

Breast Implant Surgery Booklet for Overseas Customers Visiting In Korea

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About Breast Implant Surgery In Korea

[What type of implant do I need?]



4 types of implants used in Korea ; Saline, Silicone, Cohesive gel, Tear drop shape

You should compare the different types of breast implants with your surgeon. There are both bright and dark features in each type of implant.

The most favorable one for you will depend on your individual traits and personal preference.

Look at the table to compare 4 materials of implants made of Saline, Silicone, Cohesive gel, Tear drop shape.

Each has distinctive features. Both silicone and saline implants are surrounded by a firm, elastic silicone shell that helps prevent the implant from rupturing (bursting). The surface of the shell can either be smooth or textured.

Saline, Silicone implants are discussed in more detail below.



	Saline	Traditional Silicone	Silicone-Cohesive gel	Silicone-Tear drop
Substance	Salt water	Polymer(type of chemical)	Polymer(type of chemical)	Polymer(type of chemical)
Appearance	Less natural	More natural	More natural	More natural
Feeling	Less natural	More natural	Soft and natural	Soft and natural
Rupture	Easy to correct early	More tricky to correct. Silent rupture can happen.	Less chance of rupture	Less chance of rupture
Advantages	- The most similar material than others to your body fluids. - Safely absorbed or removed if the implant ruptures	- The longest history of safe use. - May be less likely to wrinkle than other types	- Firmer and consistent than the traditional silicone implants. - Unlikely event of the splitting due to their consistency to remain their own shape and endurance	- Designed to suit women's body ergonomically. - Since February 2012, it has been imported from Polytex, Germany after the official approval by Korean Food and Drugs Administration.
Disadvantages	- Rupture or deflation may occur at an earlier stage than other implants. - More prone to wrinkling	- Not anatomical breast shape. - More likely to wrinkling or folding.	- Not anatomical breast shape(round shape). - Easily deform when pressure is applied	- Less fullness of the upper breast for women with a tight skin envelop

Are Korean plastic surgeons experts in breast implants?

Korean plastic surgeons mostly use breast implants manufactured by the three companies; Allergan, Mentor, and Polytex. Each type of implant has been approved by both FDA and KFDA (Korean Food and Drugs Administration). They offer a vast array of sizes and shapes to meet the needs of most women visiting in Korea. The breast implant surgery should involve considerate decision of the implant that will best suite each single woman, and next breast and chest adjustment to best fit the chosen implant because each woman has a unique combination of chest size and shape, breast size and shape, desired outcome, and personal preferences.



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Things-To-Do-List For Breast Implant Before Coming To Korea



Checklist Before Breast Implant

Two to Three Weeks Prior to Surgery:

- Stop taking medications and drugs such as: aspirin and other blood thinning supplements and vitamins; anti-inflammatory drugs such as Ibuprofen, Alleve, or Motrin; and Vitamin E.
- Stop smoking and limit your exposure to second-hand smoke.

2~3 weeks

One Week Prior to Surgery:

- Make arrangements for a hotel or residence where is as nearest as possible from the plastic surgery.
- Check weather condition in Korea and get your clothes packed properly.
- Pay any bills that will be due during your recovery and take care of banking matters.
- Notify your surgeon if you develop any skin infections or other irregularities on or around your anticipated surgery site, or if you otherwise become ill. Early treatment may help to prevent cancellation of the surgery.

1 week

Two Weeks Prior to Surgery:

- Stop drinking all alcoholic beverages.
- Start taking any supplements and/or vitamins as recommended by your surgeon. This may include Iron supplements
- Complete any lab tests which need to be done and make sure the results are sent to your surgeon.

2 weeks

One Day Of Surgery:

- Do not eat or drink anything after midnight, including coffee, tea, water, gum, mints, hard candy, or lozenges. Your doctor will provide specifics on food and drink intake.
- Shower and wash your hair as usual.
Do not use hair gel or mousse, or hairspray.
- If you will be staying overnight in the hospital, pack a bathrobe, slippers, favorite pillow, toothpaste, comb or brush, and prescribed medications.

1 Day

The Day of Surgery:

- Do not wear makeup, moisturizer, lipstick, deodorant, nail polish, or hairpins.
- Brush your teeth and rinse with mouth wash, taking care not to swallow any liquids.
- Do not wear jewelry or other valuables.
- Wear loose-fitting clothes, pants with an elastic waist band, a button-up shirt, and flat, slip-on shoes. Do not wear jeans, sweaters, jump suits, pantyhose, or girdles.

D-Day

 **Medications that you start to take**

 **V**S

Medications that you stop to take

Bleeding is one of the major complications in surgeries. There are two important actions to prevent hemorrhage during the surgery.
First, stop blood thinner products. Secondly, start to take Iron supplements until the operation day.

Iron supplements

Check your hemoglobin level and keep taking Iron supplements if your Hb level is below 12.3g/dl (Normal range: 12.3-15.3g/dl)

Blood thinner products are :

- Fish oils - Vitamin supplements: Vitamin E, Omega 3
- Blood thinner medications: aspirin, ibuprofen, Advil, Coumadin, warfarin, Plavix

Quit any blood thinner medications and supplements as they can delay coagulation time.

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Things To Ask When You Meet Your Surgeon In Korea



About Your Surgeon

1. How many breast implant procedures do you do each year?
2. What is your rate of complications in general (capsular contracture, infection, etc)?
3. What is your reoperation rate?

About The Breast Implant Operation

4. What will my scar be?
5. How long will I be in pain after the surgery?
6. What can I do to minimize the risk of short-term and long-term complications?

About Breast Implant and Expected Outcomes

7. How will my breasts look if I decide to have the implants, saggy or tight?
8. What kind of additional follow-up will I need?
9. What are the risks and complications associated with having breast implants?
10. What are my options if I am not satisfied with the result of my breast implants?

Tip

How to prevent the most common complication, a capsular contracture.

What does mean by capsular contracture?

After breast augmentation with breast implants, excessive scar tissue may form around the breast implant which causes the breast implants to harden (similar to what a contracted muscle feels like) as the naturally forming scar tissue around the breast implant tightens and squeezes it.v

How can I prevent capsular contracture?

- 1 **Textured implants** can reduce capsular contracture because of their rough surface of the breast implant which is created to deter a hard capsule from building around the implant.
- 2 **Under the sub-pectoral or 'partial sub-muscular' placement** of the implant decreases risk of capsular contracture by an average of 9%. Whereas 'sub-mammary' has about 20% or more possibilities of capsule contracture. Total sub-musculofascial tends to protect even more from capsular contracture of the breast implants.
- 3 **Compression and Massage.** This is mostly recommended method usually only done with smooth breast implants and can be preferred for a period like a few weeks Watch out bruises while massaging.
- 4 **Vitamin E** is the one you must stop taking 2 weeks before breast implants surgery. But it is beneficial to the skin as well as helpful in preventing capsular contracture.



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Things To Remember After Breast Implant Surgery



When you fly back to your home, you probably get excited of seeing your family again as well as get satisfied of the achievement of the long-desired dream. However, you still feel painful under your armpits and can't stop taking painkillers every night. Medical Curator suggests 4 action plans to follow after breast implant surgery, which will lead you to be looking amazing!

1. Secure contact information of your consultant, not your surgeon.

One of the major concerns you have is probably 'What do I do if this pain won't go away' or 'What should I do if my implants go wrong in any way?' The answer is 'keeping in touch with your consultant, not your surgeon in Korea'. A surgeon and a consultant play each different, but important role to save your valuable time and make the procedures efficient. As far as you stay in Korea, you can see a doctor in person to ask anything you'd like to know. Once you leave Korea, you must understand that the contact point should be your consultant, not your surgeon.

When it comes to consultations abroad, email or phone is the most convenient access to Korea as consultants are specialized in customer service as well as surgical information. They know what you'd like to get informed and what to complain.



2. Learn how to perform post-op breast augmentation massage.

It helps prevent you from the most common complication, capsular contracture.

• Instructions

Remember 'a slow steady stretch' is more beneficial than 'a quick jerky movement' You do not need to worry about hurting the implant, they are endurable enough to stand your these breast exercises. Keep trying these massages 2 times a day after your breast augmentation surgery.



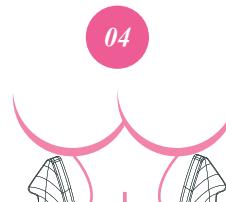
✓ Press the breasts slowly towards your breast bone and hold for 10 seconds, then relax. Repeat 4 times.



✓ Press the breasts apart slowly and maximally outwards and hold for 10 seconds, then relax. Repeat 4 times.



✓ Repeat for downward movement.



✓ Repeat for upward movement.

3. An Ultrasonography or MRI screening

Either one of them should be implemented every 2~3 years to detect if the implants keep their own shape. According to the announcements from FDA, breast implants are not a lifetime device.

Complications like silent rupture may happen within 10 years after surgery.

Read more FDA News Release at <http://www.fda.gov/newsevents/newsroom/pressannouncements>

Print & Use

Contact Information Card

- Plastic Surgery Name : _____
- Surgeon : _____ Phone / Email _____
- Consultant : _____ Phone / Email _____
- Address : _____
- Website : _____

4. Get aware of the chances that influence your appearance

of augmented breasts over the years after operation.

The chances usually are weight changes, menopause, aging, pregnancy, and gravity.

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About Medical Curator



✓ Customized consultation for free ✓ Fast scheduling an appointment ✓ Translation service in 5 languages

Medical Curator works for international patients who would like to know about Korean medicine and visit Korea. We provide you with the most credible Korean health information as well as non-medical services. Since its establishment in 2011, Medical Curator (Previously Korea Medical Hub) has guided more than thousands of international patients. Medical Curator offers our valuable overseas patients comprehensive non-medical services from customized online consultation to post-op cares.

1. Medical Curator Process



Step.1

Online Consultation:

By telephone, e-mail about medical procedures, accommodation, and transportation



Step.2

Appointment:

Making an appointment and paying a deposit



Step.3

Departure in Korea:

Moving to your accommodation



Step.4

Medical Service:

In-depth consultation with professional staffs and doctor, pre-operation examination, surgery and post-op care.



Step.5

Returning Home & Follow-Up:

Keeping in touch for a post-op assessment and care via email, phone

2. Online Consultation Hours

- Mon~Fri 9:30AM – 6:30PM Sat~Sun Off
- Foreign Language Services: English, Chinese, Japanese, Russian, and Arabic

3. Contact Us

- Tel : +82-2-519-8021
- Fax : +82-2-519-8008
- Email : info@medicalcurator.com
- Requirements: Overseas customer's inquiry form, photos, and any medical record

- Postface -

Medical Curator has great satisfaction in publishing for every woman who has desired to become more beautiful inside and outside. This 'Special Report Project' was initiated by Director of Hucare, Tae-Sung, Jeong since February, 2014. Prior to the launch of this project, coordinators in digital business have had multiple times of brainstorming sessions to organize the most desirable reports for our readers in Vietnam, Malaysia, Indonesia, Philippines and Singapore where hold the highest interest in Korean plastic surgery.

We have discussed what to write and how to design as resourceful as possible for our readers and hoped vividly that this special report spreads across South Asian countries. We have planned to publish series of special reports throughout the year 2014. Medical Curator's first topic is 'Korean Breast Implant Surgery'.

Not only general information on Korean breast implant procedures but useful things-to-do lists are included in this booklet.

Lastly, Medical Curator is grateful to every single staffs who have devoted to our first project.

March, 2014
Medical Curator
Jane Jang

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Reference



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