**Breast Augmentation**

**What is breast augmentation?**

Breast enhancements are performed to enhance the size and shape of a woman's breasts. This is done primarily and traditionally with implants.

There are lots of reasons why women opt for this treatment, including when they have significant asymmetry or have experienced loss of breast volume due to weight loss or pregnancy, or generally to enhance their breast shape and volume and create more balance with the rest of their body.

**How does Breast Augmentation work?**

The procedure is considered as very simple. An incision will be made as an opening. Muscles, connective tissue of the chest and breast tissues are strategically separated to create pockets where these breast implants will be placed. Silicone implants are readily available in the market prefilled with silicone gel while saline implants, initially empty, are filled with sterile normal saline water once placed inside the cavity.

**Is the treatment painful? Is it safe? How long will the treatment take?**

The procedure can be done under local anesthesia and sedative or general anesthesia depending on patient’s preference to promote safety and comfort. It can take one to two hours to complete the procedure. Pain can be controlled with medications. You can return to your normal daily activities after two days of the procedure without lifting or pushing.

**How many treatments I need before I see results and how long will it stay?**

Implants usually last for 10 years on average with proper care, though 20 years have also been reported. Repeated maintenance surgery will be necessary to maintain augmented breasts. Significant results will correct your un-even breasts enhancing your appearance giving long lasting results.

**Are scars from breast augmentation noticeable?**

Incase breast lift is done, incision will be longer. However; for the usual breast augmentation, scars are short and hidden in under your breast

**Will I need additional surgeries?**

Your plastic surgeon might require additional surgery incase needed for a better appearance, or as breast sagging correction, such as breast lift either with or without breast implants. Or in case of any rupture for the implants

**What Other Breast Procedure Does Everlast offer?**

Along with breast enlargement, Everlast offers breast reduction surgery as well. Which is one of the popular procedures for breast reshaping and reduction of breast weight which will help improve your self-image. Breast Reduction magnum is also done at our medical center in case of breast ablation for cosmetic causes. In case you have more severed case problem, you can do a Nippleplasty in Abu Dhabi at Everlast to lift your breasts and correct its projection.

**What types of breast implants are available?**

Breast implants are composed of a silicone shell that is either filled with a cohesive silicone gel or saline (salt water). Ultimately the decision on which implant to use will come down to aesthetic goals and personal preference.

Aside from the material, implants also come in different shapes and sizes. Round implants are quite popular and are generally chosen by women who want substantial lift, cleavage and fullness, and teardrop-shaped implants can in some cases give a more natural projection and fullness to the breasts.

**How do the types of implants differ?**

Saline implants are silicone shells filled with sterile salt water or saline. If saline implants leak the saline will be absorbed by the body. This leak can occur but is an uncommon event.

Silicone implants are filled with a special, medical-grade gel that is intended to create a more natural feel and look to the breast as compared to saline implants, in particular in thinner women.

**Who is an ideal candidate?**

For saline implants, any healthy patient 18 or older is eligible for this surgery. To receive silicone implants, the FDA deems that only patients 22 or older are eligible.

**Ideal candidates are:**

* Nonsmokers
* Not pregnant or breastfeeding
* Fully informed with realistic expectations
* Living at a healthy and stable weight
* What to expect during the procedure

The surgery is usually performed with either general anesthesia or conscious sedation, which means the patient is either asleep or sedated for the procedure. This varies by surgeon and patient, so be sure to discuss beforehand.

During surgery, the surgeon uses small incisions to create a "pocket" to make room for the implant. Once the implant is positioned, the incisions will be closed and bandaged. A helpful 3D visual animation of the process can be found at the ASPS website. In general, the entire procedure usually lasts two hours or less, and patients can go home soon afterward.

**What are the risks of this procedure?**

As with any surgery, there are potential risks to be aware of, including:

* Infection
* Implant leaks
* Pain and tenderness
* Excessive scar tissue
* Cosmetic dissatisfaction
* Asymmetry

Speaking to your surgeon about these and preparing in advance can greatly help allay any concerns and minimize risks.

**How to prepare for the surgery**

Your doctor and their staff will give you a specific list of instructions, but in general:

* No smoking for a prescribed amount of time before the surgery
* Limit food and alcohol intake the night before
* Dress comfortably and warmly
* Ask someone to accompany you and drive you home post-surgery

Recovery varies from one patient to the next, so each person's total recovery time may be different. On average, full recovery ranges from four to six weeks. Most patients will feel substantially improved within one week of surgery, but doctors generally recommend sticking to light activity and no strenuous exercise until a patient is fully healed.

**Will there be scarring?**

All skin incisions are permanent and will leave some type of scar, but in most cases they heal very well and become harder to see with time. Most surgeons can leave minimal scarring in an inconspicuous place, such as underneath the breast, but patients should always ask about size and placement of scars before surgery.

**What kind of results can be expected?**

It's important to go into this surgery with realistic expectations. This type of breast enhancement procedure can:

* Improve breast fullness
* Improve asymmetry or volume loss
* Increase the projection, size and shape of the breasts
* Create a more balanced hip-to-breast ratio

Augmentation does have some limitations, and in the case of severe drooping or sagging, many women will need a supplementary breast lift as well. This is normal and can easily be performed alongside augmentation.

**How much does this surgery typically cost?**

Exact cost should always be discussed in detail with your doctor because it can differ greatly depending on your location and needs.

**Life after breast augmentation?**

The results of a breast implant procedure are typically long-lasting. Breast implants often "last" as long as 10 years (this number is variable and can be larger or smaller) but can vary depending on the patient, type, size and shape, among other factors. Patients often elect to undergo second or even third breast augmentation procedure as they naturally age to maintain their aesthetic profile.

Patients cite this procedure as a great confidence booster, especially when patients are good candidates and maintain reasonable expectations for what breast augmentations can achieve. Asking the right questions and performing your due diligence before your procedure can go a long way to help provide a wonderful experience and ultimately reach your aesthetic goals.