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# **Breast Implant Revision Surgery**

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## What is Breast Implant Revision Surgery?

Breast Implant Revision Surgery is a series of different surgical procedures that aim to remove breast implants or exchange them for patients who have had previous breast augmentation, lift, or reconstruction with silicone implants. In cases of breast implant problems, like sagging of the breast, old implants, inconvenient size, silicone leakage or rupture, breast pain, discomfort or shape distortion caused by the formation of scar tissue (capsule) around the implant (capsular contracture) or breast implant illness, breast implant revision surgery helps to reshape the breasts to a more youthful, lifted shape and achieve a breast size proportionate to the body. It might also help improve your self-image and regain your self-confidence.

## Before the Surgery... Preparation and Expectations

It is important to consider the following before deciding to undergo a breast implant revision surgery:

There are different types of surgeries that fit according to your individual needs:

Explantation only: If you wish to discard your breast implants using the same old scar without volume replacement and you accept the normal or small size of your breast without added volume. In many cases you will be left with some excess skin that was stretched around your implants. If your skin quality is good, it will adapt to the new size without problems. However, if your skin is loose or your breast is saggy it will not improve without a lifting procedure.

Explantation and Immediate Implant Exchange: If you're not satisfied with your current implant size, have capsular contracture or if it has become older than 10 years and you prefer to exchange the implants with a more suitable size. This surgery is for you.

Explantation and Breast Lifting: If your breasts have become saggy by gravity and time or if you have become pregnant or breastfed and have implant problems, you might consider removing the implant and doing a breast lift surgery at the same time to improve your breast shape.

Explantation, Breast Lifting and Implant Exchange: If you wish to exchange your breast implant and your skin is saggy or have excess skin or large areola, you can do this combined surgery by removing the old implants, doing a breast lift and putting a new implant with the desired size that fits your internal breast pocket capacity.

Explantation and Fat Injection of the breast: If you wish to remove the breast implant and restore its volume by using your own fat. Liposuction from an area of your body and filling the fat in areas of your breast which are flattened or defective. This will improve the breast shape after explantation.

Fat injection of the breast can be added to any of the previous procedures if you wish to improve your breast shape, volume and skin quality and if you have enough body fat to be transferred.

In most of the cases during the previous procedures the capsule or thin layer of internal scar tissue which was formed around the breast implants will be removed or cut so not to cause further internal scarring, shape distortion or discomfort.

These are the 2 types of capsule management procedures:

-Capsulectomy: meaning the formed breast capsule will be partially or totally removed with the implants and in most of the cases a wider skin incision or scar will be done for better surgical access.

-Capsulotomy: meaning the formed breast capsule will be cut at different points inside the breast to release the tension that was caused by it. In this case your old scar will be re-opened with the same size if no additional reshaping is needed.

The implant pocket plane might be changed as well. If the implant was underneath your breast tissue, in some cases we will need to put it underneath the chest muscle or vice versa for a fresh plane to protect the new implants.

- You might postpone breast implant revision surgery if you have certain future plans, such as: childbirth/breast feeding (although certain surgical techniques can help preserve your ability to breastfeed) and weight loss (as this may result in changes to your breast size).

Before the surgery, 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 also be asked to get a baseline mammography, breast ultrasound or MRI.
  - Examine and measure your breasts.
  - Photographs of your breasts from different angles and close-up photos of some features.
  - Discuss your expectations for breast size and appearance after the surgery.
  - A 3D simulation can be done for you to get an idea of the expected results.
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- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
  - Determining where your procedure will be performed and the date of operation.

### **Important Instructions**

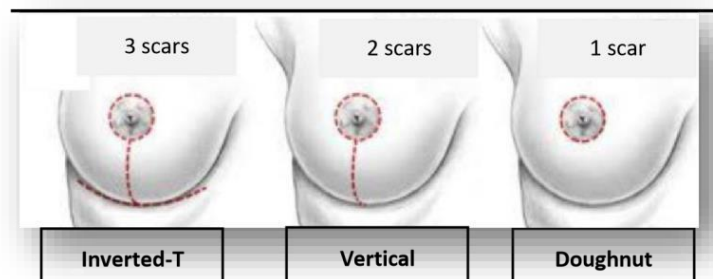
- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by your surgeon.

- 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. Local or general anesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** The techniques used vary according to the choice of the surgery. In all cases the breast capsule will be excised or cut. Explantation alone can be done from the same old scar, in most cases the scar is hidden underneath the breast at the breast crease, however breast lift procedure might include surgery through different incisions. For fat transfer, liposuction to harvest fat from an area of your body will be done to inject them into your breast if you decided to do so. Usually, we make an incision around the areola and down each breast, remove excess skin to reduce the size of the areola then we reshape the breast and reposition the nipple and areola.
- For breast lift, the incisions can be around the areola only, lollipop incision which is around the areola and vertically down the breast or an inverted T scar which includes the latter with an added incision at your breast crease.
- If you have decided to increase your breast size by using Silicone Breast Implants at the same time, we will insert them either underneath your breast tissue or underneath your chest muscle according to the thickness of breast tissue that will cover the implant.
- We will tailor your breast skin to have a tight and rejuvenated uplifted contour and stitch your skin internally with absorbable sutures that you won't have to remove later.
- We will try to achieve symmetry between your breasts, but some variation in breast size and shape might occur. The size of the areola also might be reduced.
- The surgery lasts for 2-5 hours depending on the surgical details and patient's situation.
- A suction drain will be placed to drain any blood after the surgery.

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- Right after the surgery, your breasts will be covered with a gauze dressing or bandages.
- Expect some pain, swelling and bruising after the procedure.



### After the Surgery

- Medication will be prescribed to help control the pain and antibiotics to reduce the risk of infection.
- Soreness and swelling are likely to happen for a few weeks after surgery. Bruising is possible. All will improve gradually with time.
- If you notice warmth and redness in your breast or 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.
- A tube might be placed under each arm to drain any excess blood or fluid.

### Post-Procedure Precautions

1. We recommend wearing an elastic compression bra after the operation and for 1- 2 months, to protect the breasts. It must be comfortable, of good cotton material and not compressive. This is one of the most important factors for the success of the surgery 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>1</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.
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## Recovery and Results

- While the results of breast implant revision surgery are immediately noticeable, final results may take months for the swelling to completely go down and the surgical scars to fade.
- In case of breast implant illness, immediate relief of the majority of the symptoms will be noticeable and the rest will improve over time.
- If you have added fat to your breast, around half of the injected volume will be resorbed by your body in a few months and the rest will stay.
- After 6 weeks, your ability to participate in physical activities will increase and you will promote a more positive self-image.
- Your incision scars will fade over time but it will never completely disappear.
- The final result is generally permanent, although breast shape and size can change due to factors such as aging and weight gain or loss.

## 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 visits (once a month) during the next 6-12 months.

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<sup>1</sup>[https://youtu.be/\\_1GGRa\\_g0xU](https://youtu.be/_1GGRa_g0xU)

## 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 implant revision 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 risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Breast lifting risks might include:

- Bruising, which is usually temporary.
- Seroma: collection of fluid that can be aspirated in the clinic
- Hematoma: a small collection of blood
- Scarring
- Removal of or loss of sensation in the nipples and skin surrounding the nipples (areolae)
- Difficulty or inability to breast-feed.
- If you have added a breast implant: Capsular Contracture, rarely implant rupture, seroma, breast implant illness might happen over time, or you might need to change the implant after 10 years.
- Differences in the size, shape and symmetry of the surgically altered left and right breasts, which might lead to further surgery later on to improve your appearance. Naturally, both breasts are never the exact same size before surgery, however we try as much as possible to make them symmetrical.

## 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/Neurontin 300mg</b>	One tablet before sleeping for 5 days
<b>R/Alphintern</b>	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
<b>R/Controloc 40mg</b>	One tablet before breakfast for 10 days

Cited in:

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