

## **Dr. Ashraf Abolfotooh Khalil**

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# **Breast Augmentation**

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## What is Breast Augmentation?

Breast augmentation, also known as augmentation mammoplasty, involves using breast implants or fat transfer to increase the size of your breasts. This procedure can also restore breast volume lost after weight reduction or pregnancy, achieve a more rounded breast shape or improve natural breast size or asymmetry. For some women, breast augmentation is a way to feel more confident. For others, it's part of rebuilding the breast for various conditions.

Check the illustrative video [here](#)<sup>1</sup>.

## Before the Surgery... Preparation and Expectations

It is important to know the following before deciding to undergo a breast augmentation surgery:

- Breast implants won't prevent your breasts from sagging. Your plastic surgeon may recommend a breast lift in addition to breast augmentation to correct sagging breasts.
- Breast implants aren't guaranteed to last a lifetime. The average life span of an implant is about 10 years. Implant rupture is a possibility. Also, your breasts will continue to age, and factors such as weight gain or weight loss might change the way your breasts look. These issues will likely lead to more surgery.
- Mammograms might be more complicated. If you have breast implants, in addition to routine mammograms, you'll need additional, specialized views like MRI.
- You might need additional surgery after breast implant removal. If you decide to have your implants removed, you might need a breast lift or other corrective surgery to help restore your breasts' appearance.

A detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests. You might be asked to get a baseline mammogram.
- Discuss and agree on your preferences for the size, feel and appearance of your breasts as well as the most appropriate implants and its measures.
- Photographs of your breasts before the operation and displaying the expected shape through a computer application.
- A 3D simulation can be done for you to get an idea of the expected results with different implant sizes.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.

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<sup>1</sup> <https://bit.ly/2zvSyp9>

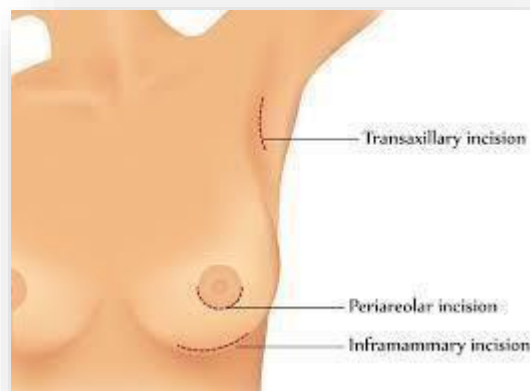
- Determining where your procedure will be performed and the date of operation.

### Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, 1 week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

### During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Regional or general anesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** To insert the breast implant, we will make a single cut (incision) in either the crease under your breast (inframammary) or around your nipple (periareolar). We will then separate the breast tissue from the muscles and connective tissue of the chest. This creates a pocket either behind or in front of the outermost muscle of the chest wall (pectoral muscle), through which the implant will be inserted and centered behind the nipple. Then we close the incision, usually with internal surgical sutures, so that there is no need to remove the stitches.
- The surgery lasts for 1-2 hours depending on the surgical details and patient's situation.



### After the Surgery

- In most cases, you can leave the hospital later the same day of the operation, or else as needed.
- Soreness and swelling are likely to be there for a few weeks after surgery. Bruising is possible. All will improve gradually with time.

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- If you notice warmth and redness in your breasts or you have fever, you might have an infection. Contact our medical team as soon as possible.
- It is recommended to apply silicone gel one month after the operation, for a period of 3-6 months to improve the scar appearance.

### Post-Procedure Precautions

1. We recommend wearing an elastic compression bra after the operation for 1-2 months, to protect the breasts. It has to be comfortable, of good cotton material and not compressive. This is one of the most important factors for the success of the operation and maintaining the aesthetic shape.
2. Avoid normal underwire or push-up bras for a few months after surgery.
3. Sleep at a 45-degree angle for a week after the operation.
4. Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
5. Massage 1-3 weeks after the surgery. You can do it yourself at home or ask our clinic for support. Check massage video [here](#)<sup>2</sup>.
6. Avoid aspirin and herbal supplements that may increase bleeding. Stick only to the medication prescribed by our medical team.
7. Stop smoking. It slows the healing process and may make you more likely to get an infection.
8. Rest and eat high-fiber foods, such as fruits and vegetables, to avoid constipation.
9. Limit your dietary salt intake to help faster swelling recovery.

### Recovery and Results

- While breast augmentation surgery results in larger breasts immediately, the final results may take a few weeks to 6 months as the swelling fades and the skin stretches.
- It is possible to develop bruising in addition to inflammation and swelling. The scars are expected to fade, but they won't go away completely.
- Light activities such as walking and returning to daily routine are allowed after a week of the surgery.
- You can resume desk work after one week from the surgery.
- Exercise can be resumed after 6 weeks from surgery.

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<sup>2</sup> <https://www.youtube.com/watch?v=FnJKPV7XOTI>

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- Over time, the shape of your breasts changes due to age, weight fluctuations, hormonal factors and gravity. Therefore, some patients may undergo breast lift or implant replacement to restore the aesthetic shape of the breasts.

## Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visit (once a month) during the next 6-12 months.

## Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of breast augmentation surgery are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any related risks or potential complications.

Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Generally, the risks associated with breast augmentation surgery include:

- Internal scar tissue that distorts the shape of the breast implant (capsular contracture)
- Breast pain
- Infection
- Changes in nipple and breast sensation
- Implant position changes
- Implant leakage or rupture

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## Medication

<b>R/Tavanic 500mg</b>	One tablet daily for 5 days
<b>R/Ketolac SR</b>	One tablet every 12 hours - after meals – till pain is gone
<b>R/Panadol 500mg</b>	Two tablets every 8 hours
<b>R/Alphintern</b>	Two tablets every 8 hours – half an hour before meals - for 2-3 weeks
<b>R/Controloc 40 mg</b>	One tablet before breakfast for 10 days
<b>R/Neurontin 300mg</b>	One tablet before sleeping for 5 days

### Cited in :

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>

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