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MBBS(London), MRCS(Eng), FRCS(Plast)
Overview

- Cosmetic
  - Breast Augmentation / Enhancement
  - Breast Uplift / Mastopexy

- Reconstruction
  - Implant-based
  - Autologous / Own Tissue
  - Adjunctive procedures
Breast Augmentation
Cosmetic – Augmentation (Implant)

- What?
  - Type of Implant
- Where?
  - Pocket of Placement
- How?
  - Incision
Type of Implant

- Silicone vs Saline
- Round vs Anatomical / Tear Drop
- Smooth vs Textured
Pocket of Placement

- Under the breast tissue (subglandular)
- Under the muscle (subpectoral)
Incision

- Inframammary
- Peri-areolar
- Transaxillary
- Transumbilical
Breast Augmentation

- General Anaesthesia 1.5 hours
- Day Surgery
- (Drains 1-3 days)
- Dressings 1-2 weeks
- Back to work 1-2 weeks
- Resume exercise 1-2 months
Complications

- Bleeding
- Infection
- Scars
- Implant leak / rupture / exposure / extrusion
- Capsular Contracture
Cosmetic – Augmentation (Fat Transfer)

- Own tissue (fat)
- Harvested from areas of excess fat by liposuction
- Re-injected into breast
Fat Transfer

■ Pros
  ■ Own tissue
  ■ No implant-related complications / costs
  ■ Natural feel and look

■ Cons
  ■ Requires multiple stages
  ■ Donor site problems
  ■ Fat grafts may be lost / hardened (fat necrosis)
Masypexy / Breast Lift
Mastopexy / Breast Lift

- General Anaesthesia 2-3 hours
- Day Surgery / overnight stay
- (Drains 1-3 days)
- Dressings 1-2 weeks
- Back to work 1-2 weeks
- Resume exercise 1-2 months
Mastopexy / Breast Lift

- Visible scars
- Wound breakdown
- Loss of nipple / sensation
- Over / undercorrection (too high / too low)
- Asymmetry
Breast Reconstruction
Breast Reconstruction Options

- Implant only
- Own tissue only
- Combination
Things to Consider

- Body shape
- Previous surgery
- Current health
- Treatment needs
- Personal preferences
Immediate Breast Reconstruction

- **Pros**
  - Decreased risk of social or emotional difficulties
  - Better cosmetic results
  - Fewer surgeries and lower cost
  - No effect on development or detection of recurrence
  - No significant delays in getting other cancer treatments

- **Cons**
  - Mastectomy skin problems not immediately apparent
  - Longer hospitalisation / recovery
  - More scarring than mastectomy alone
Delayed Breast Reconstruction

**Pros**
- Additional cancer therapy after mastectomy does not cause problems at the reconstruction site
- Allows more time for patients to consider reconstruction options

**Cons**
- Mastectomy scar on chest wall
- Requires additional surgery and recovery time
- Can be more difficult after scarring occurs
- Less optimal cosmetic results
Adjunctive Procedures

- Breast Lift
- Breast Reduction
- Fat Grafting
# Implant vs Own Tissue

<table>
<thead>
<tr>
<th></th>
<th>Implant</th>
<th>Own Tissue</th>
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<tbody>
<tr>
<td><strong>Op Time</strong></td>
<td>1 – 2 hours</td>
<td>5-10 hours</td>
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<tr>
<td><strong>Hospital Stay</strong></td>
<td>2-3 days</td>
<td>5-7 days</td>
</tr>
<tr>
<td><strong>Recovery</strong></td>
<td>1-2 weeks</td>
<td>4-6 weeks</td>
</tr>
<tr>
<td><strong>Reconstructed Breast</strong></td>
<td>Less natural feel and behaviour</td>
<td>More natural feel and behaviour</td>
</tr>
<tr>
<td><strong>Main Risk</strong></td>
<td>Implant Related</td>
<td>Flap Loss</td>
</tr>
<tr>
<td><strong>Donor Site Risks</strong></td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Scars</strong></td>
<td>Less</td>
<td>More</td>
</tr>
<tr>
<td><strong>Maintenance Surgery</strong></td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
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Summary

- **Breast Augmentation**
  - Implant: volume / profile / fill / shape / texture
  - Pocket: under breast tissue / muscle
  - Incisions: armpit / areolar / under breast / navel

- **Mastopexy / Breast Lift**
  - Repositioning nipple and reshaping breast mound by removing excess skin
  - Scar pattern: donut / lollipop / anchor
Summary

- Breast Reconstruction
  - Immediate vs Delayed
  - Implant only
  - Own tissue only
  - Combination of implant and own tissue
  - Pros and Cons
There is no single surgical option that suits every patient

Not every surgical option will suit a given patient

Treatment needs to be tailored to the individual patient
Contact Us

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Thank You