surgery (alternate to hospital)	1800-2000
TOTAL	<u>\$10,500-12,000 + GST</u>

There may be additional cost for complex or combined case with other procedures.

Please [contact us](#) for your consultation on breast augmentation / breast enhancement

You can view our website www.perthcosmeticsurgery.com.au

Information on a range **cosmetic surgery and non surgical cosmetic procedures** available

- [Gallery / Before & After Photos](#)
- Find answers to your most [Frequently Asked Questions](#) (FAQs).
- Fees and Private Health Insurance rebate

If you wish to learn more about cosmetic surgery and facial plastic surgery please [contact us](#) to schedule a [consultation](#) with our Facial Plastic and Cosmetic Plastic Surgeon, [Dr Tuan Pham](#) or Nurse Coordinator.

GALLERY of Breast Augmentation / Breast Enhancement



Preop 1

Postop 1



Preop 2

Postop 2



Preop 3

Postop 3