

Patient information sheet – Breast augmentation

Why is Breast Augmentation done?

Breast augmentation (Boob job) is done to increase the size and projection of the breasts and improve the appearance.

What are the types of Breast augmentation?

Either fat or silicone implant can be used to do breast augmentation. When fat grafting is opted, fat is borrowed from your tummy, waist and thigh, processed and then transferred to the breast to increase the volume. When implant is opted, a smooth, round silicone implant is placed in both the breasts through a small cut in the infra mammary crease or breast fold.

How many days of hospital admission is required?

It is a daycare procedure and you will be discharged from the hospital on the same day of surgery.

What does the surgery involve?

You will be seen by our anaesthetist before surgery and then admitted on the day of surgery. The surgery is conducted under general anaesthesia and takes about 1 hour. A small cut is made in the breast crease under the breast, which is completely hidden. A pocket is created and the silicone implant is inserted by no touch technique. The wound is closed with absorbable stitches. You will be given some pain killers and antibiotics and discharged on the same day evening. You will be advised to wear a comfortable sports bra after surgery.

What happens after surgery?

There will be a follow up appointment after 1 week to check the wound. Most of the swelling goes down in a week, but final results can be usually seen after 6 weeks of surgery when the swelling and bruising completely recedes.

What is the downtime after surgery?

You will be able to go back to normal activities from the next day. Strenuous activity like jogging, gym and sports can be resumed after 3 weeks.

What complications can I expect?

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital. Capsular contracture is an important complication which can cause deformed and stiff breasts when smooth implants are used. In that case, the implant might have to be taken out, capsule excised and a new implant placed. ALCL type of lymphoma cancer has been known to occur occasionally when textured implants are used. Dr Vybhav Deraje only uses smooth implants in his patients, hence you need not be worried about this complication.

Will I be able to breast feed after this surgery?

Most women can breast feed even after undergoing breast augmentation surgery.

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I have a few more questions. What do I do?

Kindly write to us at contact@drvybhavderaje.com. We will be happy to reply to any of your questions and concerns.

Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.