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DR BRUCE LELALA

PLASTIC & RECONSTRUCTIVE SURGEON

[BSc, MBChB, DA, PDBA, MMED (UCT), FC Plast Surg (SA)] | MP 0650269 | PR No. 0834815

Patient Information

Breast Augmentation

- It is the second most common Cosmetic surgery done after liposuction
- There are two types in implants used: Saline implants and Silicone implants
- Silicone implants have evolved through different generations and are currently approved for Breast augmentation and Breast reconstruction
- More details on implant types, textures, advantages and disadvantages of each will be discussed in detail during a consultation

Indications

- Enhance Breast shape and volume
- Improve body image, symmetry, and balance
- Helps clothes fit better
- Provide the appearance of a breast lift and increase cleavage
- Rejuvenation after postpartum deflation

Contraindications

- Patients with Body dysmorphic disorder
- Patients under age of 18 years
- Significant breast disease & high risk of breast cancer
- Psychological instability
- Smokers (must stop smoking at least 3 weeks before the operation)

Patients Evaluation

- **History**
- **Examination**
- **Measurements**

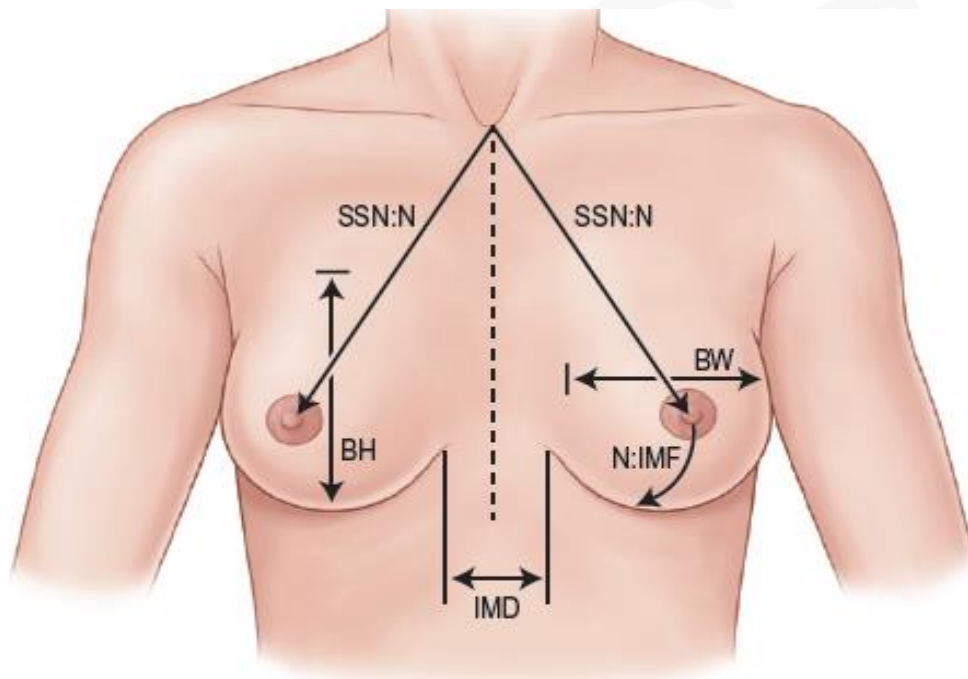


Fig. 2.5 Preoperative measures (taken before breast augmentation) include SSN : N (suprasternal notch to nipple); N : IMF (nipple to inframammary fold); BW (breast width); BH (breast height), and IMD (intermammary distance).

Incision Choices for introducing the Implant

1. Inframammary fold
2. Peri areolar
3. Trans axillary
4. Trans umbilical

Pocket plane & Dissection

- A. Sub glandular
- B. Subpectoral

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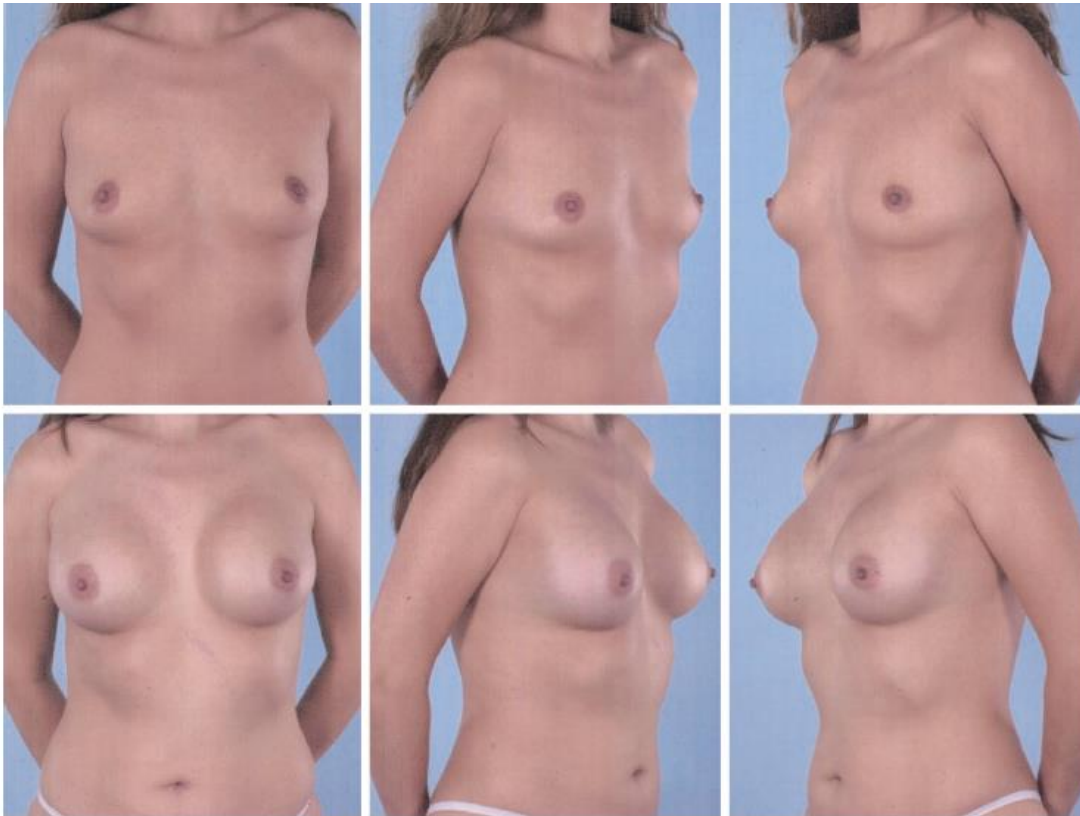
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C. Biplanar (Dual Plane)

Pre & Post-op examples:



Potential Complications

- ❖ Capsular Contracture
- ❖ Implant leakage & rupture
- ❖ Capsular Calcification
- ❖ Asymmetry
- ❖ Altered nipple sensation
- ❖ Implant migration
- ❖ Anaplastic Large Cell Lymphoma (ALCL)

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Post-op Care

- ✓ Post op garment for 4 weeks, no underwire or push-up bra for 6 weeks
- ✓ Implant displacement exercise for 2 months
- ✓ Aerobic exercise after 2 weeks
- ✓ Heavy lifting after 6 weeks
- ✓ Back to work after 3 to 7 days

Disclaimer: for comprehensive medical information you can book a consultation appointment where an assessment will be made.