

T R I S H H A M M O N D

**THE TRUTH. ABOUT
BREAST SURGERY**

A M U S T R E A D !



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The Truth About Breast Enhancement Surgery



Every day in Australia thousands of women are directly or indirectly involved in breast surgery procedures. Some do it because it's a life and death situation such as is the case with breast cancer patients.

Others choose to enhance their bust for medical, personal or practical reasons.

Each case is different. And yet, women across the board usually state an *increase in confidence* as their number one benefit.

I've decided to dig deeper into the mystery and interview seven women who've been under the knife. You can read their case studies in this eBook.

I want to show you these women are people like you and me. Each one of them had their own private reasons to get under the knife. But each of them has been incredibly generous in sharing their experience with me.

Breast surgery is a decision you shouldn't make lightly, regardless of your circumstances. There's always a measure of risk involved, despite it being a standard procedure these days.

The aim of this eBook is to educate you, to take away the fear of the procedure and to help you understand the risks.

Hopefully their stories will help you make smart and informed decisions about breast surgery – regardless whether you want a breast reduction or enlargement.

You may also be interested in the latest...

Breast Surgery Statistics

One in two Australian women have plastic surgery at some stage in their lives.

Statistics tell us the most popular procedures are:

- Tummy tuck - 23.21%
- Breast augmentation - 22.82%
- Liposuction - 19.25%
- Face-lift - 15.87%
- Eyelid surgery - 10.32%
- Rhinoplasty - 8.53%.

I've already talked about the fact that most women state an increase in confidence as their main reason for surgery. It's therefore no wonder to see low self-esteem as being the main reason for having plastic surgery.



This is followed by:

- A desire to **reduce signs of ageing** - 37.3%
- The **inability to lose weight** - 27.58%
- **Health reasons** - 19.25%
- **Post pregnancy insecurities** - 17.68%



FAQs About Breast Augmentation – Mammoplasty



Breast augmentation surgery is medically referred to as mammoplasty. It is a type of surgery performed to enhance the size or shape of a woman's breast. Most women opt to have mammoplasty for personal reasons – of which a lack of confidence is predominant.

Women choose breast augmentation to stop sagging boobs after they have raised children, to even out different sized breasts, or to reconstruct their breast after breast surgery. Women typically choose this procedure because they have small breasts, or because they have collapsed breasts from breast feeding, pregnancy or ageing.

In some cases breasts are asymmetrical or a different size which can be very annoying and frustrating for the woman. Breast implants can correct this.

Interestingly, there are no up-to-date stats available in Australia as no comprehensive statistics are collected on cosmetic surgery; what we do know is that some 300,000 Americans chose to have mammoplasty in 2010, an increase of 2 per cent from 2009. These women's age ranged from their 20's to their 80's.

Who Can Elect to Have This Surgery?

Breast augmentation is often performed for pure cosmetic reasons. Women across many age groups choose this type of surgery to improve their size and shape, and help them with their confidence.

Not every surgeon will do this procedure for cosmetic reasons. Some insist on there being a medical reason for the mammoplasty. It is therefore important to speak to your surgeon and ask all the right questions upfront to avoid disappointment.





Fact is: a lot of women see their breasts as an important part of their self-image. Their breasts are the predominant sign of their femininity. It can be stressful for a woman to deal with these issues. Mammoplasty can actually help create balance to a woman's figure and even make it look curvier.

Can I Choose From Different Types of Augmentation?

Yes you can. You can choose between primary augmentation, revision augmentation and primary reconstruction. Your surgeon will advise you about the difference of each of these procedures. But to give you an idea, here is a short description:

- A primary augmentation alters the feel, form and size of your breasts;
- A revision augmentation corrects the outcome of a previous mammoplasty;
- A primary reconstruction replaces breast tissue after disease, trauma or damage.





The Decisions You Must Make Before the Surgery

Before you go under the knife you need to be clear on the type of implants you want, the size that you want for your breasts after surgery, the shape, profile and point of incision.

It is important to get quality advice and we recommend you speak with a number of possible surgeons to get a feel and understanding of what to expect. Most women end up choosing the surgeon by referral or by the way they get treated and looked after in their initial consultation.

What's Better, Silicone or Saline?

If you're looking at having mammoplasty you'll be given a choice between silicone, or saline implants. You need to know there are pros and cons to each choice. While both of these implant types are in fact coated with silicone on the outside, their filling differs.

Saline implants are filled with a medical grade saline, which closely represents the fluids found in our bodies. If a saline implant leaks or ruptures the solution is simply absorbed into the body. It can also cause skin to "ripple" if it loses its shape, causing embarrassment.

Silicone implants on the other hand are said to "feel" more natural. Silicone implants consist of a semi-solid gel. They maintain their shape better over time.

How Big is Big Enough?

The size of your boobs will be a major decision you have to make. If the implant is too small it may not be noticeable and the last thing you want to do is spend thousands of dollars for something you won't see.



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If the implant is too large you'll end up top heavy and even out of balance. Needless to say, it will look unnatural too. The good news is: your surgeon can provide you with a dummy boob so you can try on your size before the surgery takes place to get a feel for your elected size upfront.

Do I Choose Textured or Smooth?

Both saline and silicone implants contain an outer silicone coating. You'll be given a choice between a smooth or textured coating.

As the name already suggests, a textured coating is slightly rougher. It is also thicker and can be felt through the skin. The textured coating however has the advantage of preventing rotation.

Smooth implants have a tendency to rotate after being placed (the round shaped kind). This isn't to say it will happen to you. But you need to understand the possible risks so you can make an informed decision.

So Does This Mean I Can Choose From Different Shapes?

Yes. You can choose between round (circular) or oval implants (anatomic or teardrop).

Round implants are circular with evenly distributed materials, whereas teardrop implants tend to mimic the natural shape of a woman's breast with a fuller lower bust. Both come with a flat base.

Which is Better: Over or Under the Muscle?

Based on the type of implant you choose you'll be able to decide whether you want the implant above or below your pectoral muscle (breast muscle).

As with any type of surgery, there are pros and cons to your choice.

The decision depends on your frame, the amount of exercise you do, the amount of breast tissue in general and the type of your implant. It is recommended you discuss these options with your surgeon.





Where Does the Surgeon Make the Incision?

You can choose from four incision locations, depending on your preference. You need to be aware of the scarring possibilities before you make your choice. If you get scars easily then choose the smallest possible incision your surgeon offers.

The four types are:

Transumbilical: incision through the navel. Your implants will be pushed up to the chest area with an endoscope. Scarring is minimal and the scar will be almost undetectable. This procedure is also referred to as TUBA.

Transaxillary: incision in the armpit crease. This is probably the most popular type these days because it ensures no scarring on the breast itself. The scars easily hide inside the natural fold of your armpit crease and are hard to detect.

Inframammary: incision underneath the breast (where the soft skin meets your chest).

Periareolar: incision around your nipple (areola). Your surgeon will cut where the light and dark skin tissue meet to keep scarring to a minimum.

My Friend told me Something About a 'Profile'. What is this?

The breast profile refers to how your boobs will perk up. Depending on the type of implant you choose and your existing chest-wall size and shape you'll be able to choose a high, medium or low profile implant.

We want to stress again the importance of discussing your options with your surgeon to give you peace of mind.

What Happens During the Surgery?

Based on the implant type and profile you choose, the surgeon will perform the surgery under full anaesthetics.





What Are My Risks?

As with any surgery, there are certain risks you need to be aware of before you go under the knife. Common risks include the hardening of your breasts (caused when the scar tightens). Some women also develop an infection (although only a very small number of women experience issues like these).

Some implants have been known to leak, cause hypersensitivity to nipples, or numbness.

How Long Will I Stay in Bed?

Most mammoplasty surgeries are performed on an outpatient basis. Most women are up and about just hours after the surgery takes place. Some need more recuperation. It's hard to say how you'll react and you should speak to your surgeon if you have any concerns.

You may also experience tiredness, and some pain for a few days, or weeks, depending on your overall physique, health and wellbeing.

Will the Scar Eventually Disappear?

Most scars never disappear for good. Having said this, you should eventually see your scar fade away after several months.

What Will it Cost?

In Australia you can expect to pay between \$10,000 and \$15,000. If you have private health insurance you may qualify for financial assistance with theatre fees and hospital bed costs. Having a doctor's referral will assist in being able to claim the cost.

You could choose to have the surgery done overseas. Thailand (a popular destination for non-invasive surgery these days) offers cheaper packages. You need to do your own research to determine costs, risks and time needed off work. Note that Australia is home to some of the world's best surgeons, so please don't make this choice lightly.



Is the Surgery Painful?

As a general rule the surgery itself is not painful because you'll be under general anaesthetics. Some of our case study ladies have reported pain after the surgery. Prescription medicine can help alleviate some or all of the pain.





What to Expect Within One Week of Having Breast Augmentation Surgery?

The following is an approximate account of what can happen within the first week of having breast augmentation surgery.

Please note this account has been compiled from our own online research and is based on the experiences of a number of women and their observations. It is under no circumstance an accurate account of what could happen to you.

You should also note that every person has a different reaction to surgery. It is recommended you consult with your surgeon for any concerns you may have.

My Boobs Make Funny Sounds and There's Swelling

Day #1

Some women reported bad swelling and a heavy feeling, whereas others didn't have any swelling.

Some reported to hear sounds of fluid in their chest.

Day #2

Some women reported of having "vibrating" breasts with some having fluids and swelling moving around.

Some women experienced a burning sensation in one breast and having more boob in the armpit section with a gap in the middle. This feeling was referred to as if "I'm carrying two bags of wool under arms."



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It was also reported that day two was worse than day one as far as the swelling goes. Some used sarongs to tie ice packs to their breasts to help relieve the discomfort.

Day #3

Some women reported a bubbling, farting and squishing noise in their boobs and around the ribs from moving fluid. Most of these noises were gone after the fourth day.

Some women experienced more swelling around their cleavage and most love their ice packs.

To alleviate the pain some women took Voltaren and others took Bromelain.

Day #4

Some women still reported their implants were sitting up high. Others said they were still hearing the noises, or experienced vibrating and shaking.

Most reported the swelling going down or having subsided a little already.

Day #5

Some women noticed one boob to be bigger than the other.

Others said the swelling on the side of their breasts made their arms sore.

A number reported the swelling started to go down which brought out some bruising.



Day #6

Breasts were still swollen, but the skin didn't feel as tight as in the days before. Some women reported their boobs were still sitting high near the collarbone and sticking out near the armpits.

It's also important to report that some women noticed increased swelling after doing too much during the day.

Day #7

Some women still experienced gurgling and crackling air pockets.

Others said their breasts were feeling softer already.

One woman experienced a burning, blotchy red rash on both boobs – apparently a skin infection according to her doctor. So she was put on antibiotics and icepacks to relieve the burning, which was gone by day 12. The rash may have been caused from a sports bra rubbing on boobs.

Most women reported the swelling gone by this stage with a minority still suffering from pain and swelling.

How Long Does it Take to Get Over?

Most women are back at work in the first week after surgery some as soon as three days. It really depends on a number of circumstances that will differ for every person.

From the women we surveyed most of them started to exercise after about four weeks, some took a little longer to recover. But generally speaking you'll be able to walk about and perform light duties soon after.

An Important Note About Lifting!

Your surgeon will cover this in more detail. But you need to be aware that no lifting of any kind should be performed in the weeks following surgery to avoid ruptures and speed up healing.





It is therefore recommended you have a surgery buddy who will become your shadow for the weeks following your surgery to lift on your behalf – especially mothers who tend to lift their babies and carry shopping.

How Long Will My New Boobs Last?

A lot of plastic surgeons recommend silicone gel implants be replaced after about 10-15 years. But most agree that if there are no issues such as a rupture, or capsular contracture, then there's no need to replace the implants.

While a saline rupture is easily spotted, a silicone rupture can be harder to detect. If you're concerned you should consult your doctor and visit your surgeon for repeat check-ups every few years.

Price Can Be a Deterrent

The biggest deterrent for women of all ages is the price. Another interesting observation to notice is the fact cosmetic surgery holidays are no longer popular.

If you're currently looking to get breast surgery done, or thinking about having it, then your first step in the process should be to gather information.

The following 10 questions are imperative for your first interview. And you should prepare these for your initial appointment with a potential plastic surgeon.





10 Questions You Must Ask Your Plastic Surgeon

When you consult with a possible breast augmentation surgeon make sure to ask lots of questions. Remember, no question is stupid except the ones you don't ask!

If your surgeon attempts to intimidate you, then walk out. You have every right to be informed and shouldn't feel steamrolled because the surgeon uses a lot of medical terms. Get these explained to you in detail so you know exactly what you're in for.

Here are some of the must-ask questions for mammoplasty surgery:

- How much does the surgery cost?
- How do I choose a good plastic surgeon?
- How big should I go?
- How long does it take to recover, and when can I resume exercise?
- What sorts of implants are available and commonly used?
- How long does it take to get over?
- What scarring will I be left with?
- Is the surgery painful?
- What can go wrong?
- How long do they last?

Be sure to make an informed decision. You'll feel better about your surgery and it will likely affect your healing too as your mind is in a good and peaceful state, rather than being fearful and intimidated.





Breast Surgery Case Studies

We've interviewed a number of ladies who have experienced breast augmentation first hand. Some have chosen to have this procedure to rectify sagging breasts after having raised children, one chose it for professional reasons and others felt their boobs were too small.

The one thing every one of them agreed on was the increased sense of confidence they gained from the procedure.

The interviews were done on Skype and then transcribed into text to give you a first-hand account of life before... and after new bobs.

These are the questions we've asked during the interview.

Interview Questions For Case Studies

- How old are you?
- Why did you decide to have the surgery?
- What's the worst thing that happened to you after the surgery?
- What's the best thing about having had the surgery?
- How much did the surgery cost?
- How did you choose your plastic surgeon?
- Were you happy with him? Why?
- What size were you before you had surgery?
- What size are you now?
- How did you decide on your final size?
- Are you happy with the size you are now?
- Would you do it again?
- How long did it take for you to recover, and when did you resume exercise?
- Did you undertake any special recuperation strategies?
- During your recovery did you have any issues that you would have liked to be told about before?
- What sorts of implants did you have?
- What scarring are you left with?
- Was the surgery painful?
- Did anything go wrong?





Case Study #1, Maria D.

Maria lives in San Remo, VIC, Australia.

She is 51 years old.

After breast-feeding two children Maria felt there was a lot of loose skin on her breasts. They'd lost their tone and body.

But she waited until the children had left home because she felt she wanted to have the breast augmentation surgery for herself. She also felt her breasts didn't look good in clothes anymore because they had lost any semblance of shape.

Maria ended up being on painkillers for about two weeks after the surgery. She remembers there was a lot of pain and she felt uncomfortable.

But the outcome and appearance of her new boobs made up for the pain. Maria gained a new overall sense of self-esteem from having had the surgery.

Cost wise she paid about \$14K for a lift and implants. The surgeon charged her extra for the implants, and the expenses included anaesthetic and 1st and 2nd consultation, hospital stay, and garments. She had two bras. In the first two weeks she had to get one that accommodated the natural swelling and when the swelling subsided she was able to wear a smaller bra size.

Maria worked for a skin cancer surgeon who used a plastic surgeon for his facial reconstruction work. So based on the connection and recommendation from her boss she felt comfortable with her choice.

Maria said, "I knew that he would have good surgical technique and scarring was an issue with getting a mastopexy (breast lift), so that was mainly it, and also the fact that he operated locally (I live in a country town), so that was a bonus issue for us."

Her surgeon (male) made Maria feel that they had a connection, which was mainly due to the fact that Maria understood the medical terms and procedures (she's a nurse).

She felt there was no unnecessary 'smoke and mirrors' or need to waste time. She also knew exactly what she needed to get done and was realistic about the outcome. She had a breast lift and implants.

Maria also said, "Initially I wasn't going to have the implants. But the surgeon said once you take away all that flesh, you're not going to have a lot of form without implants - I'm fairly wide chested too.

And even though the breasts would have been lifted, if I didn't have the implants I would have looked really small. And I'm not small framed. So I needed to keep my figure in proportion."



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She had her surgery done in 2012 at the age of 51.

Maria was a size 34B or 34C before the surgery and now is a size 34D. She's the same width around the chest but "there's more breast, they're more pronounced and they are sitting up higher. They've gone down in the last month too."

She was adamant that her final breast size wouldn't make her look like a porn star and she insisted the final size be kept natural looking, without being obvious that she had implants.

Her surgeon tried to convince her to go bigger, and suggested 400cc implants. But Maria wouldn't have any of it and stuck to her choice. She ended up having implants of around 350cc.

When asked whether she would do it again Maria said, "Yes, definitely! The thing you have to remember is that you may not see a visual change after the surgery. But when I went back and looked at my pre-surgery photos I could see how loose the skin was, and all the stretch marks I had.

Because the implants stretch your boobs I no longer have stretch marks now.

And the scarring is good; I've just got a little scar underneath the nipple, a faint line. And because he's gone under the muscle they don't look fake, they kind of just fill that gap. One of them is a bit more scarred than the other, but I'm still using tape."

Maria got a little knocked around by the anaesthetics, and didn't resume soft exercise until about three or four weeks after surgery. And she went back to the gym about two months after surgery. She feels her age definitely slowed down her recovery. She went back to work after two weeks.

During recuperation she made sure to take it really easy for the first few days.

She also used tape for the scarring and believes it helped. She's purposely avoided the sun to aid her recovery, but feels fine to go into the sun in a few months as she feels the tape has helped with the scarring (which is minimal).

As far as unexpected issues are concerned she said, "The first couple of days I was shocked how painful and heavy it felt. I couldn't even move the top part of my body. I could hardly get out of bed! I think he could have explained this to me better, but I suppose it might put someone off having the surgery.

But I still think they have to explain that, it's important."

Maria had round saline implants, not teardrop. She's left with a small scar under the nipple, which goes from the nipple to the base of the breast, but it's faint and hardly visible.

She didn't feel anything during the surgery and woke up happy. Afterwards she had a little suture that got a bit infected under one of the breasts. But she went to see a nurse for after surgery care, and feels she was looked after brilliantly.



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Maria's parting words were, "Don't have unrealistic expectations. Don't think you're going to come out and look like a 15-year old with pert breasts."

Because you're going to have a modification and an improvement you can't expect it to look perfect – especially if you've had children.

My surgeon told me he gets 20-year old girls that get big implants and they come back a week later, and are upset about the pain. Needless to say, they haven't had life experiences, they haven't had children or any other surgery, so what do they expect?"

Case Study #2, Monique P.

Monique P. is 35 years old and lives in Victoria, Australia.

She decided to have the breast augmentation surgery for personal reasons. Monique is very athletic and has always had a muscular figure (Monique is a triathlete). But after having raised kids she lost a lot of her natural breast tissue and they started to sag. Her flat chest affected her self-confidence and the way she felt about her body.

The breast augmentation surgery gave Monique the confidence she lacked after having her children and made her feel feminine again.

Monique was surprised about the lack of pain she experienced after the surgery. She said how surprised she was when the recovery wasn't as painful as she expected it to be. She also stated she had no issues with excessive pain.

What she did notice was a limitation of movement in her limbs, which is quite normal. But thankfully she had a lot of support from her family.

Monique had her surgery in 2008.

The best thing that's happened to her is the renewed feeling of confidence in her body. She can now wear great bikinis and tops on the beach. And feels she's got the body back she had before having her children.

She now gets a lot of comments from friends and family on how great she looks.

Before Monique had the surgery her boobs affected her feelings about intimacy and her femininity.

Monique has three brothers and one of the comments she got pre-surgery was, "*You look like one of your brothers just with longer hair.*"



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As you can imagine, comments like these affect every woman across the board. It's not something we hear without feeling affronted and hurt.

So it's natural Monique felt offended by these comments and it affected the way she felt about herself. She felt she looked like a boy with long hair. After having had kids and with her boobs deflated she had nothing left to make her feel female.

Monique paid around \$10,000 for the surgery.

She had a recommendation from a couple of girlfriends who also had the surgery done. Before she spoke with a surgeon Monique did a lot of research by herself. Then she went to the preliminary interviews and felt very confident about the surgeon. She had her surgery done in Southport, on the Gold Coast in Australia.

Her surgeon was male. She was very happy with his services because he really took the time to understand what Monique does (i.e. she runs a lot and is into fitness). So her surgeon took the time to discuss her options with her, based on her athletic frame.

He also advised her not to go too large and stay with a natural size, one that suited her fit frame. He was modest and extremely good with the more intimate aspects of the discussions. Monique feels he was almost intuitive with his advice.

She was an AA/A cup before she had the surgery. Now she is a C-cup.

She chose her final size based on the surgeon's recommendation and because of her sport. She didn't want to go to big and have people scream "POW" or exploit the size of her boobs with a size that looked unnatural.

She is very happy with the size she is now. She is very self-conscious about her physique and often wonders how she looks. But she enjoys wearing flattering clothes in summer and showing off her perky breasts in a sexy bikini or top at the beach.

Monique also mentioned that she used to be very "ribby" before she had her breast augmentation. But this is no longer the case and now she feels attractive.

Upon being asked if she would repeat the procedure, she said, *"Yes, I would definitely do the surgery again."*

It took Monique around three weeks before she could move without any pain or discomfort. She waited six weeks before she took up walking, and three months before she took up running.

She went back to work after one week.



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To speed up her recuperation, Monique self massaged her breasts as she was told to do by her surgeon. She also wore a band across the breasts to keep them in place. She is adamant about following the surgeon's advice to avoid any complications or issues.

She was very well informed by the doctor and did the research to make an informed decision. She spoke to women who had done the surgery and happily shared their experiences with her, and did a lot of online research, too.

Monique knew what she was in for.

When discussing the choice of procedure and implants with her surgeon Monique eventually settled for an Inframammary incision (The surgery was performed underneath each breast). She has a small scar underneath each breast.

She opted to go with implants that were inserted underneath her pectoral muscle. She can't remember what type they were but described them like a *Turkish delight when you cut them open*. She also said there were no leakage and bursting problems.

She can still do weights as the muscle sits atop the actual implant. Something worth noting if you have a tendency to work out at the gym and do weights.

Her post surgery experience was a little painful, especially when she moved muscles that needed moving. But she had medication to help her alleviate the pain.

As far as the whole experience went, nothing went wrong. Monique feels she has a great run and she told us how two of her friends recently had horrible experiences.

Upon wrapping up the interview, Monique said, *"Don't jump into this type of surgery. Do your research and if you don't feel right at the preliminary interview with your surgeon, then go somewhere else."*

She has strong views about sticking to your body's natural size and shape and recommends avoiding breasts that are too big. She said, *"Think about how you use your body. It's not about what other people do or say. Your body size and shape affects your breasts so be thorough with your research."*

Monique is right. It's not a cheap surgery so it pays to do your due diligence upfront to avoid hassles and disappointment down the track.





Case Study #3, Danielle G.

Danielle is 43 years old and lives in QLD, Australia.

Danielle chose to have breast augmentation surgery because after two years of breastfeeding one breast ended up being two cups larger than the other.

So Danielle decided to get breast augmentation surgery to even out the size of her breasts.

The worst thing that happened after she had the surgery was Danielle began getting too much attention - she wasn't used to people giving her compliments and talking about her boobs.

She also felt overwhelmed by the amount of people who looked at her boobs because of the change in size.

But she loved the fact that the surgery gave her a lot more confidence about her body and her boobs. She was able to take off her top without feeling self-conscious and enjoyed being able to wear nice tops.

Danielle's surgery fell under a medical item number. Which means she didn't have to pay for the lot. So most of her surgery expenses were paid for by medical insurance.

She remembers paying about \$1,500 for expenses, and all up about \$3,500 instead of the full \$12K for the operation.

Danielle had her breast augmentation surgery in 2003. She chose an Australian surgeon based on referrals from good friends who had their boobs done prior.

They were very happy with their results so Danielle felt confident with this particular surgeon (a guy).

She was very happy with his services because he listened to everything she said. But what impressed Danielle the most was his suggestion of claiming the surgery under a medical item number. He even went as far as researching it on her behalf, which saved Danielle thousands of dollars in out-of-pocket expenses.

She said, "He also did a wonderful job. And because my breasts were so uneven before surgery, the surgeon spent a lot of time working out the right size so both breasts ended up being identical after the surgery."

Danielle was a size 12B before she started breast-feeding. Then nine years later before she had her surgery done she was a size 8 with uneven boobs. Her left breast was nothing (under A cup, skin and nipple), and her right breast was a B-cup.



THE TRUTH ABOUT BREAST SURGERY



Today she is a DD - verging on an E-cup.

Both Danielle and her surgeon decided on the final size (a C-cup) based on her body shape and after the surgeon tried a number of different sizes during the surgery.

She says, "Over the years I've put on weight, so now I'm a DD - verging on E.

After being asked if she's happy with her size now Danielle said she feels her boobs are a little too big now because of the extra weight. She would like to lose a bit of weight and see her boobs go down in size. It would make her feel more comfortable with her body overall.

She also said she would happily do the surgery again.

It took Danielle a month to recover after her surgery. She was in a lot of pain for the first two weeks and resumed exercise about six weeks after the operation.

She was back to normal after about six weeks.

To help her recuperate, Danielle took a whole week off work, and rented a holiday apartment. She went away for the whole week and spent the time laying on her back - resting.

As far as any unexpected issues go, Danielle would have liked to be able to anticipate the pain she felt after the operation. But goes on saying, "I think it's because the surgeon tried on a number of implants during the surgery so more tissue got bruised and inflamed.

We had decided to do this because we weren't 100% sure of the final size before the surgery took place. In hindsight I guess it would have been good to anticipate the pain I felt."



Danielle decided on getting silicone gel implants. She hardly has any scarring from the operation. She has two very fine lines underneath each breast.

The surgery was performed under the breast. Danielle didn't feel any pain during surgery. Nothing went wrong for her.

As a final comment, Danielle said you need to be aware of the fact that the breasts can still change and become uneven as you get older and put on weight.

In her case it took two years for it to happen after getting implants.

Danielle does hard physical work, so she tends to use her right breast muscle more than the left. Consequently her breasts have become uneven again so she wants to make women aware of this possibility.

It's not dramatic but she would have liked to know beforehand.

Case Study #4, Yvette L.

Yvette L. is 42 years old and lives in NSW, Australia.

Yvette is a young at heart person and this quickly becomes apparent while you talk to her. She wanted to have the surgery because breast-feeding her son sucked the life out of her breasts and made them sag.

She became increasingly self-conscious about her boobs, and went as far as covering them up with her arms every time she sat down to avoid feeling embarrassed.

Breast-feeding saw Yvette losing her breast tissue and her plumpness. This is a common occurrence with many mothers and nothing to be ashamed of. Upon consulting a surgeon, he advised her to see it as breast reconstruction surgery to help with the mental stress.

She's had her breast augmentation surgery on the Gold Coast.

Yvette cannot remember anything negative about her surgery. She was fine throughout and took painkillers for about four days afterwards while she relaxed and enjoyed a week off work.

She was really happy with the initial consultations, the procedure and the follow up.

The best thing for Yvette about having had the surgery is being able to wear clothes properly and feeling as if her body is finally in proportion again. She no longer feels ashamed or self-conscious about her boobs.



THE TRUTH ABOUT BREAST SURGERY

She's proud of them and happy with the results. She also gained increased confidence from having had the surgery.



She did the surgery about 10 years ago and paid around \$7,500.

To find a good surgeon she Googled 'Plastic Surgery Association in Australia' and found a list of the top 100 surgeons recommended on the site at the time.

The surgeon she ended up choosing was in the top 20, and the closest in proximity to where she lived.

Since Yvette had her surgery done she's referred three or four of her girlfriends to the same surgeon too.

She was incredibly happy because the surgeon was very professional. She even described him as being a perfectionist. She was advised to get different cup sizes for each of her breasts because of the way they had lost their plumpness after breast-feeding.

Yvette was impressed by the fact her surgeon actually saw this with his naked eye.

Consequently he filled one breast with 410cc and the other with 380cc of silicone.

He then cut a mole out of her breast to hide any potential scarring.

She was an A cup before surgery and now she is a D cup. Yvette has broad shoulders and is very tall so her new breasts look perfectly natural.

Her surgeon advised her on the final size and made the decision for her. He advised her to go a size larger than she wanted to match her natural body shape. He also showed her examples so she was comfortable about her choice.

Upon asked whether she would do it again, she said, "Yes." She would go back to do it again.

THE TRUTH ABOUT BREAST SURGERY



She even considers going back to him if age forces her to go back for a reconstruction. Yvette mentioned statistics and that most women who had mammoplasty would eventually go back between the age of 50 and 60 to do a reconstruction.

So she's not opposed to doing it again if age made it necessary.

It took Yvette a week to recover after the surgery. Meanwhile her boyfriend looked after her and brought her cups of tea.

She feels very strong about the importance of always massaging your breast.

She said, *"You should fondle and play with them all the time."*

Yvette experienced the negative side of having breast surgery first hand when she grew up: her mother had breast surgery when she was a child and then failed to massage her breasts, even though she was advised to do so. This resulted in her mum ending up with *"two rocks"* as Yvette calls it. Her boobs simply hardened and became a nuisance for her mum.

Her mother's experience made Yvette more determined to keep massaging them (as is recommended by surgeons) to drain the fluid and assist with keeping them supple and soft.

She feels your body will accept your new breasts better if you keep playing with your them for the first 18 months. Yvette got so used to playing with her boobs she ended up doing it unconsciously during meetings at work until her boss pointed this out to her.

Thankfully he saw the humour in this too.

She's gotten so used to fondling her breasts she is still doing it today. Consequently hers are the envy of all her girlfriends because the consistent massaging has actually helped keep them perk.

Yvette says everything falls into place when you treat them as real boobs. She says a lot of women believe they can do a quick massaging job in the shower and be done with it, but Yvette says this is not enough. She also stresses not to go overboard and "ram" them or be rough.

Just be gentle and keep them moving to avoid scarring.

Another tip Yvette shared was to *"make sure you have someone there to help you lift stuff."* So if you have a small child make sure you don't go shopping or lifting anything for quite some time.

Most ruptures and scar tissue problems happen after lifting heavy stuff. So she says to stay away from lifting anything for about three weeks to assist the body's natural healing process.



THE TRUTH ABOUT BREAST SURGERY



Another point Yvette made was to be aware of the loss of possible sensitivity in the nipples. She feels people need to be better advised about this upfront as some of her girlfriends apparently weren't.

She's chosen silicone implants.

Yvette has no scarring at all.

Nothing went wrong during the surgery. It was a lot less painful than she expected. She took the painkillers for the first few days after surgery to help control the pain levels.

Yvette feels having the surgery made her more feminine, confident and happier. She loves to finally be able to wear the tops, clothes and bras she likes, and has no regrets.

She stresses it's important to do a breast augmentation for yourself and not for anyone else.

She is shocked at how many young twenty-something women talk about having the surgery and says, *"Don't rush into this until there's a good enough reason. Let yourself grow and unless you have a really flat chest or there's something wrong with it (i.e. having deformed breasts) don't do it because your body will continue to develop in your twenties."*

This is sound advice from someone who has obviously done a lot of research into the topic and experienced the consequences first hand – the good and bad.

Case Study #5, Kerry F.

Kerry F. is 38 years old and lives in Queensland, Australia

Kerry is a woman who cannot stop talking about her boobs. She loves them so much she openly shares her feelings, thoughts and experience with everyone keen enough to ask. And it's women like Kerry who make the whole experience more available to women like you.

We had a few chuckles along the way and this is what she told me...

She decided to have the surgery because she had a really good bust all her life until she had two children and breast-fed them both for over a year.

Breast-feeding really affected her boobs in a way they became "droopy" and made her feel increasingly self-conscious about them. She also said that she knew breast augmentation surgery could become a possibility way before she had children. She was already aware of the effects of breast-feeding on breasts (i.e. making them lose their shape) and always felt very strongly about being able to do something about them if that were the case for her.



THE TRUTH ABOUT BREAST SURGERY



So she did.

Kerry had the surgery when she was 37 in 2011.

Kerry cannot remember anything bad from her experience at all. She did end up with scarring though because of her age and the fact she had droopy breasts.

The surgeon ended up having to do a lift and breast augmentation. She had keyhole surgery. Her scars look a little bit like a lollypop down the front of her breasts but she said it's not too bad. She feels much more confident, and looks back at photos of her body before surgery. She admits to looking way better now even so she's always been a person who does a lot of exercise and looks after her body.

Another thing Kerry always wanted is to wear a strapless dress. But she wasn't able to do this before she had breast augmentation. She was never able to wear a strapless bra before because her boobs wouldn't hold it up properly.

Now having had the surgery she can wear sexy strapless dresses and bras at will and she happily struts her stuff in a bikini whenever she hits the beach.

Kerry feels really good and confident about being able to have the freedom to do this without being limited because of the size of your breasts.

To her it feels a bit *like the icing on the cake*.

Shortly after having the surgery Kerry broke up with the father of her children (something that was about to happen, regardless of her surgery) so Kerry felt it was important to her to be able to feel confident enough about her body in case she would meet a new man.

Plus she didn't want to meet a new man and then worry about undressing in front of him because of her old droopy boobs. She didn't feel comfortable about that at all.

Kerry paid \$5,500 for the lift and the implants.

She chose her surgeon after doing a lot of research online. She had her surgery in Thailand and was very particular about being informed. Especially because she was aware of the horror stories you'll read about online in regards to some Thai surgeries.

She narrowed her research down to three possible surgeons and requested their information packs online.

The one she ended up choosing was the most forthcoming with information. The surgeon was also the fastest to respond. Kerry ended up with a male surgeon.



THE TRUTH ABOUT BREAST SURGERY



Kerry said, *"He was really good and I trusted him."* The reason she did was because he was straight up and honest. He actually told her that unless she booked at least 10 days in Thailand for after the procedure he would refuse to work with her. He was adamant she stays at least 10 days in the country just in case there were any complications. He was prepared to turn her away for her own safety.

His insistence made Kerry trust him. She felt he was professional and that he actually cared for her wellbeing. So she booked the surgery.

Kerry was a 12 D before her augmentation surgery. And interestingly she only got a 325cc implant, which took her to a 12 DD. She decided on the final size based on the three sizes the surgeon recommended.

He suggested three sizes to suit her body shape (Kerry is quite sporty). She went for the smallest of the three sizes he gave her and is happy about her size.

Although she may have chosen the next size up too if given the chance again. But she's happy and feels great about her boobs now.

She would absolutely do it again if given the choice.

Kerry started exercising one month after the surgery (walking), and she started running again about six weeks after. She got back into the swimming pool four weeks after the surgery. But she went shopping two days after she had the surgery.

She also got given the option of staying in her own private room and being waited on by the staff for as long as she needed. But Kerry had already booked her stay in a resort so she opted to go back there. Plus she travelled with a great girlfriend who accompanied her to look after her just in case, which gave her peace of mind.

The Thai heat did cause her boobs to swell a bit which affected her somewhat. She did a naughty thing too and went out partying with a friend four days after surgery.

Kerry had swelling for about four months and didn't see a proper shape until about two months later. This is quite normal.

To help her boobies recuperate faster she followed the advice of her surgeon and massaged her breasts to stop them from encapsulating (going out of shape and hard). She was pretty religious about doing this for about two to three weeks and then kept going for another three months (a couple of minutes a day).

Two days after surgery one of her breast was burning and felt very hot. This led her to be concerned. It turned out this was simply a slower recovery then the other breast. So in hindsight she wished she had known about the possibility of this happening upfront.

But overall she feels she experienced nothing worse than as if she was having any other surgery.



THE TRUTH ABOUT BREAST SURGERY



Her surgery was done by cutting an incision around the breast and opening them to insert the implants. She opted to have her implants above the muscle because of her sports. Kerry said they look very natural and she opted to have saline implants.

Her scars are already fading and Kerry says she could have rubbed some cream into it to speed up the process. Admittedly she's been a little slack with the recommended healing procedure. And she only wore her underwire bra for about two out of the recommended six months.

She's confident the scarring is going to clear up within two years of having the surgery.

Kerry had no pain until she woke up from surgery. But it wasn't really bad and she was able to carry on with her holiday. She feels they give you amazing painkillers in Thailand.

Kerry stresses the importance of doing your research. If she had to do it again she would buy artificial boobs first and test them for size and feel by inserting them into the bra, before deciding on the final size.

"If you get a chance to sample some different sizes, then do it."

Case Study #6, Uti J.

Uti J. is 48 years old and lives in Byron Bay, Australia

Uti decided to have breast augmentation surgery because she decided to go to Japan and work as an exotic stripper. It was great money and allowed her to buy a property once she moved back to Australia.

So it was important for Uti to look great in the nude and feel confident about her body to assure her work wasn't affected.

She had her first surgery in 1996 and her second one in 2008.

She remembers the worst thing that's happened to her after her first surgery was her left breast implant started encapsulating.

She accredits this to the fact that she failed to massage her left breast as well as the right breast.

When a capsular contracture occurs it is usually due to an increased production of collagen in your breast, which can be triggered by low-virulent bacteria or a lack of massing.



THE TRUTH ABOUT BREAST SURGERY



On the upside: the best thing that's happened for Uti is she now feels she looks better in clothes. Uti always had a great figure, but she didn't have boobs to match her figure before her surgery. And as you can imagine, this affected the way she felt about her body.

With her new boobs everything looks right and they compliment her great figure rather than making her feel self-conscious about them.

Uti paid \$5,000 for her first surgery. She was referred to the surgeon by her GP after consulting him to get a boob job. She got two referrals from her GP.

She rang both offices and spoke to the receptionist in each practice and ended up choosing the one with the better manners and approach.

Her first surgeon was male.

What's interesting to note here is that her surgeon was really polite at first. He took a lot of interest in making her feel comfortable and explaining the process in detail until Uti transferred the money into his account.

His whole manner changed perceptibly after that and he ended up being cold, rude and short mannered.

On reflection Uti said, *"He did a reasonably good job overall."*

She was a B-Cup before having her first mammoplasty surgery.

She got her first boob job done in December 1996. Then after 11 years she had an ultrasound and found out her left breast implant had ruptured. So in 2008 she had a second breast augmentation surgery.

Uti ended up being a C-cup after her first surgery and a D-Cup after her second surgery. And the reason she went for D is because her natural breast tissue was rotting and so she needed to opt for a larger implant because her nipples needed to be cut out and transplanted and the larger size (the extra cup size made up for the loss of tissue).

At first she wasn't happy with her size. But after having had her second surgery she feels it made sense because the surgeon had to remove and transplant her nipples. So now she knows going the extra size was a smart decision.

She was also very happy with her second surgeon, a woman, because she was taken care of and looked after really well.

What she really loved about her service is the fact she didn't go cold on her. She had a caring manner and felt she had much better bedside manners.

If given the choice to do it again Uti said, "Yes." But she recommends people think about it before they decide.



THE TRUTH ABOUT BREAST SURGERY



She recovered faster after the second surgery. The first one took a little longer (she had underarm surgery). She remembers having to take time off from work.

She stressed, *"You have to take it easy for two weeks and spend the time recuperating to give the body time to heal."*

Uti would have liked to know how painful the under armpit procedure would be as no one told her about it. She had smooth PIP silicone gel implants both times. Note: PIP has received negative press in recent years and as far as we're concerned these are now banned.

Uti has minor scarring underneath each armpit and underneath the breasts but it's very minimal.

Nothing went wrong during both her breast augmentation surgeries.



Uti feels very strong about young adults wanting breast surgery. She sees a lot of young women between 18 and 25 who have beautiful perky and creamy breasts and want to have breast surgery to get bigger boobs while their bodies are still growing.

Uti thinks this is madness. She did hers for professional reasons. And by the time she had her first surgery she had already breast-fed her children and was 32.

She said, *"It's a radical thing to do so think about it before you go under the knife."*





Case Study #7, Ollie P.

Ollie is 37 years old and lives in WA, Australia

She decided to have surgery for cosmetic reasons. She is quite short in stature and small built. Ollie struggled to find woman's clothing to match her tiny frame. And as she got older she increasingly struggled to find nice clothes that suited her. She never felt comfortable wearing what she bought. She felt the clothes she wore didn't suit her because she was flat chested and had no boobs.

She had her breast augmentation surgery in late 2011. She had her surgery done in Thailand.

Ollie was very impressed with everything before, during and after her surgery But she felt the painkillers she got weren't strong enough.

While in hospital she was OK, but once she was released the pain became almost too much to bear. As her body healed, the pain in her muscle tissue became almost unbearable for her.

It also turned out Ollie has more muscle than other tissue, which means it took longer than usual for her body to heal and she ended up experiencing more pain than the average woman. Her surgery was performed underneath her armpits.

She was given pills with 500mg of Paracetamol and still feels this wasn't enough.

Since having the surgery Ollie feels a lot more confident about wearing the clothes she buys. She also has more self-confidence.

Ollie feels she was well informed by staff at the hospital about a number of this-and-that scenarios. This made her confident knowing she would be able to deal with anything that happened as a result of having the surgery. It gave her peace of mind.

She paid just over \$3,000.

She booked her surgery directly with a travel agent who specialises in Thai surgeries. But she didn't require flights and accommodation because her husband was working over there at the time. So she saved money on the package.

All she wanted and needed was the surgery and hospitalisation, including any follow-up appointments before she flew home.

Ollie chose her surgeon based on a recommendation from a former work colleague. She was very similar in build to Ollie so after seeing her colleague's results she felt confident enough to contact the surgeon (via her husband) and ask for more information.



THE TRUTH ABOUT BREAST SURGERY



About 12 months before Ollie was due to travel to Thailand with her husband they started making inquiries with that surgeon and asked about costs and procedures to allow plenty of time for preparations.

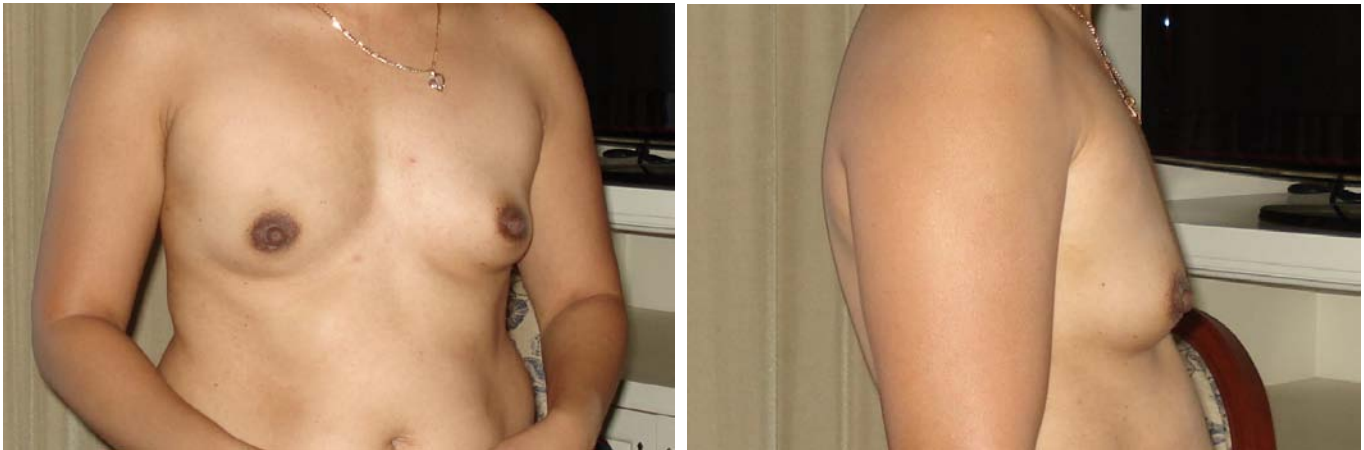
She specifically asked for the same surgeon as her friend. The surgeon was male.

Ollie was happy with him and said he was very good. The travel agent organised all the appointments and surgery times and upon arrival in Thailand she was booked in to meet her surgeon for a consultation and meet-and-greet.

The initial consultation was delayed by about an hour. But after this initial hick-up every other appointment and schedule was running on time, almost to the minute, according to Ollie. She was very impressed with the whole organisation.

She would use them again for any surgery if necessary.

Ollie wasn't even a 10AA before surgery so she didn't register on the measurement scale. She said she was very flat chested before her implants. She's now a 10CC.



Ollie's "Before Surgery" Photos

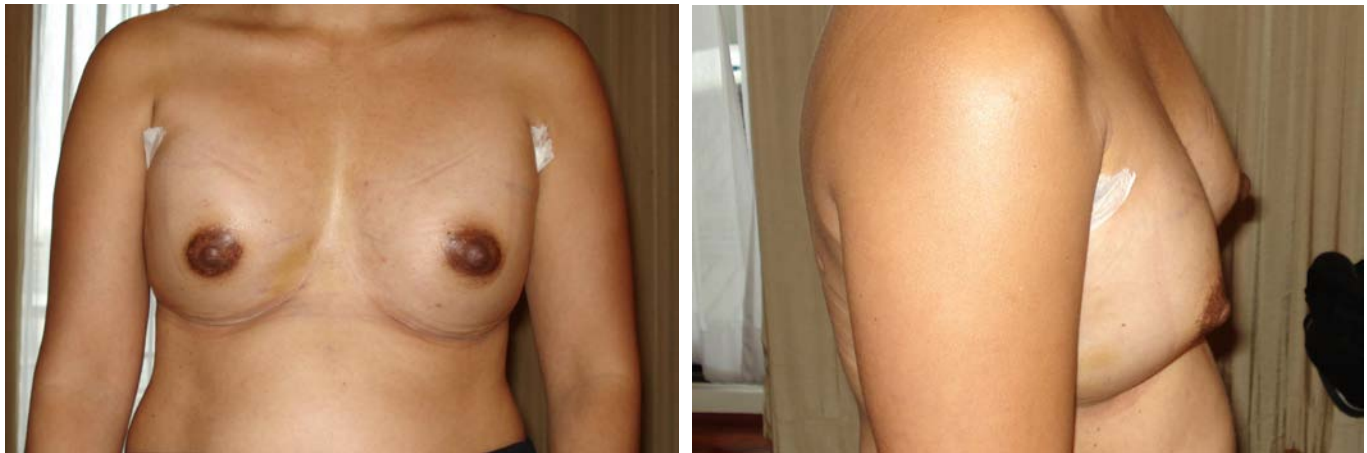
She decided on the final size based on the consultation with her surgeon. She understood her surgeon wouldn't do anything that didn't look normal. He recommended a suitable size for her frame during the consultation.

He also stressed that he wouldn't make the final assessment until she was in theatre. So Ollie felt confident enough to leave him in control of the final decision.

She is very happy with the size and feels it's a natural look.



THE TRUTH ABOUT BREAST SURGERY



Ollie's "After Surgery" Photos

She now enjoys shopping.

When asked if she would go through this experience again Ollie said, *"Yes, I would definitely do it again and I have recommended it to work friends and social friends since."*

She also stressed the importance of doing your research. She has no hesitation to go back to the same clinic if the need arises, but stresses there was a lack of brochures available. So it made her more determined to ask lots of questions before surgery.

Ollie was told by her surgeon to avoid lifting anything for four weeks after the surgery. So she stresses the need to travel with someone that can carry your entire luggage back. Her 11-year old son accompanied her on the way back to Australia. He carried their luggage on the journey home.

When she got back home she started ordering her groceries online and got them delivered straight to her home. Her hubby was still in Thailand during her recuperation so she needed to find ways to avoid lifting.

Her son carried her handbag around for her too.

The initial pain subsided after about two weeks. Ollie knew she had to try and adhere to the exercises they give you to make sure to get the movement going. She also knew she couldn't just go back to Thailand if something went wrong so she had to be extra careful.

She massaged her breasts every day as is recommended by surgeons and steered away from spicy foods (apparently they aggravate the pain).

She stresses you need to stick to the guidelines to get the best outcome. She waited six weeks before she started up with light exercise again.

Ollie said it took time to build back the strength in her chest and arms.

THE TRUTH ABOUT BREAST SURGERY



Ollie experienced a slight problem after two weeks of taking the antibiotics: she developed a small rash. Her surgeon prescribed her with three weeks worth of antibiotics after the surgery. But when Ollie arrived back in Australia after about 12 days she developed a rash.

So she went to see her local GP and he described something to help her clear up the rash. It turned out she didn't need the full course of antibiotics.

Apparently this was due to having too many antibiotics in her system. And since Ollie hardly took antibiotics as a child her body was simply not used to it.

Other than that everything went really well.

Ollie feels she was well informed and said they couldn't possibly predict she would experience a system overload due to the antibiotics. She realises every person is different and states the importance of being informed once again.

She had what she calls the Brazilian implants. Also known as “furry implants.” Brazilian breast implants are made of Polyurethane, a type of silicon implant that has been around for some 40 years.

They are somewhat harder than the traditional silicone implants but don't leak, even if they burst. The implants are coated with vulcanised polyurethane foam, which makes them almost immune to causing capsular contracture.

Ollie's surgeon performed the procedure underneath her armpits. She had two small incisions underneath her armpits and little scarring. The scars are just about 5cm long and look like another crease.

She was also able to feel the various implants before making a decision so she felt very confident with her choice.

She didn't feel any pain during the surgery. Nothing went wrong, except the surgeon didn't realise how much muscle tissue Ollie has compared to other women.

Ollie watches a lot of shows showing women who have had bad experiences. She understands any surgery can be a risk. This is why you need to sign a disclaimer before you go into any type of surgery.

She said she had a fantastic experience. She's very happy because her family was involved in her surgery every step along the way. Her husband handled most of the initial contacts with the surgeon and asked questions on her behalf because Ollie lacked the confidence to do it herself. So she feels this was important.

She wasn't confident before she had her breast augmentation surgery and said the surgery made her a better person. Ollie loved having her hubby and son by her side every step of the way. It made the whole experience better for her.

The hospital team spoke English really well and Ollie feels she was taken care of by everyone.





The Importance of Choosing the Right Surgeon

One of the key parts to guarantee you peace of mind before, during and after breast augmentation surgery is to know you're dealing with a professional.

There's a turf war going on in Australia right now between plastic surgeons and cosmetic surgeons. And there's a reason why...

The **Australian Society of Plastic Surgeons** (ASPS) has issued warnings about cosmetic tourism.

A Note on Considering Overseas Surgery

According to the ASPS website, there's a few things you should be aware of if you choose a surgeon on price to avoid hassles and disappointment, or worse.

Cost is generally said to be the main reason for women to travel overseas for their surgery. The problem with this is: if you need revisions or experience any problems, then you could be forced to spend way more than you budget for.

So you need to assess your risks beforehand and make an informed decision.

Here are some suggestions to help you do that:

- When looking at overseas facilities try to ensure it is run according to the standards of the Australian Day Surgery Council.
- You also want to make sure your surgeon has the necessary qualification and experience.
- Ask your surgeon whether he or she is a member of the International Society of Aesthetic Plastic Surgery (ISAPS).



THE TRUTH ABOUT BREAST SURGERY

- Never rush your decision to have surgery – you may miss important information.
- Make sure the products and devices used at the hospital or clinic meet Australian standards. Breast implants used in Australia have to meet strict standards. The Australian Therapeutic Goods Administration (TGA) regulates standards.
- Make sure you have a back-up plan in case something goes wrong (i.e. travel with a reliable companion, plan enough time into your trip for after the surgery).
- Make sure you'll have your initial appointment overseas with the actual surgeon, and not just a nurse or administration person.

You also want to assure yourself about financial details, risk assessment and what happens when things go wrong. Don't be lackadaisical about doing the research. It could cost you dearly.

Qualified and accredited surgeons offer patients a high level of post-operative care.

Cosmetic vs. Plastic Surgeons

Most Australian consumers are unaware that anyone with a medical degree can call himself or herself a cosmetic surgeon.

This means any medical practitioner can advertise their services as cosmetic surgeons, and then perform them.

So before you book an appointment with a potential surgeon make sure he or she isn't just a regular GP, general surgeon or dermatologist. You want a proper plastic surgeon registered with the Australian Society of Plastic Surgeons (ASPS)!

This assures you're dealing with a specialist who is qualified to do the work. ASPS members are highly trained and skilled specialists. Each member has spent a minimum of eight years in post-graduate surgical training.

It's easy to verify your surgeon as a member by visiting the website of the Australian Society of Plastic Surgeons.

So don't be tempted to save dollars in exchange for a potential botch job from a non-qualified surgeon.



Did You Know About the Breast Implant Registry?

The **Australian Society of Plastic Surgeons** maintains a Breast Implant Registry (BIR) to collect relevant data about breast implant patients, surgeons, procedures and implants.

The BIR's main purpose is to focus on the safety of patients. It is a public health initiative.

Under the Commonwealth Health Insurance Act 1973, the Minister for Health and Ageing recognised the BIR as a “declared quality assurance activity”.

Note: A new opt-out Breast Device Registry is currently under development and, once complete, will replace the opt-in BIR. All BIR data will be securely archived. Surgeons and patients are encouraged to continue to use the BIR until the BDR is operational.

You can register on this database for free and be informed about any issues in regards to your breast implants further down the track. The Registry is managed and operated by the ASPS.

Your Patient Privilege and Security

The BIR has been created to provide patients with a secure and safe environment. Its purpose is to allow you to record your surgical data following a breast implant procedure.

You can easily and confidently maintain your data with a password-protected login. Protocols and policies have been set up to ensure your security and privacy is maintained. As an opt-in database you voluntarily agree to participate when you opt in. It costs \$25 per implant plus GST.

You can also request that BIR forms are sent to you by mail if you prefer.





In Closing

We can't stress the importance of doing your due diligence before you go under the knife. Try and speak to a minimum of three qualified plastic surgeons before you make a decision.

It may take a little longer to research your options. But by getting peace of mind you limit your risks to an absolute minimum.

If you have concerns, then always get a second, or third opinion from a qualified expert. When your health and wellbeing is at stake you cannot afford to choose the risky option just to save a few dollars.

This is not to say you cannot have successful breast augmentation overseas. But to make you aware of the risks involved, regardless whether your surgery will be performed in Australia or overseas.

So hopefully this guide has given you everything you need to move forward with confidence and start the research process from a position of power.

I wish you much success with your story and thank you for reading this eBook.

Best wishes.

Trish Hammond

<http://thetruthaboutbreastsurgery.com>





FREE BONUS Case Studies

BONUS Case Study #1, Emma K.

Emma is a 39-year old woman living in Queensland, Australia.

Emma has really dark skin. Emma decided to have breast enlargement surgery because a girlfriend of hers had it done first. Upon seeing her friend's new breasts Emma experienced what she called "boob envy."

She loved her friend's new boobs and saw how they helped her friend get more confident about her body and her looks. It was a transformation that impressed Emma so much she ended up having surgery herself.

Emma told me about her life long battle with confidence about her breasts before she had the mammoplasty, and how this affected her confidence throughout her younger years. She was never happy with the size of her breasts and struggled to come to terms with them.

To make matters worse, Emma had issues finding a suitable bra to wear underneath her clothes, because of her body shape, which made shopping a nightmare and further shattered her confidence, as she grew older.

So when she saw her friend's new breasts, and what the implants did for her, Emma just knew she had to follow suit to get the breasts she wanted. She wanted to feel confident for once about her body shape and her boobs.

The surgery itself went by without any major incidents as far as complications go.

Emma reported the worst thing that happened to her was the swelling and the "farting noises" the boobs made. Some women explain these sounds as squeaking, squelching, sloshing, and even squishing. It happens when trapped air escapes out of a fresh implant, and can last up to two weeks.

However, regular breast massage will help speed up the process. Not every woman who has breast augmentation will experience this. Some notice nothing, whereas others experience these weird noises or pain.

Some women think these noises are hilarious and use it as a party trick to amuse family and close friends. But Emma didn't. She was more shocked than amused, because she wasn't prepared for these noises as no one had told her about the likelihood of them appearing.



THE TRUTH ABOUT BREAST SURGERY



Emma said the best thing that's happened for her is being able to wear the clothes she wanted. She no longer has to worry about what bra to wear and has experienced an increase in confidence.

On the negative side Emma now feels her breasts are too big.

She chose her surgeon based on her girlfriend's results and paid \$12,000 or thereabouts for the procedure.

The surgeon was male. She didn't like his bedside manners. He was too abrupt – almost rude. Emma felt she wasn't taken care of properly and it left her dissatisfied with his services.

Emma was a size 34 A/B (more A) before her surgery and now is a size 34 D - or DD.



She decided on the size of her implants after consulting with her surgeon. He recommended she go larger than her initial choice because “all girls come back and want a bigger size.” Emma felt pressured to go larger and so succumbed to the surgeon's recommendation based on his experience and expertise.

Today, two years later she's no longer happy about the size of her breasts because she feels she was pressured into having bigger boobs. And wishes she got what she wanted.

Initially the larger size didn't concern her, but now it does. Having said this, when asked whether she'd do it again she said she would, but would go smaller.

It took her three weeks to be able to take up exercise after the surgery. She prefers doing Pilates (a gentle type of exercise). Emma doesn't do intense exercise.

Emma was back at work within three days.



THE TRUTH ABOUT BREAST SURGERY



As far as her recuperation goes, Emma moved and massaged her breast based on her surgeon's advice. It is one of the most important recuperation strategies for breast augmentation patients as it helps distribute the implants, alleviate pain and release trapped air.

Emma didn't experience pain; she kept it under control with Endone[®] (Oxycodone hydrochloride) a strong painkiller.

Emma took five to six Endone pills every day. Endone is a type of medicine that belongs to the group narcotic analgesics and is generally prescribed by doctors to relieve pain. Endone is only available with a doctor's prescription and can become addictive if used long term.

Emma experienced no recovery issues and was back on her feet without much delay.

When given the choice she opted for high-grade silicone implants. She was offered a saline grade too but Emma preferred to go with the highest grade of silicone instead.

She's left with minimum scarring under the nipple but nothing large.

Emma didn't experience any pain during surgery and nothing went wrong.

On closing the interview Emma recommended to trust your instincts and not be persuaded by what the doctors tell you to do. She feels very strongly about this because of her own experience with her surgeon.

Author Footnote: Emma's reaction to her surgeon's pressure is a clear indication to never be persuaded by your doctor because of what "other people do and say". You want to follow your own gut feeling and base your decision of facts, not hearsay.

I'm not saying this particular surgeon lied to Emma. In fact, he may have stated the bare facts and truth. But the problem is how Emma feels now about having breasts that are too large for her body's frame.

At the very least you should consider an alternative opinion from another mammoplasty specialist. Once you make your decision that's it. You'll be living with your new boobs for a long time to come. And unless you want to spend unnecessary money on a partial reconstruction it pays to be informed and certain about your choice.

(Source: Endone - mydr.com.au/medicines/cmis/endone-tablets)





BONUS Case Study #2, Jo W.

Jo W. is 50 years old and lives in NSW, Australia.

She had breast reduction surgery in 2009.

She decided to have the surgery because she'd been thinking about it for a long time, but never had the money to do it. But when she sold a property she had the money to do something for herself and realised a lifelong dream of getting smaller boobs was possible - and so she did.

Jo has a very small frame and always had a great big bust. She is a size 10 and had a bust size of SS.

Her breasts affected the way she walked, held herself and caused her neck pain and discomfort. It affected the balance in her body and made her top heavy.

Jo wanted a breast that matched her frame so she could be more balanced.

Thinking back about her surgery, Jo said, *"It went well and there were no adverse effects."*

The breast reduction surgery gave Jo a massive boost in confidence because she could finally stand up straight. And she no longer has to buy her bras from a speciality shop and pay in excess of \$100 each. She feels more normal and buys her bras in a mainstream shop instead, which saves her money.

She paid around \$7,000 for the procedure.

She chose her plastic surgeon after consulting two surgeons and had preliminary interviews. One of them had Botox-enhanced staff at the front of house and the surgeon himself had plastic surgery done too.

Jo didn't feel comfortable seeing staff look "plastic-like". It made her feel uncomfortable with the surgeon so she chose the other one with normal looking staff.

Natural appearance was and is important to Jo. And she based her decision on going with this particular surgeon on the initial impression she got when she walked through the door of his practice.

Luckily she did because it turned out Jo was very happy with his services. She feels she wasn't rushed and was well informed about the process.

The surgeon took time to explain the procedure to her and help her make an informed decision. He also told her about the possibility of bad scarring and to really think about it. He gave Jo plenty of information upfront and went to great length to explain everything in layman's terms.



THE TRUTH ABOUT BREAST SURGERY



Her surgery was done on the Gold Coast.

She went from a 10 SS to 10 DD.

She decided on her final size based on her rounded hips and natural curves. She felt she had to stick with a size that naturally reflected her body's curves and size – something that looks as if it's meant to be.

On reflection she's very happy with her size. When asked if she would do the surgery again she replied, "Yes." But she also added she wished she would have done it when she was younger.

She recovered quickly from the surgery itself and was back at work two days after the surgery. Jo also travelled overseas just one month after having had the surgery.

She reports on having *felt fantastic*. Her scars took a while to heal, but she admits to being a smoker, which can adversely affect the healing process. And she was warned about this possibility upfront by the surgeon.

Plus she admits to having skin that takes longer to heal. But her wound healed fast.

As far as the recuperation goes she didn't do anything special – she didn't even massage her breasts.

She experienced no issues she wasn't aware of.

During the surgery, the surgeon cut open her breasts to remove tissue. She now has a fine line underneath each breast and half an inch of scar tissue on the outside of each breast.

During a breast reduction with very large pendulous breasts, nipples are generally removed (including the areola, also called a nipple graft), and then the breast is reshaped after excess tissue is removed and then the nipple and areola are transplanted to a higher position on the breast.

Due to this procedure Jo is left with very fine scarring around the nipples.

During surgery Jo didn't feel any pain at all. When she came out into recovery she was immediately made to wear a tight-fitting bra and bandages to help speed up the healing process. But she wasn't uncomfortable.

Upon being questioned whether she would do the surgery again Jo said, "Yes." In hindsight she would have done it earlier when she was younger though.

She also stressed to try and get on a waiting list so you have the option of getting assistance from Medicare. If she could choose again this is the only thing she would definitely try and change since Jo paid for the procedure out of her own pocket. A huge expense when money doesn't lie around on the kitchen table.

