



## BREAST AUGMENTATION

Breast augmentation is one of the most widespread operations in aesthetic surgery. Requests for this operation come from all age groups but especially from young patients looking for a fuller shape, closer to the image they seek or wish to project.

### First appointment and 3D simulation:

The preliminary consultation at the clinic aims to establish what kind of operation is most likely to fulfil the patient's expectations. Our CRISALIX 3D simulation system is also available if the patient would like to visualize directly the results that can be expected with different models, sizes or shapes of implants. This first consultation is very thorough and lasts approx. 45 minutes.

### The procedure:

On the day of the operation, the patient is greeted at the clinic by our staff nurse, and taken to a private suite where she is prepared for the forthcoming surgery and any final questions are answered. Once in the operating room, Doctor Knutti highlights where the incision will be made, under the armpit or under the breast (or rarely, on the outer edge of the nipple), to allow the insertion of the actual breast implant selected. If the surgery is expected to take place under full narcose, the anaesthetist is also introduced to the patient, explains the procedure and answers any questions she might have. In many cases, full anaesthesia is not necessary and the operation can be performed under sedation and only local anaesthesia.

Dr. Knutti's clinic uses only implants of the very highest quality, filled with a non-liquid gel which will not leak, even in the case of a rupture. The latest implants provide excellent, reliable results as well as a highly natural appearance. Depending on the patient's skin type and/or the amount of fatty tissue in the breast area, the implant will be inserted on or behind the muscle layer, for the most natural-looking result.

A breast augmentation operation with the implant inserted behind the muscle layer takes approximately one hour and requires full anaesthesia, in most cases. A breast operation with the implant over or on the muscle is usually feasible with only local anaesthesia and sedation.

Following a breast enlargement operation, most patients can nearly always leave the clinic the same day. Upon request, it is possible to arrange an overnight stay in our clinic's recovery room.

### Post-operative care:

After 24 hours, the first bandage is removed and the sores closely inspected. A fresh dressing is then put in place and the patient is given a special brassiere to wear, as well as a strapping device held with Velcro, to ensure the new breasts retain their exact shape while the healing continues. After about a week, the patient can opt to wear a bra of her

own choosing, while keeping in mind that wearing a bra is highly recommended during at least the first two months after the operation, at the very least through the daylight hours. Any discomfort you might feel during the healing process can easily be handled by standard pain killers, which the clinic will provide if necessary.

#### **IN SUMMARY:**

##### **Time in operating room:**

Approximately one hour, with full anaesthesia, or partial anaesthesia and sedation

##### **Duration of stay at clinic:**

Ambulatory treatment in most cases (patient is released the same day) or, if the patient wishes, overnight stay at the clinic

##### **Post-operative care:**

Custom support strapping for first four days, then special brassiere for a full week (day and night). After this crucial period, the patient can return to wearing a bra of her own choosing, whose continued use is highly recommended at least during the day for at least two months.

##### **Time away from work:**

For desk job or not-overly-physical work: 5 to 7 days

Physical or demanding work: 1 to 2 weeks

##### **Sport:**

Return to normal activity after 4 weeks

##### **Cost of a breast-enlargement operation with implants:**

All-inclusive price between CHF 8,500.- and CHF 11,500.-, incl. post-operative follow-up

##### **"Before-After" gallery:**

Please visit the clinic website: <http://www.vip-plastic-surgery.com>

##### **Breast augmentation without an operation:**

Occasionally, breast enlargement has also been achieved using hyaluronic acid fillers such as "Macrolane" but the technic is not considered reliable. Indeed, "Macrolane" is no longer authorized for use in Switzerland.

##### **Breast augmentation with one's own fat:**

A non-surgical procedure exists whereby a patient's own fatty cells can be extracted from certain areas of the body then purified, centrifuged and re-injected into the patient's breasts, to increase their size. To achieve a satisfactory result, one should expect to undergo two or three such procedures, which are of course only possible if the patient has a sufficient amount of excess fat in other areas.

##### **Cost of an enlargement using autologous fat:**

The cost of a breast augmentation using one's own fat ranges between CHF 6,000.- and CHF 8,000.-, per operation.

### **What types of implants are available and which should I choose?**

There are two types of implants, which are fundamentally different. One type contains a saline solution and the other silicone gel. Excellent results can be achieved with both types but there are basic differences:

The saline solution implants are slightly firmer and rounder, while the silicone gel implants are somewhat more natural in appearance. Saline-based implants are rarely used in Europe.

A wide variety of shapes of implants are available, from the very round to the very subtle, or a more "teardrop" shape. Talk with Dr. Knutti or our clinic personnel about the different types available, and check out our 3D simulation system if you aren't sure.

### **How can I find out what my ideal breast size should be?**

Every woman has her own idea of what her ideal breast appearance should be. It usually depends on her build, personality and body size. We use two different technics to allow our patients to experiment. One is a simple mechanical method, where specially-made removable implants are slipped into the woman's bra, while she stands in front of a large mirror. The other method, more hi-tech, involves the use of special 3D virtual-reality (VR) technology, available at our clinic. From a series of images of the patient's chest, a virtual composite image is rebuilt and can be digitally altered to show estimated results using a variety of implant models and sizes. The patient can even "see" herself in virtual mirrors through VR goggles or look down at her own chest profile, perfectly simulated by the VR system. Additional information as well as a video description of the system can be seen on the clinic website.

### **Will I be able to breastfeed normally after an enlargement operation?**

Yes, without restrictions, in a perfectly normal way. The glandular tissue inside the breast is not affected by the enlargement operation, which simply pushes the glands forward. Some women choose to have an enlargement or breast lift after breastfeeding a child, to bring their chest back to its youthful initial shape. A combined enlargement and lift procedure is entirely possible, as well.

### **Are there scars after a breast enlargement operation?**

To insert the breast implants, it is necessary to make small incisions, always placed in the least-conspicuous area possible. Based on your wishes and your physical constitution, your surgeon will place these incisions either in your armpit, in the fold under the breasts or, in rare cases, along the edge of the areola, the perimeter of the wider nipple surface. The small scars involved heal very well, generally-speaking, and are barely visible, after healing. We would be happy to show you "before-after" images of various surgical procedures, to allow you to see for yourself what is involved.

Please feel free to address any additional questions you might have directly to us, at the clinic coordinates shown below.