

BREAST ENLARGEMENT

A breast enlargement is a plastic procedure which can enhance your breast shape and size. The operation is mostly performed in case of women who have always been concerned that their breasts are too small and in case of women whose breasts lost volume and changed in shape due to pregnancy or weight loss. A soft and natural implant enlarges the volume and makes your breasts look naturally beautiful and firmer.

Breasts consist of fat tissue, gland tissue, blood vessels, nerves, lactiferous ducts and lymph glands, all covered by skin. The shape of the breast is especially determined by the elasticity of the skin and the proportion of fat tissue to gland tissue. Young breasts especially consist of gland tissue which makes them firmer. As years go by, the gland tissue changes to fat tissue, which is soft. Through gravity and decreasing skin elasticity, breasts start to sag as you get older. Pregnancy and weight loss can also change the shape of your breasts.

Breasts do not contain muscle tissue, so exercises to enlarge them do not have any effect.

Currently, high quality implants are used for breast enlargements, they are 100 % reliable. Scientific research has proven that they won't harm the health. All modern implants are made of medically approved silicones, filled with a cohesive silicone gel or with a physiological saline, and they are available in different shapes and materials. Sometimes it happens that the body forms a solid capsule around the implant: the breasts become hard and painful. But this can usually be corrected by a small operation. There is also a small risk that the body rejects the implant. Luckily, capsule forming and rejections are uncommon complications.

The shape of the implants is round or anatomical.

A round implant gives also the upper part of the breast a round and spherical look. In case of an upright position, there occurs some teardrop form of the implant. Through gravity and a decreased skin elasticity, it might be possible that the breast starts to sag. This might occur in case of every implant and strongly depends on the weight of it. An anatomical implant has a teardrop form by which the upper part of the breast is filled in a more natural way, even on the long term.

Current implants contain a cohesive gel and can not leak like the older generation of implants. They last longer too.

Together with your surgeon, you will have to chose the kind of implant as well as the size of the implant. The most natural look is created by making your new breasts form a natural entity with your body. Not only the cup size, but also the proportions of your own figure are important factors.

The implants can be placed right under the breast gland (sub mammal) or behind the breast muscle (sub muscular). When placed on the muscle, implants will keep their original shape. Although this occurs less often in case of currently developed implants, the disadvantage is that there is a bigger chance of capsule contraction. It might also be that you will feel the edges of the implant in case you have a thinner breast skin. When placed right under the breast muscle, there is only a slight possibility of capsule contraction. The disadvantage is that, when the implant is inserted there, the remedial period after the operation will be longer and the pressure of the breast muscle can deform or displace the implant. The exact place of the implant will be broadly discussed with your plastic surgeon during a prior consultation.

The implants can be inserted in three different ways. Through a small incision in the armpit, in the lower part of the nipple or in the fold under the breast. All these methods guarantee you that scars will be almost imperceptible after the operation. The operation takes approximately 1 hour. You can go home the same day.

After the operation, you will be required to wear a special, well-fitting bra, which supports the new shape of your breasts and which counters swelling. The first days, arm movements might be uncomfortable. Of course your breasts might feel a little tight because of the bruises and wound fluid. This will automatically disappear. We advice you to take some rest during the first days after the operation. Afterwards you can restart daily activities. But be careful when lifting things, sporting and reaching high, during the first weeks.

A breast enlargement is a surgical operation. The definitive result is not immediately seen after the operation. The swelling must disappear and breast tissue and breast muscles must adjust to the new shape. After approximately three months you will see the definitive result. The feeling in your nipples will be different during the first weeks. This varies from person to person, from over-sensitive to non-sensitive. You will gradually get back the normal feeling in your nipples. Scars might be a little red during the first months. But they will gradually get the colour of your skin and almost disappear.

Types of implants

Currently, different types of implants are available. They all have a covering of silicones with a rough texture. This functions to counter capsule-fibrosis as much as possible. The content of the implant consists out of liquefied or fixed silicones, salt water or soy-oil.

In the nineties silicones have been broadly discussed. Since then, there has been a great evolution of the quality of silicone-filled implants. The liquefied silicone-filling is more often replaced by fixed types, which do not leak. Possible alternatives, next to physiological serum, are a monobloc gel or a well-balanced hydro gel.

Further more you have the choice between different shapes, round or teardrop form. Round implants give a more spherical effect and are especially recommended when one needs a more obvious décolleté. The teardrop form or anatomical implants give a more natural result.

All possibilities will be of course broadly discussed during the consultation, and according to your wishes the implant which gives the most satisfying result will be chosen.