

GOLD COAST

Plastic Surgery



ULTIMATE GUIDE TO BREAST LIFT WITH IMPLANTS

(07) 5598 0988

www.goldcoastplasticsurgery.com.au

WHAT IS INVOLVED IN A BREAST MASTOPEXY AUGMENTATION?

Factors such as pregnancy, breast-feeding, weight loss and the force of gravity can take a toll on a woman's breasts. This loss of elasticity often causes breasts to lose their shape and firmness.

A breast lift with implants is usually the preferred breast procedure for women who have excessive skin or drooping breasts. Also known as a mastopexy augmentation, this procedure has the combined benefits of enlarging the breasts and enhancing the shape, as well as tightening the skin and lifting your nipples. The result is a more youthful breast shape, increased firmness and volume.



THE BENEFITS OF GETTING YOUR BREAST LIFTED WITH IMPLANTS

- If your breasts are different sizes or shape, breast surgery can be used to create symmetry.
- Create more volume in the upper breast
- Improve the profile of the breast
- Improved Nipple Projection
- Firmer Breast Appearance
- Breast lift and implants can restore breasts to a more youthful position and contour

WEIGHT LOSS

Dr Doyle advises patients to wait until they are close to their ideal weight and have been stable in this weight range for at least 3-6 months before undergoing breast surgery. Changes of more than 5 kilograms can have a noticeable change in breast volume and shape. If you undergo breast lift surgery and then lose weight, you may see unexpected or unwanted changes to your overall shape.

POST-PREGNANCY

We encourage waiting at least 3 months postpartum and/or 3 months from when you have stopped breastfeeding to allow your breasts to settle. Giving ample time after breastfeeding will help to obtain optimal results and maintain your ideal breast size post-surgery.

We understand a woman's desire for fuller and more youthful breasts postpregnancy or weight loss is a delicate process, involving both physical and emotional desires. Dr Doyle and his whole team provide each and every patient with comprehensive and compassionate care, tailoring your surgery to your individual limitations and desires.

AM I A GOOD CANDIDATE?

Breast lift and augmentation surgery may be a good solution for you if:

- You wish to increase the volume of your breasts
- Are experiencing fashion limitations and social discomfort
- Are wanting to achieve a more natural breast shape and look
- Your breasts have dropped and your breasts are sagging
- You are unhappy with appearance of your breast or nipples
- You have breast fed or have lost weight and want to fill your breast tissue
- You have different shaped breasts and you want to achieve more symmetrical breasts

DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

SOME FACTORS TO CONSIDER BEFORE YOUR CONSULTATION

Type of implant

There are two primary implant types available: silicone and saline implants.

While saline implants are rarely used, both of these implants are considered safe, and each have their own advantages and disadvantages. During your consultation,

Dr Mark Doyle will discuss the benefits so you can make a well-informed decision going forward with surgery.

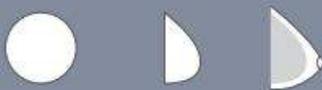
The 'look'

Do you desire a more natural subtle appearance or a very obvious transformation? Once again, this comes down to personal preference. You can choose a fake-look or a natural augmentation. Discuss your priorities with Dr Doyle during your consultation, and feel free to bring images of results you would like to achieve.

The implant shape

Once you've decided on the look you want to achieve, you can begin thinking about the shape of the implant. You need to consider whether you want round or tear shaped implants.

A NATURAL, TEARDROP SHAPE



A ROUND SHAPE WITH UPPER POLE FULLNESS



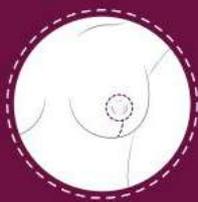
Breast projection

You need to consider whether fullness in the upper breast or a more natural look is desired. This will mean the difference between selecting a round or teardrop implant.

Surgical incisions

The size and shape of your breasts, size of your areolas, extent of sagging, and the desired outcome are factors that will help Dr Mark Doyle determine the best surgical incision for you.

INCISIONS MAY BE MADE USING THE FOLLOWING TECHNIQUES:



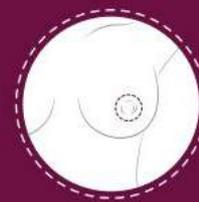
VERTICAL OR "LOLLIPOP" LIFT

As the most common incision performed, a vertical lift resembles a lollipop-shaped incision made from the crease of the breast, travels vertically and surrounds the nipple. This technique allows Dr Doyle to remove excess skin and reshape the entire breast with modest, easily hidden scars.



ANCHOR LIFT

This technique involves 3 incisions; one vertically from the areola to the breast crease, and one along the breast fold. This technique is ideal for women with considerable sagging and natural breast tissue, or for patients requiring a breast reduction with their breast lift.



PERI-AREOLAR LIFT

This involves a circular incision running around the edge of the areola. Women who experience very mild sagging or desire a smaller areola size will benefit from a peri-areolar lift.

Submuscular or Subglandular

The implants will be inserted using the incisions made for the lift either behind (submuscular), in front of the muscle (subglandular) or half and half (dual plane). The incision wounds will be closed with dissolving sutures and covered with waterproof dressings, allowing you to shower as soon as you feel comfortable.

BEFORE SURGERY RECOMMENDATIONS

Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.



Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery history
- Previous surgery for breast cancer or radiotherapy to the breast area
- Any bad scarring or poorly healed scars after previous surgeries

WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you can expect to:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery

WHAT HAPPENS DURING THE SURGERY?

In most breast lift and implant surgeries, the nipples and areolas remain attached. If breast are extremely large, the nipples may have to be removed and re positioned at a higher level. Dr Mark Doyle's anaesthetist will administer a general anesthetic for the 2.5 - 3 hour operation. All surgeries are performed at a licenced and accredited private hospital. The procedure will involve removing excess skin and some underlying breast tissue in order to elevate and reshape the breast. Breast Implants will be placed into the breast pockets and stitches will be in place to hold together the newly shaped breasts.

Following breast surgery you can expect:

1. Slight bruising and swelling
2. Possibly some numbness
3. Discomfort and pain
4. Immediate visible results with asymmetry due to swelling

Most patients leave the hospital on the day of surgery. For the first 2 to 3 weeks you should take it easy, with no strenuous exercise or activity. After this time you should be capable of returning to work (depending on your job) - however we recommend you wait another 3 weeks before undertaking any exercise.

All future nursing appointments will be booked in advance.



RECOVERY FROM BREAST IMPLANTS WITH A LIFT SURGERY

Many women prefer a day stay in the hospital but can opt for overnight. When you wake from surgery you will have prineo tape (clear, waterproof skin closure system) over the suture line. The tape will remain for 3 weeks whilst the outer dressing may be removed before your first shower the day after surgery. Expect your breasts to have some pain and discomfort. Expect your breasts to be swollen and bruised for 6 – 8 weeks after the initial surgery.

It is required that the supplied surgical bra is worn for the first 6 weeks after surgery for 23 hrs a day.

It is recommended that you sleep with your upper body slightly raised for as long as swelling persists.

IMPORTANT REMINDER

It is important to remember that each surgical journey is different from the next and each individual's results and procedure may vary. Breast surgery can be quite complicated and it not always possible to guarantee the surgical result you were originally hoping to achieve. This is why is it extremely important to choose a properly qualified and highly respected surgeon for any surgical procedure.

WHAT RISKS MAY BE INVOLVED?

Like any major surgery, there are risks associated both with the surgery and the anaesthetic. Potential complications will be discussed at your consultation with Dr. Doyle.

It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure. You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your surgery.

If you have any concerns about the risks involved with Breast Implants with a Lift surgery, please consult Dr Mark Doyle and his team at Gold Coast Plastic Surgery.

COMMON QUESTIONS



DOES MEDICARE OR MY PRIVATE HEALTH FUND COVER BREAST IMPLANT REPLACEMENT?

Medicare will only help cover the costs for surgeries that are deemed medical.

IS BREAST IMPLANTS WITH A LIFT SURGERY PAINFUL?

Most surgery involves discomfort and pain during the healing stages. It can be difficult to predict the pain levels as each individual's pain and discomfort may vary. Pain relief will be given to you after surgery.

WHEN CAN I RETURN TO WORK?

The time to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work 2-3 weeks after the initial surgery. It is recommended that no heavy lifting is done 6 weeks after surgery to ensure the body had time to heal.

HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive for 48 hrs after your procedure. This is due to the decreased movement in your chest and the inability to move freely as well as having been administered anaesthetic. When you can move and react without pain and are no longer on any pain medication you may recommence driving.

WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability. Smoking decreases the oxygen that is carried throughout your blood, therefore slowing the time taken for your skin to heal from a surgical incision.

WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 4 weeks of surgery due to infection, as your wounds are not completely healed.

WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. However, after 6 weeks post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. You will be given information regarding specific cream that will help with the healing process during your consultation. Your scars will be reddened for about 12 months after surgery, and then they should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots.

WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended that strenuous exercise is restricted for 6 weeks as it may increase swelling and bleeding and slow the recovery process. These activities include weight lifting, push-ups and running.

HOW DO I SLEEP AFTER SURGERY?

It is recommended to reduce the swelling after surgery to sleep with your upper body slightly raised on 1 to 2 pillows for as long as swelling persists.

HOW LONG UNTIL I CAN WEAR A BRA WITH UNDERWIRE?

It is recommended that you do not wear a bra with underwire for the first 8 weeks following surgery.

HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

OUR SURGEON DR. MARK DOYLE

Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).



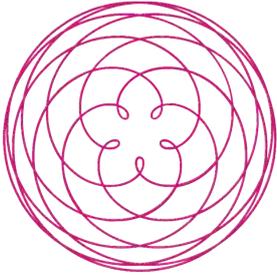
Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 30 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic surgery has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.





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YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



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