



breasts

# BREAST OPTIONS

BREAST AUGMENTATION CAN DO MUCH MORE THAN SIMPLY ENLARGE BUST SIZE, SAYS SYDNEY PLASTIC SURGEON **DR JAKE LIM**. AIMÉE SURTENICH REPORTS.



breasts

There are many reasons women seek breast augmentation, but without professional guidance the array of choice can seem overwhelming.

Some feel their breasts are too small, while others want to improve shape after significant weight loss or following pregnancy. Many patients also feel their breasts are disproportionate to their overall body silhouette and are seeking improved symmetry.

In extreme cases where there is substantial sagging and a loss of firmness, a breast lift may also be recommended either alone or in conjunction with breast implant surgery.

Additionally, the procedure can be used for reconstruction purposes, perhaps after a mastectomy or for patients who are in a high-risk category for breast cancer.

'No matter what a patient's reasons for seeking breast augmentation, most feel considerably happier and more confident after taking the time to thoroughly discuss all of the available options to them,' says Sydney plastic surgeon Dr Jake Lim. 'Breast augmentation is a very specific procedure that must be individualised for each patient.'

According to Dr Lim, patients are generally in one of two groups:

- Women in their early 20s looking to improve the shape and size of their breasts; and
- Mothers who have breastfed and feel the shape of their breasts has changed.

'Pregnancy obviously changes the body shape, often resulting in sagging breasts lacking volume and excess skin

on the abdomen,' says Dr Lim. 'Many women are keen to restore a more youthful silhouette to their bodies.'

The common factor between these two groups is that all patients want a breast augmentation to feel better about themselves and improve their self-confidence.'

According to Dr Lim, selecting the size of the implant is a very personal decision and the patient must feel confident and comfortable with her choice, while guided by her surgeon to make a selection that is appropriate to her body shape and form. 'Most patients know what they would like the result to be and bring in photos that show the kind of cleavage, upper pole fullness and breast size they would like,' he says.

'I aim to give each patient a realistic guide of the options available to them, which is imperative in achieving a successful result for both parties. For example, a younger woman who has not had any children and has well-shaped breasts that are slightly smaller than she would prefer will usually achieve a better result than someone who has breasts that are slightly ptotic, or droopy.'

Factors that need to be assessed before undergoing a breast augmentation include the size of the breasts and, more importantly, the width of the base of the breasts. 'The width of the base determines the most suitable implant size and volume the patient can have to enable their new breasts to look proportionate to the rest of their body,' Dr Lim explains. 'The width needs to be accurately measured and the implications of this measurement need to be explained to patients so they have realistic expectations of what can be achieved.'

Dr Lim says the patient can trial different sizes of breast implants inside a bra under her own tight-fitting top. She then views herself in a full-length mirror to see her new shape, contours and improved proportions.

He also discusses with patients where the incision is to be made. 'The three main incision sites are underneath the breast crease, in the nipple and in the armpit,' he says. 'I talk my patients through these options and give them

By thoroughly discussing all options, the patient will be better equipped to make an informed decision



BEFORE



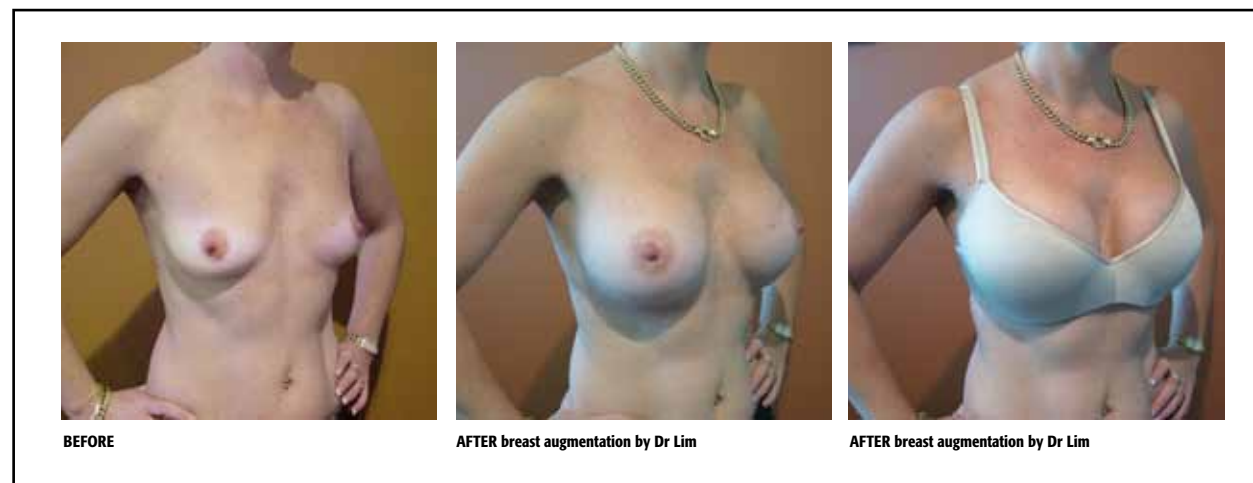
AFTER breast augmentation by Dr Lim



AFTER breast augmentation by Dr Lim



## breasts



a choice, though generally I think that the breast crease (inframammary fold) incision gives the best result because the scar tends to blend into the fold.'

Another decision to be made before every breast augmentation is implant placement, and it is generally the surgeon who makes this decision, Dr Lim explains.

The implants can be placed either behind or in front of the pectoral muscle. Dr Lim says this is usually decided by how much breast tissue the patient has. 'If the person has a lot of tissue, the implant can be placed in front of the muscle and still achieve a result that is natural-looking and feeling,' he says. 'However, if the patient doesn't have much tissue I prefer to insert it behind the muscle so it looks more natural.'

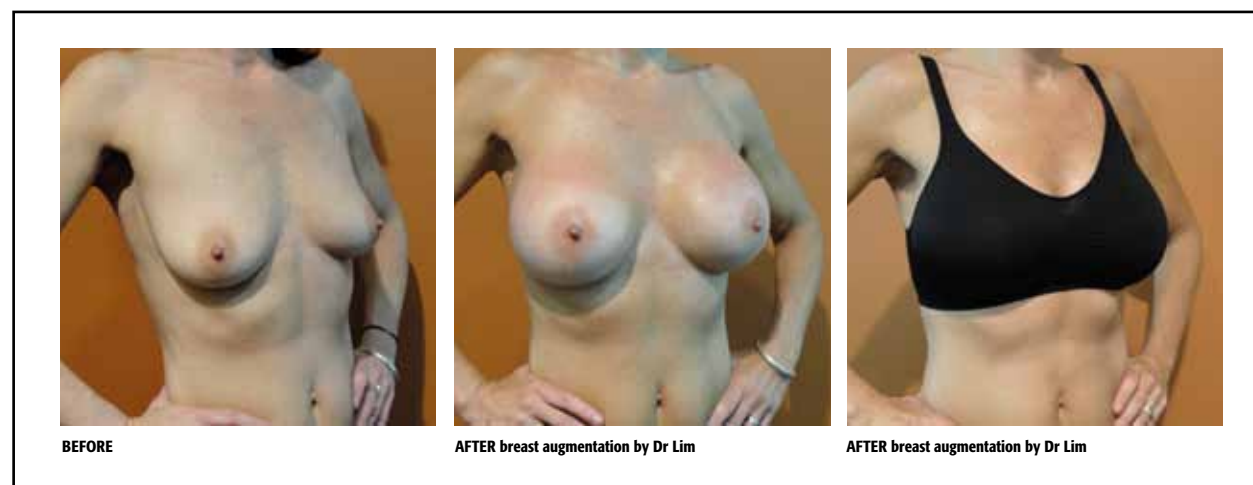
According to Dr Lim, placing the implant in front of the muscle tends to be a little less painful in the first week of recovery but that after the first week the difference is not noticeable. Once all the important decisions have been made, the patient is prepared for the procedure, performed

under general anaesthetic in day surgery. The surgery takes about one and a half hours and no drains are needed.

Dr Lim checks his patients one week after surgery and then again after a month. He then likes to see them every three months and then annually. Patients can usually resume light activities after about a week, and can normally return to work after around two weeks.

Dr Lim says the breast augmentation procedure does not end following surgery. He examines his patients one week after surgery and then again after a month, with follow-up visits every three months and then annually.

'Undergoing a breast augmentation presents patients with a complexity of options and decisions, but by thoroughly discussing the advantages and disadvantages of each with their chosen surgeon, the patient will be better equipped to make an informed decision. This, combined with the artistic and surgical skills of the doctor, will help to achieve the outcomes they desire,' Dr Lim concludes. **csbm**



## BENEFITS OF FAT GRAFTING

1. Patient's own body tissue is used – no risk of allergic reaction or rejection
2. Permanent restoration/enhancement of volume
3. No risk of lumpiness with microfat grafting technique
4. Improvement of skin quality (skin texture, subtleness and colour)
5. Improvement of existing scar quality
6. Economical, no additional cost of artificial fillers (which could be very substantial for large volume replacement)
7. Short downtime, with no bruising in the majority of cases

larger stem cell concentrations. Special fine harvesting cannulas are used, attached to a syringe, creating gentle negative pressure, allowing tiny parcels of fat (a fraction of a millimetre in diameter) to be obtained.

This fat is then processed by centrifuging, so that anaesthetic fluid and oil is separated and then removed, leaving condensed fat ready for injection to the recipient areas. Fat prepared this way has been found to contain viable fat cells including stem cells and 'Growth Factors' (chemical messengers, which tell cells what to do).

The purified fat is immediately implanted into the face through hidden skin punctures, using a tiny cannula. Fat is also injected into the skin itself to improve the appearance of scars and wrinkles.

*The most important modality to restoring a youthful appearance is to replace lost volume*

Following the procedure the patient looks slightly swollen; bruising is unusual. Most patients can return to work after a few days, however it may take a few weeks for the swelling to fully subside. It takes six to 12 months for the graft to completely settle. Many patients report some decrease and then increase in volume during the first couple of years after the procedure which is described in scientific reports as 'dynamic behaviour'.

Some surgeons 'super charge' by adding isolated stem cells, PRP (platelet rich plasma) and other substances and report some improved results. However, this approach is controversial, as others claim that unadulterated fat is superior. **csbm**

## DR LONGIN H ZUREK

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Silhouette of actual patient before and after S-Lift performed by Dr Zurek