

'I would recommend having a breast augmentation to anyone who is considering it'

Tamara Kimball is 40 and has four children, ranging in age from five to 13. She has just had her second breast augmentation and has been absolutely delighted with the whole experience.

Tamara has never been particularly well endowed, but after her third child she felt that she looked more like a boy. In 2000 she decided to have a breast enlargement operation, which was undertaken at BMI The Saxon Clinic, Milton Keynes, and she was very happy with the results.

Following a divorce, Tamara met a new partner and had her fourth child, a little girl. She breastfed her new daughter as she had with her previous children and which she had always loved doing.

However, pregnancy and breastfeeding did make her breasts change shape slightly and she noticed that she had a slight 'rippling' effect on her breasts, which she felt showed, especially when she wore summery clothes.

Tamara thought long and hard about getting her breasts re-done. She felt slightly guilty about spending the money on herself, but came to the conclusion that it would make her feel much better about herself and that the results would, after all, last for a very long time.

The consultant who had done her original surgery had retired so Tamara set about finding another surgeon who she felt would do a good job.

She spoke to many secretaries and receptionists in the first instance, but felt that they often didn't really know what they were talking about, which worried her as she knew from her previous experience that even though a surgeon may have a great

CASE STUDY

reputation, the team around him play an important part too.

However, when she spoke to Adrian Richard's team at BMI The Shelburne, her fears were allayed.

"They were extremely professional and understanding and it seemed they really did know what they were talking about," she said.

Like some consultants, Mr Richards doesn't charge for the first consultation, which was a consideration too.

"I felt that Mr Richards had my best interests at heart, and that he really cared about my wellbeing," Tamara said.

She had originally thought that she would like to 'go a bit bigger' this time round, however Mr Richards took her whole frame into account and advised her against it, and she is now very grateful for this advice.

She was also reassured that the work was guaranteed and that if she

had complications she wouldn't have to pay to have further surgery.

After considering her options, Tamara chose to have her operation about a month later.

This gave her time to rearrange her home life and to ensure that her partner was going to be available for school runs etc.

All of Tamara's children had been born by caesarean section and this was her second breast operation, so any fears of surgery had been well and truly assuaged by her past experience.

Any anxieties were also helped by the fact that everybody on the team at BMI The Shelburne were extremely caring and respectful towards her. "I almost felt like I was having a five star holiday" Tamara said. On waking after surgery, Tamara said she felt like she had just had a really good night's sleep and was comfortable and relaxed.

She had had to go into hospital for 7am on the Tuesday and was ready to go home at around 3.30pm the next day.

She was advised that she shouldn't drive for one week and that if she worked she shouldn't go back for two.

Tamara doesn't work but gently potted around at home avoiding more strenuous jobs like vacuuming. For a few days following surgery she said it just felt like someone was hugging her tightly.

It is still early days and Tamara knows that it will take about three months for her new breasts to settle into place properly, but she is delighted with the results so far.

She said: "I would really recommend having a breast augmentation to anyone who is considering it."



USEFUL WEBSITES

- www.bmicosmeticsurgery.co.uk — information on all BMI Hospital cosmetic surgery procedures, hospitals and consultants.
- www.baaps.org.uk (British Association of Aesthetic Plastic Surgeons) Website provides general information about cosmetic surgery and a full list of accredited surgeons.
- www.bapras.org.uk British Association of Plastic, Reconstructive and Aesthetic Surgeons.
- www.dh.gov.uk — general information about choosing a surgeon, questions to ask.

BMI The Chiltern Hospital and BMI The Shelburne Hospital have seen a 112 per cent increase in the number of cosmetic surgery procedures carried out between November 2006 and October 2007.

The top five procedures were:

- Bilateral Breast Augmentation 13
- Facelift 78
- Abdominoplasty 42
- Blepharoplasty 35
- Breast Reduction 31

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