

# Calf Augmentation (Calf Enhancement)

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Calf augmentation is an operation designed to improve the size, volume contour of the calf area.

Over the last 30 years calf augmentation have gained world wide popularity due to the natural appearance of the augmented calf.

Both men and women find a well shaped and a well defined calf attractive. Men usually want to increase the muscle size and definition, giving them more masculine look, whereas women wish to get more balanced appearance of their legs. Body sculptors and builders can have difficulty building calf muscle bulk and often turn to calf implants surgery as a solution.

This procedure can also be helpful in other conditions such as congenital defects, polio, spina bifida and clubfoot, which may cause underdeveloped calves.

## The Consultation

Some people have a naturally thin or underdeveloped calf, and despite exercise or diet, this leg remains small. These patients may request calf augmentation. Women may want only the medial or inner leg filled out. Body builders may want both the inner and outer lower leg filled out. The goal is to help restore a more enhanced appearance. Generally, anyone in average physical condition or good health can be a candidate for calf implant surgery.

During your consultation, your surgeon will examine you and take your medical history. Your calves will be measured and preoperative photographs will be taken.

## The surgery

Calf augmentation usually is performed by either fat transfer using your own fat or by placing an implant made out of silicone over the muscles, on the medial and /or outer aspect of the calf. Some people, such as body builders, may require a larger augmentation, and in these individuals an implant may be placed on both the medial (inner) and lateral (outer) aspects of the calf.

The calf implants surgery is performed through making a fine incision at the back of the knee. The incision is usually nicely hidden in the crease at the back of the knee. The skin, fat and fascia are incised. The fascia (deep thick tissue layer) is lifted and a pocket is created to exactly fit the designed implant. The implants are inserted through a “no touch” sterile technique. The pocket is closed. The skin and subcutaneous tissue are repaired.

You will be going home the same day of surgery.

## After Surgery

You will be encouraged to walk immediately after surgery with stockings. The stockings will require to be worn for 2- 3 weeks after surgery. Walking will be slightly uncomfortable for few days and you

may find it easier to use a cane or crutches for a while. Wearing high heel often helps with pain. You will have some pain killers to go home with.

### **Getting you back to work and normal activities**

You will usually be able to go back to work after about 7 days as long as it does not require long distance walking, running, cycling or heavy lifting.

Time to go back to full, unrestricted activities 4-6 weeks following surgery.