

*To be beautiful and to feel beautiful...*

## **BREAST ENLARGEMENT**

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### **Why breast enlargement?**

Beautiful breasts are considered to be an essential part of femininity and greatly contribute to 'feeling good'

Today having beautiful and firm breasts has become possible for women of all ages, something the professional team at Kliniek BeauCare can help you to achieve!

Breast enlargement involves cosmetic surgery in order to change size and shape of the breast. Women who have always had small breasts and also women whose breasts have become less firm or smaller following childbirth or weight loss often opt for breast enlargement.

Breasts are made of fat tissue, gland tissue, blood vessels, nerves, milk channels and lymph glands, all of this covered by skin. The shape is greatly determined by the skin's elasticity and the proportions between fat tissue and gland tissue. Younger breasts contain more gland tissue, and are therefore more firm. With the years gland tissue is gradually replaced by fat tissue, which is softer. Gravity law and lessened elasticity can then cause the breasts to start hanging as time goes by. Also pregnancy and weight loss can effect and change the shape. As breasts have no muscle tissue exercises to enlarge them have no effect.

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### **First appointment**

Choosing to have your breasts enlarged is a highly personal decision. As choices will have to be made about size as well as shape it is extremely important that you are well advised.

During a first appointment one of our experienced surgeons will explain in detail what the various options are. Advantages as well as disadvantages, risks and expectations will be outlined and explained to you. The doctor will ask you questions about your medical history, your general physical condition, your needs and expectations.

Our doctor will see to it that you are extremely well informed. This will allow you to make a well founded decision. He will help you in choosing the treatment that is best to obtain the desired result.

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### **The implant**

For breast enlargement we use medical silicone implants. These are of a superior quality and are 100% reliable. Scientific research has shown the material to be safe. It has now also been proved that there is no link between silicone implants and breast cancer or any other disease. The implants we use are made of medically approved silicone. Yet there are differences. Below you will find a more detailed explanation.

#### 1. Filling

You can choose between a physiological saline (salt) solution, a liquid or solid silicone gel or other less used fillings.

##### **Physiologic Salt Solution**

This type of filling remains very stable for many years. Should a leak occur in the implant's silicone wall the solution is set free, but is absorbed through the body without any problem or risk. Another advantage is that these implants are filled when they are in place, which requires a smaller incision for the surgery.

A disadvantage is that these fillings feel unnatural because they contain a liquid, which is unstable (splashing). Also this type of implant has a smooth contour, accounting for a higher risk of capsular contracture.

##### **Liquid Silicone Gel**

This type of filling gives the supplest and most natural feel. It is round in shape, but becomes more drop shaped when standing, as the silicone gel then flows to the bottom of the implant.

Should a tear occur in the implant wall the gel will be released into the body and is very difficult to be removed. This is not dangerous as the substance is well supported and not carcinogenic.

##### **Solid or Cohesive Silicone Gel**

More and more liquid fillings are being replaced by this more solid form as there is no risk of leakage. It hardly feels more firm compared to the liquid filling and even if there is a tear in the implant's wall, it will not leak.

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As this type of filling is qualitatively the best, this is highly recommended by our team.

### Other

There are also implants filled with sugar solutions or other organic material. Some of these have already been taken off the market as the content's chemical composition had changed after some time, making it harmful for the bearer of the implant.

## 2. Shape

Here the choice is between a round or anatomic (= drop shaped) type of implant.

### **Round**

This shape fills the breast in the upper part. In an upright position it becomes somewhat more drop shaped, which is enhanced by a sub muscular positioning of the implant.

### **Anatomic or drop shaped**

This shape fills the upper part of the breast in a natural way. The filling is less outspoken in the upper pole which can produce a more natural result especially when the enlargement is more substantial. A disadvantage of this implant shape is that a slightly larger incision is needed for putting the implant in place.

## 3. Size

Next to the type of filling and the shape you will also need to decide on the size of the implant together with the surgeon. The most natural result is to have your new breasts blend naturally with your body.

It is not only the size of the cup itself that matters, it is important to let yourself be guided by the right proportions, harmonious with the rest of your body

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### **The Treatment / Surgery**

Here too there are various options the surgeon will discuss with you during a first appointment

What follows is a short survey.

#### 1. Positioning

The place of the implant is of major importance. It can either be inserted under the breast gland (sub glandular) or behind the breast muscle (sub muscular).

##### **Under the Breast Gland (sub glandular)**

This is an option with which a good result is obtained when there is sufficient breast gland tissue. In patients with little breast gland tissue it is possible for the implant's top edge to be felt. With a liquid filling also wrinkles can become visible. The risk of capsular contracture is slightly higher.

##### **Behind the Breast Muscle (sub muscular)**

By placing the implant beneath the breast muscle it is covered with an extra layer of muscle. This seriously lowers the risk of being able to feel the implant's edge.

As the layer of muscle exercises pressure on the upper pole of the implant, the round implant takes on the shaped of a drop.

The risk of capsular contracture is lower in this case.

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### 2. Incision

There are three possible procedures: a small incision will be made in the lower edge of the areola, in the crease of the underside of the breast or in the armpit. Each of these methods has its own advantages and disadvantages.

#### **Via the areola**

This type of incision is made through the areola making the scar hardly visible. The size of the scar is determined by the size of the areola.

This technique obviously limits the size of the implant. Larger enlargements with cohesive silicon gel are not always possible with this technique. Also the risk of infection is slightly larger than with the other methods that will be described below.

#### **Via the natural crease beneath the breast**

This is the most common procedure which allows for larger implants. Also here the scar is hardly visible because it occurs in the natural crease beneath the breast. For re-surgery in case of e.g. capsular contracture this method will always be preferred.

#### **Via a small incision in the armpit**

This is another possibility to perform breast enlargements, but implants tend to shift and move upwards. The scar is not in the breast area and unobtrusive.

As you can see a breast enlargement involves making some important choices. That is why our medical team will assist you by giving you the best professional advice and help you to look for the most suitable solution for you to obtain the best result.

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### **After Treatment**

Surgery lasts about an hour. A water resistant bandage is put in place and you will be wearing a special support bra. When the implant was put in place via the armpit a Redon-drain will need to stay in place for 24 hours.

You can go home the same day. For a month you will need to wear the special well fitting support bra day and night. It will support your breasts' new shape and limit any swelling. It is made to measure and fitted on immediately after surgery. In case of round implants it may be briefly taken off for a quick shower or to have it washed from the second post-surgery day onwards. In case of anatomic implants this can only happen after 7 days in order to guarantee an optimal positioning of the implant.

In case of sutures, these may be removed after 14 days. Two weeks later the scars may be massaged.

In case of sub muscular positioning the first four days are expected to be quite painful. Adequate pain relief medication will therefore be prescribed.

We advise you to take a few days rest after surgery. You will be able to resume your normal daily activities except for lifting heavy objects, practising sports or reaching high. You must wait a month before doing any of these.

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### **Result**

A breast enlargement involves medical surgery. The final result is not visible immediately after the operation. Swelling needs to disappear and the breast tissue and in some cases the breast gland will need time to adapt to the new shape. It will take about a month to get an idea of the final result.

The sensitivity in your nipples can be different for a few weeks. This differs from person to person and goes from highly sensitive to completely insensitive. The sensitivity in your nipples will gradually return to normal.

Scars can be quite red the first few months. Gradually the redness will diminish until they have the colour of the skin and practically become invisible.

This overview aims at giving you a general first idea on what a breast enlargement means. We hope to welcome you in person soon in order to give you the best individual and personal advice.