

SINGAPORE'S PREMIER HEALTH & BEAUTY MAGAZINE

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ezyhealth & beauty



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All About Breast Augmentation

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Ezyhealth & Beauty: Who can have a breast augmentation?

Dr Marco: Breast augmentation is suitable for all ladies who intend to have it done before or after breast feeding. Patients who have over-redundant skin or hanging breasts may need skin adjustment rather than an implant.

EHB: Are breast implants safe? Have there been any new improvements in breast implants and the techniques over the years?

Dr Marco: We consider breast implants as a safe procedure because capsular contractions and infections can be properly handled by a well-trained plastic surgeon specialist.

Over the years, cohesive silicon gel implants have been used as breast implants. New implant advancements in Singapore include polyurethane breast implants which have an extra layer of polyurethane coating that allow them to form a more durable attachment to the breast envelope. This coating also minimizes the effect of capsular contractures.

In terms of advancement in techniques, we use the endoscopy method for minimal scarring and better results.

EHB: Do you offer fillers for breast enhancement? How are the results comparable with surgery?

Dr Marco: The safest and most predictable method of breast augmentation is the use of silicon breasts implant. The option of using artificial fillers or fat from the body should be discussed with the patient. Pros and cons should be listed out. Breast implants are surgical procedures while fillers are just injections. Fillers will not last and it is still unknown if there are long terms side effects. Fat injections will include a liposuction procedure that will see fats from the tummy area transferred to the breasts. This is good as it helps with the shaping of a part of the body whilst augmenting the breasts. However, fats injected into the breasts will be absorbed and shrink over time.

EHB: How long do fillers to the breast last?

Dr Marco: Fillers such as macrolane usually last up to 2 yrs. Macrolane will be absorbed over time. This means your breasts will shrink gradually and you will need to constantly top it up to maintain at the size you desire.

EHB: Do implants last forever?

Dr Marco: There is no definite timeframe but

these days, manufacturers guarantee that their implants can last a lifetime. It is also important that patients come back for their yearly follow ups.

EHB: Are there any restrictions in activities after having breast implants done?

Dr Marco: There are no restrictions a breast implant patient has to avoid. However, the most common and frequent aftercare procedure is the selection of the right bra to wear.

EHB: Is follow up necessary? Do I need to change my implants?

Dr Marco: We advise the patient to come for a followup every 3 months during the first year, then once a year or once every 2 years subsequently. We encourage our patients to go for follow ups and do regular mammograms.

EHB: Can I still breast feed after having breast implants?

Dr Marco: Yes, you are able to breast feed as normal. Breast implants do not mean cut or destroyed milk glands and ducts. **ehb**