

# SKIN

beauty wellness body

APRIL-JUNE 2009 SINGAPORE

## INSIDE

A DATE WITH NADYA

GO BEHIND THE SCENE  
WITH EX-MTV VJ  
NADYA HUTAGULUNG  
AND FIND OUT WHAT  
MAKES HER TICK

Page 42

COVER PAGE  
Nadya Hutagalung

## Top 10

beauty secrets  
REVEALED

Regaining PERFECT  
sight in 24 hours

Denise Keller's  
**BEAUTY SECRETS**

Tips for easy  
weight loss

Pores - the good  
the bad and the ugly



## BREAST AUGMENTATION

For ladies who have been considering breast augmentation but were afraid to ask, here are your top questions on breast implants answered by Dr. Marco Faria, renowned plastic surgeon currently based at Camden Medical center in Singapore.



### What are the top 3 myths about breast implants that you want to dispel?

A survey was done in United States 5 yrs ago comparing 2 groups of 5000 women with and without breast implants have showed that there is no significant difference and the rate of breast cancer and immunological disease.

#### So the top 3 myths are:

1. It does not cause breast cancer
2. It does not cause immunological disease like lupus
3. It does not interfere with normal activities or sports even diving or parachuting

### How safe are breast implants?

With advances in implants and surgery techniques, the risks of

capsular contractions and scarring have been minimized, making it suitable for all patients before or after breast feeding.

### Are there any new advances in breast implants and breast enhancement techniques over the last few years?

Breast implants over the years have changed to cohesive silicon gel implant and new implants known as Silimed Polyurethane breast implants, which has an extra layer of polyurethane coating that allows them to form a more durable attachment to the breast envelope. This coating also helps to minimize the effect of capsular contractions.

### Are there different approaches to placing breast implants? (above muscle, below muscle etc). In your opinion, do you favour one method of implant placement over the other and why?

Contrary to the "one size fits all" theory, breast augmentation in reality is a very customized operation, with a wide range of implants sizes and shapes to choose from, combined with a host of surgical techniques, all this while bearing the patient's body proportions in mind.

For those who are very skinny and do not have much breast tissue, Dr Marco reveals that he prefers to place the implants behind the muscle, whereas for those with small breasts or have already breast fed, he prefers to place the implants behind the breast tissue as this will help to fill up the emptiness of the breast's skin envelope.

For those looking to reshape your body and fill up your breasts, you can also opt for a procedure of liposuction and transfer the fat into your breasts, which works as an extra bonus for patients looking to enhance their breasts.

### There has been much talk in the market about using fillers in the breast? Is this something that you offer in your practice? Can fillers in the breast be comparable to breast enhancement surgery? And why?

Besides implants, the option of using artificial fillers, also known as Macrolane, has surfaced recently. The fillers usually last up to 2 years or less in a continued state of absorption. In other words, your breasts will shrink gradually everyday and the patient will need to 'refill' to maintain her desired size.

However in my professional opinion, silicon breast implants are still the safest and most predictable method for breast augmentation. There is no definite timeframe on how long breast implants typically last but manufacturers these days promise implants to last a lifetime and patients are encouraged to visit their doctor every 3 months for the first year, then once a year for a follow-up, and have regular mammograms done as with every other female, with or without implants.



## How long do breast implants typically last?

There is no definitely timeframe but manufacturers these days promises implants to last a lifetime and we always encourage the patient to come back for yearly follow up.

## In terms of aftercare, are there anything that patients who have undergone breast implants should avoid? (flying, high altitudes, diving etc?)

There are no restrictions on the patient's lifestyle after surgery, although it is very important that she wears the right bra for her size.

Opposed to all the myths out there when it comes to breast implants, they do not cause breast cancer, or immunological diseases like lupus, and they certainly do not cause any problems for diving or parachuting.

## How regularly should patients with breast implants come back for followup? Is there a time frame for these patients to come back for replacement of implants?

We advise the patient to come for every 3 months the first year, then once a year or every 2 years for general follow up.

Regular mammograms are needed just like any patient with or without breast implants.



### About Dr. Marco Faria

Hailing from the paradise of plastic surgery to Hollywood movie stars and renowned princesses, Dr Marco left Brazil and settled in Singapore in 2000 to set up his own practice.

With the most recognized and prestigious school in plastic surgery located in Brazil, and world wide leader, Dr Pitanguy, based in Rio de Janeiro, it is no wonder that plastic surgery is very much a culture for the Brazilians. The move for Dr Marco hence would have been nothing short of compelling.

**"From the 1st time I visited Singapore, I fell in love with it. Besides, most of my international patients prefer to visit a safe and well-located English speaking country, which explains my decision to relocate here",** noted Dr Marco.

Dr Marco also agrees that a different set of trends exist in Asia, as compared to Brazil. Procedures such as tummy tucks and breast lifts are deemed more popular back home, whereas in Asia, eyelids and nose procedures are ranked highly. The one that remains the same globally, however, is the desire to enhance one's own looks.

No matter what tickles your fancy, Dr Marco always advises his patients not to choose implants that are too big for them. Not only will they look very artificial, they will also look disproportionate with the rest of your body.

