

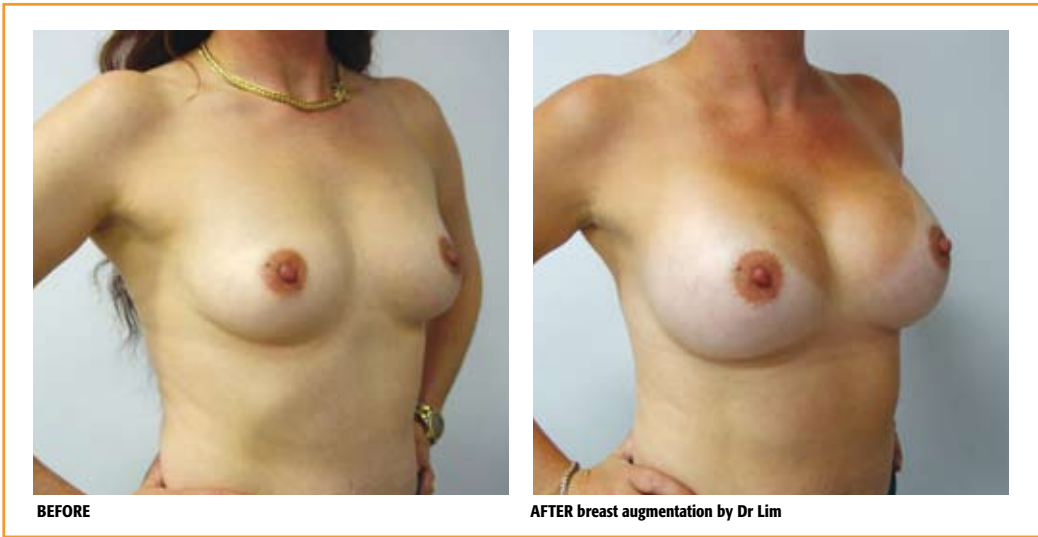
personal choices

According to Sydney plastic surgeon **Dr Jake Lim**, breast augmentation is a very specific procedure that must be individualised for each patient. Tara Casey reports

Before a patient undergoes a breast augmentation there are many options to be considered. Sydney plastic surgeon Dr Jake Lim says it is important to offer as many choices as possible to help reassure patients they will achieve their desired results.

Dr Lim says his breast augmentation patients are predominantly in one of two age groups. The first group is

comprised of younger women in their early 20s looking to improve the size and shape of their breasts. The second group is mothers who have breastfed and feel the shape of their breasts has changed. 'Many of these women have lost volume in the upper pole of their breasts,' Dr Lim explains. 'The common factor between these two groups is that all patients want the procedure to feel better about



themselves and improve their self-confidence.'

Consulting extensively with patients to discover exactly what it is they are hoping to achieve from surgery is central to Dr Lim's approach. He ensures that selecting an implant is ultimately the patient's decision, with some expert advice from him. He says that for patients who may want more filling in the upper part of the breast he recommends a round implant but for those who want a more natural look with more size he recommends a teardrop implant.

'Patients want to feel better about themselves and improve their self-confidence'

Size is one of the key decisions and one which he says is highly individual. 'I let my patients decide what size they're comfortable with, but I guide them to make sure it's

not completely out of proportion to their body,' he says.

Dr Lim also discusses with patients where the incision is to be made. 'The three most common incisions are underneath the breast crease, in the nipple and in the armpit,' he says. 'I talk my patients through these options and give them a choice.'

Another decision to be made in every breast augmentation is implant placement. 'The implants can be placed either behind or in front of the pectoral muscle,' he says. 'This is usually decided by how much tissue the patient has.' Dr Lim says it is generally surgeons who make this decision.

The advantages and disadvantages of each option should be discussed with the patient in order to achieve the most aesthetically pleasing result.

According to Dr Lim, by thoroughly involving patients in the choices involved with the whole procedure it helps them feel more engaged in and in control of their breast augmentation. **acsm**

