

# MATTHEW POTTER

## BREAST AUGMENTATION SURGERY

### Benefits

This procedure aims to increase the size of the breast tissue. It can also improve asymmetry and provides a fullness to the upper aspect of the breast that is not achieved with breast reduction or breast elevation (mastopexy) techniques. It is undertaken in patients for an increase in breast volume or in those who have lost breast volume through the processes of time or motherhood/breast feeding.

### Risks

1. Infection/wound break down.
2. Scarring. These are placed under the breast and are hidden. It is rare but abnormal lumpy or raised scarring can occur in some patients.
3. Pain (Mr Potter injects the breast during the procedure with local anaesthetic to limit the post operative pain).
4. Swelling - all post surgical wounds and sites will swell after the procedure - this should settle within a week if not less.
5. Bleeding / haematoma - this is a collection of blood that can occur within the operative site that may well mean a return to theatre to remove the blood and stop any bleeding sites. This complication is very rare.
6. Change in breast/ nipple/areolar sensation.
7. Asymmetry. It is very rare that both breasts are equal in size and shape before this procedure. Breast augmentation can emphasise such asymmetry.
8. Clots in the legs and or lungs (Deep vein thrombosis, DVT and Pulmonary embolus, PE). Any operation runs the risk of such clots. You will be given specialist stockings to wear over the course of your inpatient stay and injections to thin the blood to decrease this risk. This is a rare complication.
9. Further procedures - if there are imperfections or

adjustments to be made, Mr Potter and the hospitals in which he practices are happy to facilitate further surgery within reason and where clinically appropriate to be sure you are happy with your final result.

10. Capsule formation and capsule contracture. All foreign bodies implanted in the body will cause a reaction and with implants this is the formation of a membrane or capsule around the implant. This unfortunately can contract with time causing distortion of the breast. If this occurs the implant can be exchanged with a release of the contracted capsule.
11. Anaplastic Large cell lymphoma. This is a rare lymphoma that has been linked to breast implants. Smooth (non textured) implants have so far not been associated with this cancer. Mr Potter restricts his implant choice only to smooth implants..

### The procedure

You will be admitted to the ward the day of your procedure where you will be seen by the anaesthetist and Mr Potter. Your breasts will be marked and you will have the opportunity to discuss the operation further if needed.

The procedure takes approximately 2 hours and is under General Anaesthesia with you asleep for the whole process.

All wound edges will be raised due to underlying deeper sutures. Such raised wound edges will flatten at about a month. This long term will give better scars.

All wounds are simply dressed with adhesive tapes which are designed to be showered from day one.

### Inpatient course

You will recover on the ward for the post operative day and night.

Nearly all patients are discharged after a single night's stay.

On the first day following the procedure your operative dressings will be removed and the wounds and breasts examined, you will be put into a sports bra.



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You will be asked to shower the morning after the procedure.

All wound tapes should get thoroughly washed and allowed to air dry.

### **Postoperative course**

You will be discharged with oral pain relief which on average is only needed for two days.

The tapes applied to the wounds will simply start to peel off after a few days and these can be trimmed at home with ease.

### **Post operative follow up**

You will be reviewed at 7 days within your original hospital where the tapes will be removed. All sutures used will dissolve internally.

Mr Potter will review you after three weeks to assess your progress and he will give you regular reviews until all has fully settled and healed.

### **Do's and Don'ts**

You should only return to driving when you have the strength to perform an emergency manoeuvre.

You will need to wear a supportive soft sports bra for 8 weeks following the procedure. This is to be worn not only through the day but through the night.

It is advisable to sleep on your back during the initial post operative course.

Underwired bras should be avoided for at least 8 weeks following complete wound healing.

You should avoid strenuous exercise for 6 weeks. Lifting heavy weights should be avoided for 6 weeks.

You should be able to return to normal activities at 8 weeks.

It is advisable to refrain from exercise regimes that could cause trauma to the implants.