



breasts

According to Sydney plastic surgeon Dr Jake Lim, breast augmentation is a popular option for women seeking an increase in breast volume or change of shape, as well as those who would like to balance the size and shape of the breasts.

His patients are generally in one of two age groups: younger women in their early 20s who are looking to

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improve the shape and size of their breasts, and mothers who have breastfed and feel the shape of their breasts has changed.

'So many women are anxious to restore a more youthful silhouette to their bodies because pregnancy obviously causes big changes to the body shape, such as sagging

improved by diet or exercise can be treated with liposuction and/or a tummy tuck. These procedures can typically be performed at the same time as a breast augmentation.'

Factors to be assessed before going ahead with a breast augmentation include the size of the breasts and, more importantly, the width of the base of the breasts.

'The width of the base determines the most suitable implant size and volume the patient can have to enable their new breasts to look proportional to the rest of their body,' says Dr Lim.

'This width needs to be accurately measured and the implications of this measurement need to be explained to patients so they have realistic expectations of what can be achieved.'

'For example, a patient who may be keen to have a very large augmentation but has only a small chest frame needs to be informed that the result would probably not look at all proportional,' he explains.

'The patient can trial different sizes of implants inside a bra under her own favourite tight-fitting top. She then views herself in a full-length mirror to see her new shape, contours and improved proportions.'

your choice

Sydney plastic surgeon **Dr Jake Lim** explains why it's important to take an individualised approach to breast augmentation. Sarah Friggieri reports.

Women who choose to undergo breast augmentation do so for a variety of reasons. For example, if a woman feels her breasts are too small; her breast size is not proportional to the rest of her body; she'd like to balance the size and shape of her breasts if they are unequal; or if she'd like to improve the contour and size of her breasts following pregnancy, breastfeeding or weight loss.

breasts which lack volume, and excess skin on the abdomen,' says Dr Lim.

Breast augmentation patients have many choices and decisions to make. Choosing the size of the implant is a very personal decision and the patient must feel confident and comfortable with her choice, while guided by her surgeon to make a selection that is appropriate to her body shape and form.

Most patients know what they would like the result to be, bringing in photos that show the kind of cleavage, upper pole fullness and size of breast they would like, according to Dr Lim. He says it is not uncommon for some women to undergo additional cosmetic procedures.

'Women quite frequently request combination surgeries to address the parts of their bodies that bother them the most. Too much fat in the area of the thighs or abdomen, or loose skin on the abdomen after childbirth that is not

Prior to the first consultation, Dr Lim provides his patients with extensive information about the breast augmentation procedure. At the first consultation, patients provide a general background about their health, including any history of breast cancer in the family.

It is also important that they notify the surgeon of any medical conditions such as heart, liver or lung disease, poor blood circulation, or a family history of blood clots or diabetes.

Patients also need to tell the physician if they smoke, as smoking increases the risk of complications during and after surgery.

The procedure itself takes around 1.5 hours in typical cases and is normally performed under general anaesthetic. Generally, patients can return to light activities after a week, and can usually return to work after around two weeks. **acsm**

breasts



BEFORE



AFTER 435cc round submuscular implant by Dr Lim



BEFORE



AFTER 295cc round submuscular implant by Dr Lim



BEFORE



AFTER 390cc round submuscular implant by Dr Lim