



# BEAUTY *cosmedica*

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**faq for breast  
augmentation**

MAKING  
KNOWLEDGE  
COMMON

**red peppers  
aren't just spicy**

RED PEPPERS ARE JUST  
AS POTENT WHEN USED  
IN A SLIMMING MASSAGE

**pretty in purple**

WHEN A PURPLE COLOUR SCHEME  
IS NOT AN OVERKILL



**JUST FOR HALLOWEEN:  
EXTRA STEP-BY-STEPS!**

BEAUTY COSMEDICA



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# Knowing All about breast augmentation

Dr Marco answers the frequently  
asked questions

By Dr Marco

## Who can have a breast augmentation?

Yes it is suitable for all patients who want to have breast augmentation before or after breast-feeding. Some patients that had over-redundant skin or hanging breasts may need skin adjustment rather or together with an implant.

## Are breast implants safe? Over the years are there any new improvements in breast implants and the techniques?

We consider breast implants as a safe procedure because a well-trained plastic surgeon specialist can properly handle any of those happenings like capsular contractions or infection. The old complication like implant rupture and silicon bleeding was solved by the manufacturers with the improvement of the implants in terms of making the silicon envelop capsule thicker and more resistant to the chemical reaction between the body and the silicon, and also using more cohesive gel as a implant content.

Breast implants over the years has changed to cohesive silicon gel implant and new advances in

terms of the implants available in Singapore will be the polyurethane breast implants which has a extra layer of polyurethane coating that allows them to form a more durable attachment to the breast envelope. This coating also minimises the effect of capsular contractures.

In terms of advancement of technique, we are using the endoscope method to perfect the results and to minimise the length of the scar.

## What types of implants are there? Do you always use the same type? What are the approaches for breast implants? Where do you place them? Do you always use the same technique for every of your patient?

Breast augmentation has to be tailor to the individual depending on the body physics upon consultation and examination. It is far from one size fits all prospect, on the contrary, a wide range of implants sizes and shapes combine with a host of surgical technique to make any augmentation a remarkably customized operation.

There are 2 types of implants – the round and anatomical. With these 2 types, there are also the low profiles, mid profile and high profile and these can be found across all brands of the breast implants companies.

For those who are very skinny and do not have much breast tissue, I usually like to place the implants behind the muscle and for those who has small breast or have already breast fed, I like to place them behind the breast tissue as this will fill up the emptiness of the breast's skin envelope.

Usually for those who have a long chest wall, I usually like to use the anatomical (tear shaped) implants, which will fill up the upper part of the chest wall. For those with short square chest, low or medium profile will give a wider base and less projection, providing a more proportionate result when seen in context with the rest of the chest.

I always advise not to choose implants that are too big. When the implant is too big, it is very artificial, especially when naked, and it is not in harmony to their rest of their body.

## Do you offer fillers for breast enhancement? How is it the results comparable with surgery?

The most safe and predictable method for breast augmentation is still using silicon breast implants. The option of using artificial fillers or fat from the own body has to be discussed with the patient, and present both the pros and cons. Of course breast implant is a surgical procedure. Fillers are just injection but the results will not last and we still do not know about the long term side effects. Fat injection will include a procedure of liposuction and fat transfer and it will present a double gain like a shaping of a part of the body and augmenting the breasts but part of the grafted fat will be absorbed and the breast will shrink in size.

## Are there any restrictions in activities after having breast implants?

There is no restriction to the patients to avoid. However the most common and frequent after care is the selection of the right bra to wear.

## Is follow up necessary and how long? Do I need to change my implants?

We advise the patient to come for every three months the first year, then once a year or once every two years to follow up and do the regular mammogram like any patient with or without breast implants.

## Can I still breast feed after having breast implants?

Yes you are able to breast feed as normal as we do not cut or destroy any milk glands and ducts during the surgery.



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