

CALF IMPLANT 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 calf implant surgery (calf augmentation). 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.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

Contents

- Information for Patients
- What are Calf Implants?
- Why Consider This Procedure?
- Preparing for Surgery
- Your Treatment Journey (International Patients)
- The Procedure
- After the Operation
- Recovery and Expected Results
- Aftercare Instructions
- Potential Benefits
- Risks and Complications
- Procedure-Specific Considerations
- When to Seek Medical Advice
- Questions to Ask Your Surgeon
- Further Information and Consent
- Contact Information
- Document Information



What are Calf Implants?

Calf implants are solid silicone implants placed within the calf area to increase volume and improve leg contour.

The procedure is designed to enhance the shape of the lower legs by creating fuller and more proportionate calves. It is often considered when muscle development through exercise alone is limited due to genetics or anatomical factors.

Calf augmentation may be performed for cosmetic reasons or to correct asymmetry.

Why Consider This Procedure?

You may consider calf implants if you:

- Feel your calves are underdeveloped or disproportionate
- Have asymmetry between the legs
- Are unable to achieve desired calf size through exercise
- Wish to improve overall leg proportions

The procedure aims to create a more balanced and defined lower leg contour.

Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Disclose all medications, supplements and medical conditions
- Arrange assistance during early recovery
- Follow fasting instructions if required

Your surgeon will assess your suitability during consultation.



Your Treatment Journey (International Patients)

Initial Assessment

Your medical history, photographs and treatment goals are reviewed.

Travel Arrangements

Airport pickup and accommodation are coordinated through the treating hospital.

Pre-Operative Appointment

You will attend a consultation for examination, implant selection and consent confirmation.

Surgery Day

The procedure is performed in a hospital environment.

Post-Operative Stay

Some patients may stay overnight for observation, while others return to accommodation the same day.

Return Travel

Patients are generally advised to remain abroad for several days before travelling home to allow for early recovery.

The Procedure

During calf augmentation, a small incision is typically made behind the knee in a natural skin fold.

Through this incision, a pocket is created within the calf muscle area and a silicone implant is inserted to enhance volume and shape.

The procedure is usually performed under general anaesthesia.

Surgery typically takes 1 to 2 hours.

After the Operation

After surgery you may experience:

- Swelling and bruising in the calves
- Tightness or pressure
- Temporary discomfort when walking
- Limited mobility during early recovery

Compression garments or bandages may be applied.

Recovery and Expected Results

First 1–2 Weeks

Walking may be uncomfortable and activity levels are limited.

Weeks 3–6

Swelling gradually improves and mobility increases.

Months 2–3

Final shape becomes more visible as tissues settle.

Results continue to refine over several months.

Aftercare Instructions

You may be advised to:

- Limit physical activity during early recovery
- Avoid strenuous exercise for several weeks
- Keep the legs elevated when resting
- Wear compression garments as instructed
- Attend follow-up appointments

Following aftercare instructions helps support proper healing.



Potential Benefits

Calf implants may:

- Increase calf volume
- Improve leg proportions
- Enhance overall body balance
- Improve confidence in clothing choices

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications may include:

- Infection
- Bleeding
- Implant displacement
- Fluid accumulation
- Scarring
- Asymmetry
- Need for revision surgery

Your surgeon will discuss potential risks during consultation.



Procedure-Specific Considerations

Implant Selection

Implant size and shape are chosen based on individual anatomy and desired outcome.

Physical Activity

High-impact exercise may need to be avoided during recovery.

Long-Term Results

Implants are designed to be durable but may require monitoring over time.

Symmetry

Perfect symmetry cannot always be guaranteed.

When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing swelling or redness
- Fever
- Severe pain
- Excessive discharge from the wound
- Sudden leg swelling or shortness of breath

Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for calf implants?
- What implant size is recommended for my body type?
- What type of anaesthesia will be used?
- What results are realistic for my case?
- What is the expected recovery timeline?



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Further Information and Consent

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

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

Contact Information

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

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