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Breast Enlargement (Augmentation)

Breast augmentation is a surgical procedure used to enhance breast size by one or more bra cups.

What is it?

- A breast enlargement operation is carried out to increase breast size by placing silicone or salt-water solution implants behind the breast tissue or under the breast muscle
- Breast enlargement is ideal for women who feel they would like fuller breasts or for people requiring breast reconstruction following surgery such as mastectomy

What is involved?

- Your surgeon will decide the best position to make the incision in order to minimise scarring
- The most common places are the areola region (the dark area surrounding the nipple), the crease underneath your breast or your armpits
- The incision will be about 5cm long
- Your breast tissue and muscle is then lifted to create a pocket and the implant placed inside
- The cut is then stitched up with self-absorbing stitches to keep scarring to a minimum
- You will probably need to wear a support bra until you have healed fully
- The operation can take up to 1 hour to complete and you will be under a general anaesthetic

About silicone implants

- The cohesive gel silicone implant from Allergan is the best implant on the market and is the preferred choice of Aurora
- This is a solid gel that will not leak or deflate if the shell of the implant should tear. It also reduces the risk of capsular contracture, which can occur if the scar, or capsule, around the implant tightens, squeezing the implant and causing the breast to harden.

Your recovery

- You will have small pieces of support tape over the incisions, which you will need to keep in place for about a week
- You can expect to return to work within one to two weeks after your operation

Possible side effects

- You may experience nausea following the general anaesthetic, as well as temporary soreness and swelling, which should pass within a few days
- In some rare cases, breast capsulation - a harmless response by the body to protect itself from the implant - can occur
- Capsulation can result in a change to the shape of your breast which can look unattractive. In this case, you will need a capsulectomy operation to correct it

Your results

- Breast enlargement surgery is considered a permanent solution
- However, implants may sag and ripple slightly with the normal ageing process
- It is important to take care of your new breasts and to get into the habit of wearing a support bra as part of your regular routine