



PLASTIC &
RECONSTRUCTIVE
SURGEON

Dr. Johan van Heerden

MBCChB, MMED, FC Plast Surg (SA)

Pr Nr: 036 0000 386 502

Pretoria East Hospital

Suite M12

c/o Garsfontein Drive & Netcare Street

Moreletapark

0044

INFORMATION LEAFLET BREAST AUGMENTATION

ADVANTAGES:

- Increase in breast volume by insertion of an artificial silicone implant.

ALTERNATIVE OPTIONS:

- Presently there are no safe alternative options available that deliver similar results.

DETAILS OF THE PROCEDURE:

- Infra-mammary incision.
- Retro-glandular pocket.
- General anaesthesia.
- Textured round implants will be used.

IMPORTANT NOTES:

- A specific bra size cannot be guaranteed.
- Cleavage cannot be guaranteed.
- Perfect symmetry cannot be guaranteed.
- Pain and discomfort for the first few days after the procedure is normal.
- Excessive pain and swelling in the one breast is not normal – please contact Dr. van Heerden if this occurs.
- Bed rest for 5 - 7 days after surgery is recommended.
- Work, driving and day-to-day activities may be resumed after 2 weeks – a sick note will be supplied on request, the name of the procedure will not be mentioned on the sick note.
- No exercise for 6 weeks after the operation.
- After 1 year the breast size may decrease due to breast tissue atrophy and due to the reduction in swelling, which is present immediately after the operation.

RISKS AND POSSIBLE COMPLICATIONS:

- Haematoma within the first 1 – 2 weeks after surgery (collection of blood that needs surgical draining).
- Changes in nipple sensation which can last for 6 – 12 months or permanently.
- Chronic pain.
- Asymmetry of the nipple and /or areola height, which is normally present pre-operatively. It cannot be improved with a breast augmentation and may even be accentuated.
- A scar in the fold that will be 3 – 4 cm long.
- Uncertain life span of the implant.
- Compromised detection of early breast cancer.
- Capsular contracture (envelope around the implant, which may become hard, painful and even cause distortion of the breast shape) in approximately 5% of patients.

- Late calcifications.
- Disappointment.
- Wound healing problems (rare).
- Infection (1% risk), which means the implant may need to be removed and replaced at a later stage.
- Position problems of the implant that may need repositioning in a 2nd procedure.
- Stretch marks may become visible or if already present may worsen.
- Lactation (pain and stimulation of the nipple may lead to milk production).
- Air trapped in the lungs due to an intercostal nerve block, which will need a drain in the lungs for a few days.

ADDITIONAL INFORMATION:

- Please wash the breast and axilla area the morning before the operation with water and Bioscrub or Hibiscrub soap.
- You have to be fasting for 8 hours before surgery.
- You should not be smoking for 4 weeks before and 4 weeks after surgery.
- You must be at admissions 2 hours before surgery.
- Do not use herbs, vitamins, Disprins, Grand-Pa, Voltaren or Brufens (anti-inflammatory drugs) 14 days before the surgery.
- The sutures are absorbable.

POST-OPERATIVE CARE:

- Please complete the course of antibiotics.
- Do not remove the dressings.
- Do not wear tight clothing.
- A soft sport-type bra will be given to the patient with follow-up appointment. (One pair is included in the quotation)
- Do not put "tissue-oil" or "Bio-oil" or scar treatment formulas on the scars before all the raw areas have healed completely.
- Micropore bandage may be applied for 6 weeks to the suture lines to prevent stretching of the scars. If these bandages wash off during showering, dry the scars and apply new Micropore bandages. If they cause irritation of the skin – stop applying them.
- Wound healing and the final result of the scars can only be judged after 12 – 18 months.
- The shape of the breast will change over the following 12 months from a pyramidal to a teardrop shape.
- The nipple height may also drop in the following years and with aging. This may need future adjustment with secondary surgery.
- If your body mass increase, the breast volume may also increase due to increased fat content.
- Please follow-up after 1 week, 6 weeks and 1 year.