



PATIENT LEAFLET - BREAST AUGMENTATION

WHAT IS A BREAST AUGMENTATION?

Breast Augmentation or 'the boob job' is an operation aimed to enhance the volume of your breasts. It is the most popular plastic surgery procedure, and almost 1% of women have had it done. It can also be done to lift a slightly droopy breast or combined with a mastopexy (breast lift) if the breast is very droopy and more volume is wanted. Most women seeking this surgery have always had smaller breasts and are self-conscious about the appearance. This can affect their choice of clothing, activities, relationships - even confidence at work. They are fed up of padded bras and want a bigger breast out of the bra too! In some women, volume has been lost after pregnancy or weight loss or one breast is a different size to the other (asymmetry) and breast augmentation can be a good option for these patients too.

HOW IS IT DONE?

Breast augmentation surgery can be done a number of ways. The extra volume comes from insertion of a silicone implant either under the breast gland or under the muscle beneath the breast gland. Silicone is extensively used in the medical as well as other industries and is entirely safe. Implants can be a round or teardrop shape. Miss Bright-Thomas has extensive experience of all the latest techniques and will be able to advise which technique is best for you, depending on the shape and amount of breast volume you have, and your desired volume and shape. Many surgeons are only familiar with one or two techniques, so it's important to know, whoever you see, that they are suggesting the operation that is best for you rather than just the operation they are able to do.

BREAST AUGMENTATION OUTCOMES

Miss Bright-Thomas's patients are highly satisfied with their surgery. Her patients are more comfortable with their appearance after surgery, their confidence and self-esteem is better. They feel they can wear more revealing clothing and often personal and sexual relationships improve. It's an operation Miss Bright-Thomas enjoys doing with predictably good results.

Before you proceed with this operation you will be given written information about breast implants in general and the procedure in specific for you and a minimum cooling off period of 2 weeks is mandatory to ensure that you are fully informed and have considered all your options before surgery. After surgery you will have at least 2 follow up appointments and more if required at no additional charge. You will be supported throughout your surgical pathway by our excellent breast care and cosmetic nurse specialist.