

## **Aspire Procedural Information Guide Breast Augmentation**

Welcome to your Aspire Experience. This is your informed decision informational packet. It will give you information concerning your Aspire surgical experience from the start to the completion. It is important that you read this information carefully and completely.

Breast augmentation is one of the most popular plastic surgeries. It can change your shape to be more proportional, help clothes fit better and boost your self-esteem. If you've lost a great deal of weight, breast augmentation can restore roundness and fullness in your breasts. If your breasts are smaller and less firm after breastfeeding, a breast augmentation can help you regain your original shape. Breast augmentation also can help if one of your breasts is a different size than the other. Breast augmentation can increase the fullness of your breasts; improve the balance of your figure; and enhance your self-image and self-confidence.

### **Consultation**

The first step is a consultation with Dr. Lee, during which he will spend some time getting to know you. He will ask about the motivation behind your decision and your desired breast size. He will examine your breasts and take photos for your records. Dr. Lee notes the size and shape of your breasts, the quality of your skin and the placement of your nipples and areolas in determining how best to approach your surgery. If your breasts are sagging, he may recommend a breast lift in conjunction with augmentation.

Be prepared to discuss your medical history, including any medical conditions, drug allergies, previous surgeries or medical treatments, and current medications, vitamins, and herbal supplements. Tell Dr. Lee if you have a family history of breast cancer and about the results of any mammograms or previous biopsies. Breast implants make it more difficult to take and read mammograms. This may be a special consideration if you are at higher risk for breast cancer because of your family history or other reasons. Dr. Lee will consider this factor when deciding whether to place the implant underneath the pectoral muscle, where it may interfere less with a mammogram.

Tell Dr. Lee if you are planning to lose a substantial amount of weight or to become pregnant in the near future. Both may affect the long-term results of your breast augmentation.

### **Before Your Breast Augmentation Surgery**

Knowing what to do and what to expect before your surgery will make for the best possible outcome.

Dr. Lee may recommend a baseline mammogram before surgery and another mammogram several months after surgery to allow you to detect any future changes in your breast tissue. If you're a smoker, you will be asked to stop smoking well before surgery. You may need to get lab testing or a medical evaluation, to take certain medications or adjust your current medications. You will need to avoid aspirin and certain anti-inflammatory drugs 7-10 days before surgery, because they can cause increased bleeding. Dr. Lee will provide additional preoperative instructions.



Your surgery will be performed at the fully accredited Southwest Surgical Suites or another accredited facility. They will contact you prior to your procedural date to review medical history and instructions. Do not eat or drink anything after midnight the night before your procedure for a morning surgery; including water, mints, chewing gum, and vitamins. For an afternoon procedure, obtain specific instructions during your pre-operative call. Having an empty stomach is extremely important for your safety.

Typically general anesthesia is used for a breast augmentation procedure, though local anesthesia and intravenous sedation may be an option as well. Dr. Lee will recommend the type of anesthesia best for you.

Be sure to arrange for someone to drive you home after surgery and to stay with you at least the first night following surgery.

### **Your Breast Augmentation Surgery**

Upon arrival at the surgical facility and after registration, you will be escorted to the preoperative area where you will be prepared for surgery. One guest may be with you until you go into the operating room. Both your physician and your anesthesiologist will meet with you prior to your procedure.

Dr. Lee will take into account individual factors and personal preferences to determine your appropriate breast size, the location of incisions, and whether the implants will be placed on top of or underneath the chest muscle. A breast implant is placed in a pocket either directly behind the breast tissue or underneath the pectoral muscle, which is located between the breast tissue and chest wall. All breast implants include a solid silicone rubber outer shell. Dr. Lee uses saline breast implants, filled with sterile saltwater. Saline implants may be pre-filled to a predetermined size, or saline may be added at the time of surgery to allow for minor modifications in implant size.

Dr. Lee will make an incision underneath the breast, just above the crease; around the lower edge of the areola; or within the armpit. One of the advantages of using a saline-filled implant is that, because it is filled with saltwater after being inserted, only a small incision is needed. Often, an incision of less than one inch is made underneath the breast, just above the crease, where it is very inconspicuous.

### **After Your Breast Augmentation Surgery**

When your surgery is complete, you'll be taken into a recovery area where you will be closely monitored. Although the time varies, most patients are discharged one to two hours after the procedure. Southwest Surgical Suites also offers overnight stays if ordered by the physician and appropriate for the procedure performed.

Your breasts will be wrapped in gauze dressings or a surgical bra. You'll receive detailed instructions for your post-surgical care, including drains if they've been used. In most cases, you'll go home in just a few hours.

You will need a caregiver to drive you home and to stay with you for the first 24 hours to watch for signs of complications.

You will be walking that same day. Your chest will feel stiff and sore for the first few days, but you can be up and about in just a day or two. Dressings can be removed in a few days, after which time you'll wear a support bra. You'll be able to shower three to seven days after surgery, and stitches will be removed in about a week.



Your breasts may feel tight and sensitive to the touch at first, and your skin may feel warm or itchy. It may be difficult to raise your arms. You should not lift, push or pull anything, or engage in any strenuous activity or twisting of the upper body for the first two weeks. You'll notice some discoloration and swelling at first, but this will subside quickly. Any additional swelling should disappear within a month.

It's often possible to return to work within a few days to a week after your breast augmentation, depending on your type of job. You should be extremely gentle with your breasts, avoiding excessive force, abrasion or motion for at least the first month.

If you experience shortness of breath, chest pains or an unusual heart rhythm during this time, seek medical attention immediately. It's extremely important to follow your post-operative instructions.

### **Important Facts About Breast Augmentation Risks and Complications**

Every year, thousands of women undergo successful breast augmentation surgery, and Dr. Lee is a board-certified plastic surgeon with decades of experience. But every plastic surgery procedure has risks.

The success and safety of your breast augmentation procedure depends very much on your being completely candid during your consultation. By being actively involved your consultation about breast augmentation, problems, concerns and questions you may have can be addressed by Dr. Lee.

Dr. Lee will review your personal history to identify any areas of concern. Some potential complications include reactions to anesthesia, blood accumulation that may need to be drained surgically, and infection. Although rare, an infection that does not subside with appropriate treatment may require temporary removal of the implant. You may experience changes in nipple or breast sensation, though they usually are temporary. When a breast implant is inserted, a scar capsule forms around it as part of the natural healing process. The capsule may sometimes tighten and compress the implant, causing the breast to feel more firm than normal. Capsular contracture can occur to varying degrees; if severe, it can cause discomfort or changes in the breast's appearance. In such cases, more surgery may be needed to modify or remove the scar tissue, or to remove or replace the implant.

Other risks of breast implants and complications after breast augmentation include but may not be limited to:

- Unfavorable scarring
- Bleeding (hematoma)
- Infection
- Poor healing of incisions
- Changes in nipple or breast sensation, may be temporary or permanent
- Capsular contracture, which is the formation of firm scar tissue around the implant
- Implant leakage or rupture
- Wrinkling of the skin over the implant
- Anesthesia risks
- Fluid accumulation
- Blood clots
- Pain, which may persist
- Deep vein thrombosis, cardiac and pulmonary complications
- Possibility of revisional surgery



Although there potentially may be complications with breast implants, they do not impair breast health. Careful review of scientific research conducted by independent groups such as the Institute of Medicine has found no proven link between breast implants and autoimmune or other systemic diseases.

Dr. Lee will discuss these risks with you during your consultation. Please be sure to ask him about any questions or concerns that you might have.

Other important considerations:

- Breast implants are not guaranteed to last a lifetime and future surgery may be required to replace one or both implants.
- Pregnancy, weight loss and menopause may influence the appearance of augmented breasts over the course of your lifetime.

### **The Results of Your Breast Augmentation**

Breast augmentation will improve the fullness and shape of your breasts. It will be easier to find bras and clothing that fit properly. You'll likely enjoy improved self-confidence.

Breast implants are long-lasting, but they do not last a lifetime. If a saline-filled implant breaks, the body harmlessly absorbs its contents within hours. You will note a definite change in the size of your breast. An implant may rupture after trauma to the chest, but more often there is no obvious cause. You would need to undergo surgery to replace the implant if desired.

Age and gravity have an effect on every woman's breast. Pregnancy, weight loss and menopause also can change the results. After a number of years, you may decide to undergo a breast lift to correct any sagging.

When undergoing a mammography, you will need to choose a radiology technician who is experienced in taking X-rays of augmented breasts. While there is no research showing that breast implants can cause or contribute to breast cancer, they may hinder the early detection of breast cancer.

The key to a truly successful breast augmentation is maintaining an open line of communication with Dr. Lee and adhering to his recommendations. He and his team are eager to respond to your questions and concerns and can help provide skin care to maintain and enhance your results—they are your partners in achieving the results that you seek.

You will be asked to sign consent forms to ensure that you fully understand the procedure you will undergo and any risks or potential complications.