

AUGMENTATION TECHNIQUES

Sydney plastic surgeon **DR MARK KOHOUT** looks at some of the issues that confront everyone considering breast augmentation surgery.

“**W**hy would you want to have your boobs done?” This is a question that many women hear during the process of deciding on a breast enhancement operation. Talking to friends and family can bring confusion and uncertainty without providing a balanced view.

Firstly, what are the likely results and benefits? Generally speaking, there are two categories of patients I see.

For young women who have insufficient breast tissue, the flat or narrow-chest can literally be transformed into an appealing, well-proportioned look by the choice of the appropriate implant. The aim is to select a prosthesis that will enhance the chest contour to flattering proportions without revealing visible implant edges. Most of my patients do not wish the implants to be obvious, instead preferring to achieve a natural, well-shaped look.

For women who have had children and have loose skin, loss of breast tissue and slight to moderate drooping, breast augmentation can greatly enhance the look of the breasts by providing the fill and some of the lift lost during pregnancy. Although breast enhancement surgery cannot remove stretch marks, the breasts can return to their original size, shape and fullness.

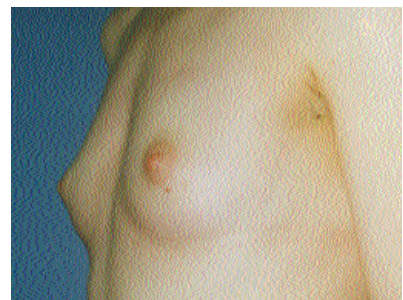
A well-performed procedure can give a lasting, natural-looking bust with few if any problems. This can lead to feeling better about your appearance and give you greater self-

confidence. Breast augmentation is a well-proven operation with many thousands of procedures being performed each year. It is also an operation with excellent results and high rate of satisfaction.

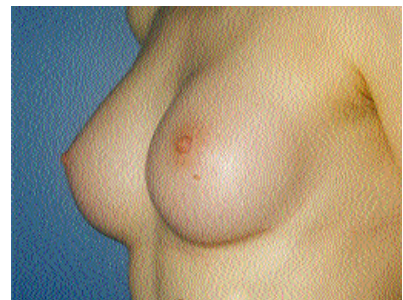
Secondly, what are the downsides? As with any surgery, the risks must be well understood by anyone considering having this operation performed. Although operative complications are uncommon, bleeding and infection around the implant may present a problem in the early post-operative period. Less than perfect breast symmetry and poor implant positioning are other potential pitfalls in breast enhancement surgery. The formation of a fibrous capsule around the implant can result in “hardening of the implants”. Some of these problems may require reoperation to solve.

Some of these risks can be minimised by careful and meticulous operating technique as well as the routine use of antibiotics. It is therefore important to choose a well-trained and experienced surgeon. My advice is to always look for a surgeon, who is a member of the Australian Society of Plastic Surgeons (ASPS). Detailed information brochures are available from ASPS or from Beauty by Design.

Most importantly of all, ask questions, read information and make sure you are comfortable with your choice of surgeon and happy with your decision to proceed. **ACSM**



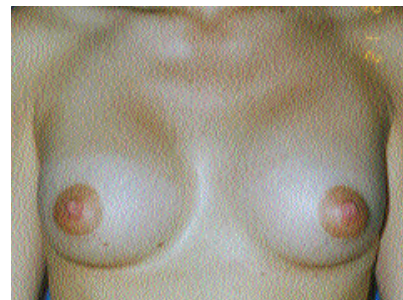
BEFORE



After breast augmentation by Dr Kohout



BEFORE



After breast augmentation by Dr Kohout