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Breast Enlargement / Augmentation Mammoplasty

Patient Information Leaflet

Introduction

Breast size and shape vary naturally between individuals. Some women may feel that their breasts are disproportionately small, while others experience loss of breast volume following pregnancy, weight loss, or ageing.

Currently, there are no exercises, hormones, or medications that can significantly increase breast size. Surgical breast augmentation remains the most effective method of increasing breast volume and improving breast contour.

Breast augmentation surgery is designed to create a fuller, more proportionate, and natural-looking breast shape.

What is Breast Augmentation Surgery?

Breast enlargement surgery, also known as augmentation mammoplasty, involves the insertion of a breast implant to increase breast size and improve breast shape.

The implant is usually placed:

- Beneath the breast tissue
- Or beneath the pectoralis major muscle (submuscular placement)

The aim is to create a soft, natural-looking breast while maintaining proportion with the patient's body shape and chest dimensions.

Why is Breast Augmentation Performed?

Breast augmentation may be considered for:

- Naturally small breasts
- Loss of breast fullness following pregnancy or breastfeeding
- Breast asymmetry

- Volume loss following weight reduction
- Reconstruction or correction following previous breast surgery

The procedure may also be used in selected reconstructive cases following treatment for breast disease.

Implant Selection

Breast implants are available in various:

- Sizes
- Shapes
- Profiles
- Filling materials

The most commonly used implants are:

- Silicone gel implants
- Saline-filled implants

Implant selection is based on:

- Chest width
- Existing breast tissue
- Skin elasticity
- Body proportions
- Desired outcome

Oversized implants may place excessive tension on the tissues and compromise long-term shape and comfort.

During consultation, implant size is carefully selected together with the patient using implant sizers and measurements.

Surgical Incisions

Several surgical approaches may be used for implant placement.

Common incision locations include:

- Around the lower border of the areola
- In the fold beneath the breast
- As an anchor shape/lollipop incision if there is excessive loose skin

The incision typically heals as a fine scar that gradually softens and fades with time.

The Operation

The procedure is performed under general anaesthesia.

The implant is inserted into a carefully created pocket beneath the breast tissue or muscle.

The operation typically takes approximately 1–2 hours.

Hospital Stay and Recovery

- Hospital stay: usually 1 day
- Initial recovery period: approximately 7 days
- Return to light daily activities: within several days
- Avoid strenuous exercise: approximately 3 weeks

Additional post-operative instructions will be provided and should be followed carefully.

Sutures

All sutures used are absorbable and do not require removal.

Expected Results

The primary goal of breast augmentation is to achieve:

- A fuller breast shape
- Improved body proportion
- A soft, natural-looking result

Most patients become comfortable with the implants and are generally no longer aware of them after the first few months.

Breastfeeding and Breast Cancer

Current evidence has not demonstrated any proven relationship between breast implants and the future development of breast cancer.

Breast augmentation surgery generally does not interfere with future breastfeeding in most patients.

Risks and Possible Complications

All surgery carries some degree of risk. Possible complications may include:

- Bleeding
- Bruising
- Infection
- Scarring
- Implant displacement

- Breast asymmetry
- Capsular contracture
- Implant malposition
- Fluid or blood collection around the implant
- Changes in nipple sensation
- Temporary or permanent reduction in nipple sensitivity
- Need for revision surgery

Capsular Contracture

Following breast augmentation, the body naturally forms a scar capsule around the implant. In some cases this capsule may tighten excessively, causing the breast to feel firm or distorted.

The risk of capsular contracture may be reduced by careful surgical technique, appropriate implant placement, and post-operative implant exercises where indicated.

If significant firmness develops, additional surgery may occasionally be required.

Infection

Infection following breast augmentation is uncommon and can usually be treated successfully. In rare cases, temporary removal of the implant may become necessary.

Changes in Sensation

There may be some reduction in nipple sensation following surgery.

This is often temporary and commonly improves over 3–6 months, although permanent changes can occasionally occur.

Important Considerations

Patients considering breast augmentation should understand that:

- Breast implants are not lifetime devices
- Future surgery or implant replacement may eventually be required
- Perfect symmetry cannot be guaranteed
- Healing varies between individuals
- Pregnancy, ageing, and weight changes may affect long-term results

Final Notes

Breast augmentation surgery can significantly improve body proportion and confidence when carefully planned and performed.

A detailed consultation is essential to determine the most appropriate implant size, shape, and surgical approach for each individual patient.

The overall aim is always to achieve a balanced, soft, and natural-looking breast appearance.