

BREAST AUGMENTATION SURGERY CHECKLIST

WHAT IS BREAST AUGMENTATION SURGERY?

- **Breast Augmentation Surgery** involves enlargement of the breasts by inserting implants into the breast area, usually in front or behind the pectoral muscle or a combination of both called dual plane.
- This procedure often appeals to women who have always had smaller breasts, or who once had larger breasts but have lost volume and shape due to fluctuations in weight, pregnancy, breastfeeding or other factors.
- Breast Augmentation can often reshape the breasts, or be used in part to correct breasts of unequal size. The procedure cannot correct severely drooping breasts, which may require a Breast Lift, as well.

AM I A GOOD CANDIDATE?

- Would you like to increase the size and/or shape of your breasts?
- Does your breast size not match the rest of your body and would you like your physique to be more proportionate?
- Have you experienced weight loss or other lifestyle changes that have resulted in a smaller or 'deflated' breast size?
- Do you have asymmetrical breasts?
- Have you lost volume in your breasts and would like them to return to their previous size before pregnancy, breastfeeding or weight loss?
- Do you have realistic expectations about what can be achieved?



PRE-SURGERY CHECKLIST

- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able to undergo an initial recovery period of approximately 2 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?
- Have properly researched my surgery and I am ready for my first surgery consultation?



Before you decide on your Surgeon or proceed with Breast Implant Surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Plastic Surgeon?
- Is my Breast Implant surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Breast Implant surgery can actually achieve?

PREPARING FOR YOUR FIRST CONSULTATION

What can I expect at my initial surgical consultation?

You will typically:

- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected surgery options
- Have your photos taken
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have your questions answered

How should I prepare?

- Ask a friend or family member to come along with you for extra support
- Do your research - if there is anything that you can't find out about your surgeon online, be sure to make a note so that you can ask during your consultation
- Prepare a list of questions you would like to ask your surgeon so that you don't forget



General Disclaimer - Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Note that results can vary from patient to patient and that all invasive surgery carries risks. Be sure you do your research before proceeding.

WHAT ARE MY OPTIONS?

There are many aspects to consider when planning for Breast Augmentation Surgery, including the size, shape, type & placement of your implants.

Your Surgeon will guide you in choosing the best implant and procedure for you.

- Implant Brand** - Not all implant brands are equal in reputation & longevity.
- Implant Type** - What material are they made of?
- Implant Shape** - Round or anatomical (tear drop)?
- Implant Size** - What will work best for you and your body in the long term?
- Implant Placement** - In front or behind the muscle or dual-plane?
- Incision Location** - Inframammary, periareolar or transaxillary incision?

FIND OUT MORE - FREE SURGERY GUIDE!

Are you considering Breast Implant Surgery but would like to find out more? Our **FREE** downloadable Surgery Guides have you covered.

Our Breast Augmentation Surgery Guide covers:

- Breast Implant Surgery explained
- How to plan for your Breast Implant Surgery
- The surgical process and recovery tips
- Answers to some of our FAQs

[DOWNLOAD THE FULL GUIDE HERE](#)



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