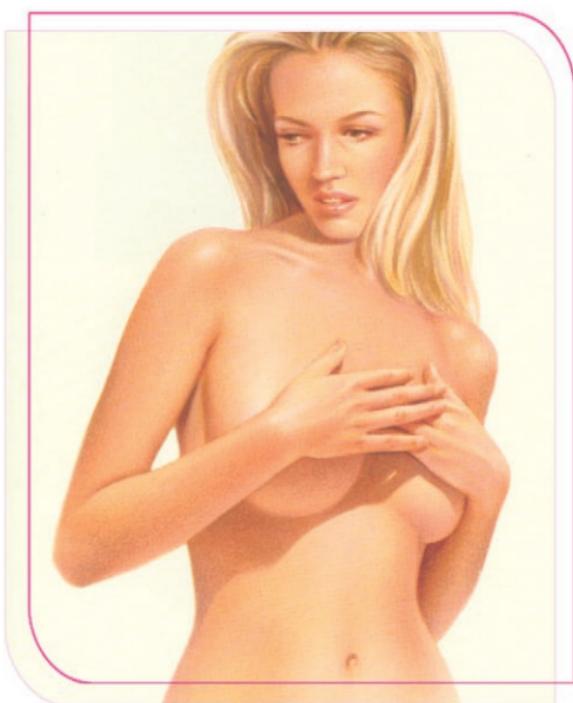


Breast Augmentation



Plastic Surgery @ it's Best

درمابلاست
dermaplast
مستشفى الدكتور طارق
DR. TARIQ HOSPITAL

www.dermaplast.com.bh

Welcome to dermaplast

The single most important factor in the success of aesthetic (cosmetic) surgery is the surgeon you select and his team.

Dr. Tariq Saeed is the renowned Bahraini, Plastic, Aesthetic and Laser surgeon who has been in plastic surgery practice since 1983 and trained in Ireland, UK and the USA. Dr. Tariq holds fellowships in surgery from both the Royal College of Surgeons in Ireland and Edinburgh. He holds higher Fellowships in Plastic Surgery from Ireland and the University of Miami in the USA. Dr. Tariq is an assistant professor of Surgery at the Arabian Gulf University in Bahrain and is an external examiner for the Royal College of Surgeons in Ireland. Dr. Tariq is a founding member and past president of the GCC Association of Plastic Surgeons and also a founding member and the Past President of the Pan Arab Association of Burns & Plastic Surgery along with his membership of international medical societies including international membership of the American Society of Plastic Surgeons, American Society for Aesthetic Plastic Surgery, and International Society of Aesthetic Surgery.

Dr. Tariq regularly attends regional and international congresses to share his vast experience with colleagues and to evaluate and introduce proven and successful new treatment regimes for his patients.

Dr. Tariq's team consists of fully qualified plastic surgeons and dermatologists who have undergone rigorous training in Plastic, Reconstructive Surgery and dermatology in addition to their continuous training and upgrading of skills under the direction of Dr. Tariq himself.

Dr. Tariq and his team have extensive experience in performing the aesthetic procedures explained in this booklet. If you decide on surgery, you can be assured that our entire staff will provide you with the highest quality medical care.

BREAST SIZE IS IMPORTANT TO MANY WOMEN

Some individuals feel that small breasts not only limit their fashion choices, but can also cause dissatisfaction with body image. Breast augmentation to increase fullness and projection of the breasts improves the balance in a woman's figure and can enhance her self-image and self-confidence.

Breast augmentation enlarges a woman's breasts through the surgical placement of breast implants. In general, it is a cosmetic procedure strictly performed to fulfill your personal desire for fuller breasts or to restore breast volume lost after weight reduction or pregnancy. Implants may also be used for reconstructive purposes to restore a breast that is lost due to mastectomy, injury or for other reasons. In any case, breast implants allow women the choice of fuller, natural appearing breasts and a more balanced figure.

This brochure presents an overview of breast augmentation. The best way to learn how breast augmentation can help you fulfill your personal goals is a consultation with our plastic surgeons.

WHAT IS BREAST AUGMENTATION?

Breast augmentation is the surgical placement of breast implants to increase fullness and projection of the breasts or to improve symmetry of the breasts. Clinically referred to as augmentation mammoplasty, the procedure is used to:

- Enlarge a naturally small breast, most commonly the result of heredity
- Restore breast volume lost following pregnancy, as a result of breast-feeding or due to weight loss

- Achieve better symmetry when breasts are moderately disproportionate in size and shape

Breast augmentation does not however correct sagging breasts. In cases where a woman desires to enhance breast fullness and at the same time improve the position and shape of sagging breasts, a breast lift may be performed in conjunction with breast augmentation.

Breast augmentation is a highly individualized procedure - one that you should choose to undergo to fulfill your own desire for enhanced breast size, not the desire of others. Permanent breast enhancement can only be achieved surgically. There is currently no medical treatment of any kind for breast enhancement with the proven results and satisfaction of breast augmentation.

Adult woman of any age can benefit from breast augmentation to enhance small breast size or restore fullness. However it is recommended that breasts be fully developed prior to breast augmentation. You should also be aware that breast augmentation does not generally interfere with a woman's ability to breastfeed.

A woman who is motivated by her own personal desire to enhance breast contour is most likely to be satisfied with the results of breast augmentation surgery. Good candidates are defined as:

- Healthy individuals who do not have a life-threatening illness or medical conditions that can impair healing
- Non-smokers
- Individuals with a positive outlook and specific goals in mind for improving their body image

WHERE DO I BEGIN?

A consultation with our plastic surgeons is the first step to learn how breast augmentation can enhance your breasts' appearance and improve your body image. A consultation is designed to fully educate you about breast augmentation in a non-pressured environment and will include:

- A discussion of your goals and an evaluation of your individual case
- The options available in breast augmentation surgery
- The likely outcomes of breast augmentation and any risks or potential complications
- The course of treatment recommended by your plastic surgeon

Our plastic surgeons will also answer your questions.

EVALUATION

Overall health and personal outlook can greatly impact the outcome of breast augmentation surgery. These will be carefully evaluated in consultation with our plastic surgeons. The success of your procedure, safety and overall satisfaction require that you:

- Honestly share your expectations
- Fully disclose health history, current medications, the use of vitamins, herbal supplements, alcohol, tobacco and drugs .
- Be candid about any history of breast cancer in your family and your personal breast health
- Commit to precisely following all of your plastic surgeon's instructions

SAFETY

By making the decision to consult with our plastic surgeons and following all the instructions given, you are taking an important step in helping to assure your safety.

Our plastic surgeons have completed surgical training and examinations in plastic surgery which uniquely qualifies them to perform cosmetic and reconstructive procedures of the face and body.

MY BREAST AUGMENTATION

Our plastic surgeons perform breast augmentation using implants made of medical grade, biocompatible, textured or smooth silicone shells. Implant placement, type and size will be determined based on your breast anatomy, body type and desired increase in size, as well as your plastic surgeon's judgment. Implant manufacturers occasionally introduce new styles and types of implants; there may be additional options available to you.

Breast implants have not been shown to impair breast health. Careful review of scientific research by independent groups such as the National Academy of Sciences Institute of Medicine (IOM) has found no proven link between breast implants and auto-immune or other systemic diseases in women. Implants can, however, create subtle or more noticeable changes in the look and feel of your breasts. Capsular contracture, a condition that causes the naturally-forming scar tissue around a breast implant to contract, occurs in a variable percentage of patients and can make the breast feel firmer than normal. While this condition can be addressed surgically, correction is not always permanent.

You should be aware that breast implants are not guaranteed to last a lifetime and future surgery will be required to replace or remove the implants. Pregnancy, weight loss and menopause may influence the appearance of augmented breasts over the course of a

woman's lifetime. Breast augmentation requires maintenance over time, including regular examinations for breast health and to evaluate the condition of your implants.

A mammogram will be recommended prior to your procedure to ensure breast health and serve as a baseline for future comparison. Following the procedure, mammography is technically more difficult. Obtaining the best possible results requires specialized techniques and additional views. You must be candid about your implants when undergoing any diagnostic breast exam.

PREPARING FOR SURGERY

Our plastic surgeons will carefully explain your breast augmentation procedure. Prior to your surgery, you will be given specific instructions that may include:

- Pre-surgical considerations, diagnostic testing and medications
- Day of surgery instructions and medications
- Specific information related to the use of anesthesia
- Postoperative care and follow-up

In addition, you'll be asked to sign consent forms to assure our plastic surgeons that you fully understand the procedure you will undergo and any risks potential and complications. Possible risks of breast augmentation include bleeding, infection, or poor healing of incisions and changes in nipple or breast sensation. Capsular contracture, implant leakage or rupture, or wrinkling of the skin over the implant is also possible and may require a second procedure. All surgery carries risks associated with anesthesia. These and additional risks will be discussed prior to your consent. It is important to have all your

questions answered and it is natural to feel some anxiety about surgery. Discuss these feelings with your plastic surgeon .

WHAT TO EXPECT

Breast augmentation will be carried out at our hospital. The decision for anesthesia will be based on the requirements of your specific procedure and considerations of patient and surgeon preference. Our plastic surgeons and the assisting staff will fully attend to your comfort and safety.

FOLLOWING SURGERY

Once your procedure is completed, dressing or bandages may be applied to your incisions, and an elastic bandage or support bra will minimize swelling and support the breasts as they heal. Before being discharged you and an accompanying family member, friend or caregiver will be given specific instructions that may include:

- How to care for the breast following surgery
- Medications to apply or take orally to aid healing and reduce the risk of infection
- Specific changes at the surgical site or in overall health
- When to follow up with your plastic surgeon

PROGRESS AND HEALING

Initial healing may include swelling and discomfort at the incision sites and breast tissue overall. Discomfort is common and can be controlled with medication. A support bra may be recommended around the clock for the first week or two. It is important to cleanse the incision sites and apply any ointment as directed. Follow all instructions carefully; this is essential to the success of your outcome. A

return to to light, normal activity is possible as soon as you feel ready, usually within a day or two of surgery.

Initial wound healing may take 5 to 10 days, at which time any sutures will be removed. You will be ready to return to work and normal activity at this time, if you feel comfortable, so long as you do not engage in any heavy lifting or vigorous exercise. Intimate contact with breasts may resume when healing is more fully completed, usually within 4 to 6 weeks.

Healing will continue for several weeks as swelling resolves, implant position settles and incision lines continue to refine. Incision lines are permanent, although inconspicuously located. Continue to follow your plastic surgeon's instructions and attend follow-up visits as scheduled.

RESULTS AND OUTLOOK

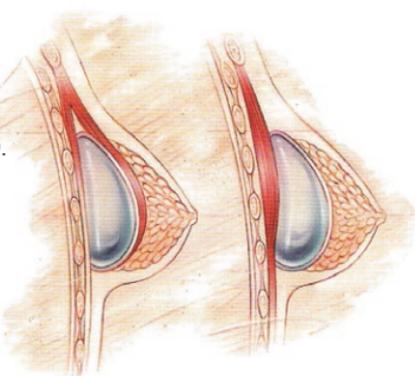
The results of breast augmentation are immediately visible. Final results appear gradually over the next few weeks as swelling resolves and breast size and shape settles. Incision lines typically continue to fade over the next year.

Over time, your breasts change due to aging, weight fluctuations, hormonal factors and gravity. However, your new enhanced breast contour and the freedom to wear the clothes you enjoy without the need for padded bras should bring you added self-confidence whether at the beach or in the boardroom.



Breast augmentation requires surgical placement of breast implants to enhance breast size. The most common incisions include an inframammary incision (near the crease under the breast), an axillary incision (in the underarm area), or a periareolar incision placed at the edge of the areola (the pigmented skin surrounding the nipple). Incision patterns vary based on the type of implant, degree of enlargement desired, patient anatomy, and patient and surgeon preference.

Through the incisions a pocket is created either directly behind the breast tissue (submammary or subglandular placement) or beneath the pectoral muscle and on the top of the chest wall (submuscular placement). The implant is positioned within this pocket and incisions are closed with layered, non-removable sutures in the breast tissue and with sutures, skin adhesive or surgical tape to close the skin.



The result of breast augmentation is immediately visible. Over time, post-surgical swelling will resolve and incision lines will refine. Satisfaction with your enhanced body image should continue to grow as you experience the fulfillment of your goal for fuller breasts.

Once you determine that having breast augmentation is something you would like to do for yourself, then you are ready to proceed with planning for your operation. Our plastic surgeons understand that this is an important decision in your life.

Our fully qualified plastic surgeons are first and foremost medical doctors who care about your total well-being. Using surgical skills that have been developed over many years of intensive training and experience, they can help you achieve the personal benefits of breast augmentation.



Breast Augmentation

Appointments المواعيد

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website: www.dermoplast.com.bh موقع الإنترنت:

To make an appointment للحصول على موعد الرجاء
please contact the above الإتصال بالأرقام الموضحة
numbers. أعلاه.

If you must cancel, we إذا أردت إلغاء الموعد
ask that you please الرجاء إخبارنا وذلك
notify us by telephone, بالإتصال هاتفياً أو إرسال
sms or e-mail as early as رسالة قصيرة أو عبر
possible. البريد الإلكتروني.



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مستشفى الدكتور طارق
DR. TARIQ HOSPITAL

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