

BREAST AUGMENTATION PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

This booklet provides information to help you decide whether to have breast augmentation surgery. It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

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What is Breast Augmentation?

Breast augmentation is a surgical procedure to increase breast size, improve breast shape or restore volume using implants.

Implants are usually filled with silicone gel or saline solution. They may be placed:

- Behind the breast tissue
- Partially or fully behind the chest muscle

The choice of implant type, size and placement depends on your anatomy, preferences and surgeon recommendation.

Why Consider Breast Augmentation?

Breast augmentation may be considered by individuals who:

- Feel their breasts are smaller than desired
- Experience volume loss after pregnancy or weight changes
- Have breast asymmetry
- Wish to restore shape after breastfeeding

This procedure is elective and should be undertaken with realistic expectations.

Preparing for Surgery

Before surgery, you may be advised to:

- Stop smoking at least 4 weeks before surgery
- Avoid blood-thinning medications (such as aspirin or certain supplements) unless approved
- Avoid alcohol before surgery
- Undergo pre-operative assessment and possibly blood tests
- Arrange for assistance during the first week after surgery

If performed under general anaesthesia, you will need to fast before the procedure.



Your Treatment Journey (International Patients)

Initial Enquiry and Assessment

Photos and measurements are reviewed. Implant options are discussed in detail.

Travel Arrangements

Airport pickup and accommodation are arranged through the treating hospital.

Pre-Operative Appointment

Final implant size, type and placement are confirmed. You may be asked to sign consent forms.

Surgery Day

The procedure is performed under general anaesthesia and usually takes 1–2 hours.

Post-Operative Stay

Most patients stay 1 night in hospital before returning to accommodation.

Return Travel

Patients are generally advised to remain abroad for 5–7 days before flying home.

What Happens During the Procedure?

During breast augmentation:

- Incisions are made (commonly under the breast, around the areola or in the armpit)
- A pocket is created for the implant
- The implant is inserted and positioned
- Incisions are closed with sutures

Dressings and a surgical support bra are applied.



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After the Operation

After surgery you may experience:

- Swelling
- Bruising
- Tightness or pressure sensation
- Temporary changes in nipple sensation

You will be advised to wear a supportive bra continuously for several weeks. Most patients require 1–2 weeks off work depending on job type.

Recovery and Expected Results

First 2 Weeks

- Swelling and tightness are most noticeable
- Arm movements may be restricted

Weeks 3–6

- Swelling gradually decreases
- Light exercise may resume if approved

Months 3–6

- Implants settle into final position
- Scars begin to fade

Final results become more visible once swelling resolves.

Aftercare Instructions

You may be advised to:

- Wear a surgical support bra continuously
- Avoid heavy lifting for at least 4–6 weeks
- Avoid strenuous exercise during early recovery
- Sleep on your back
- Keep incisions clean and dry

Follow all aftercare instructions provided by your surgeon.



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Potential Benefits

Breast augmentation may:

- Increase breast volume
- Improve breast symmetry
- Enhance body proportion
- Improve self-confidence

Results vary between individuals.

Possible Risks and Complications

All surgery carries risk.

Possible Complications During Surgery

- Bleeding
- Reaction to anaesthesia

Possible Complications After Surgery

- Infection
- Haematoma or seroma
- Capsular contracture (hardening around the implant)
- Implant rupture or leakage
- Changes in nipple sensation
- Visible rippling
- Asymmetry
- Need for future revision surgery

Breast implants are not lifetime devices and may require replacement in the future.



Implant Longevity and Future Surgery

Breast implants are not lifetime devices. Over time, implants may require replacement or removal.

Additional surgery may be needed due to:

- Implant ageing
- Capsular contracture
- Rupture
- Personal preference

Patients should understand that further surgery may be required in the future.

Breast Implant-Associated Risks

Although rare, certain implant-related conditions have been reported, including:

- Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL)
- Late fluid accumulation (seroma)
- Implant rupture

Your surgeon should discuss these risks during consultation.

Breast Screening and Mammograms

Breast implants can affect imaging. It is important to:

- Inform healthcare professionals that you have implants
- Continue routine breast screening as recommended

Special imaging techniques may be used.



Pregnancy and Breastfeeding Considerations

Breast augmentation does not usually prevent breastfeeding, but future pregnancy may alter breast appearance.

Hormonal and weight changes can affect long-term results.

Emotional and Psychological Considerations

Major cosmetic surgery can affect emotional wellbeing.

It is important that you feel emotionally prepared and have realistic expectations before proceeding.

When to Seek Medical Advice

Seek urgent medical advice if you experience:

- Sudden swelling in one breast
- Severe pain
- High fever
- Redness or discharge from incision sites

Questions to Ask Your Surgeon

Consider asking:

- What implant type and size do you recommend?
- Where will scars be located?
- What are the long-term risks?
- How long do implants typically last?
- What follow-up care is provided?



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Further Information and Consent

Before surgery, you will be asked to sign a consent form confirming that:

- You understand the risks and benefits
- You understand implants may require future surgery
- You have had the opportunity to ask questions

Contact Information

If you require further clarification before your consultation or treatment, please contact:

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