

A better breast

Advances in breast augmentation have created the ability to improve the look and feel of surgically-enhanced breasts and paved the way for the increased popularity of the procedure.

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Breast enhancement surgery has always been a popular procedure. Many women are born with breasts that are disproportionate in size to the rest of their body; in the local context, many women have breasts that are smaller and less developed relative to their frame. The increased awareness and acceptance of cosmetic enhancements now means more women seek to augment their breasts.

Trends in breast implants

The trend today is to have breasts that are not just bigger, but also have a natural shape. Instead of the perky and round breasts popular in the past, anatomic, or tear-drop shaped implants that give a full but also more natural appearance, are the ones of choice.

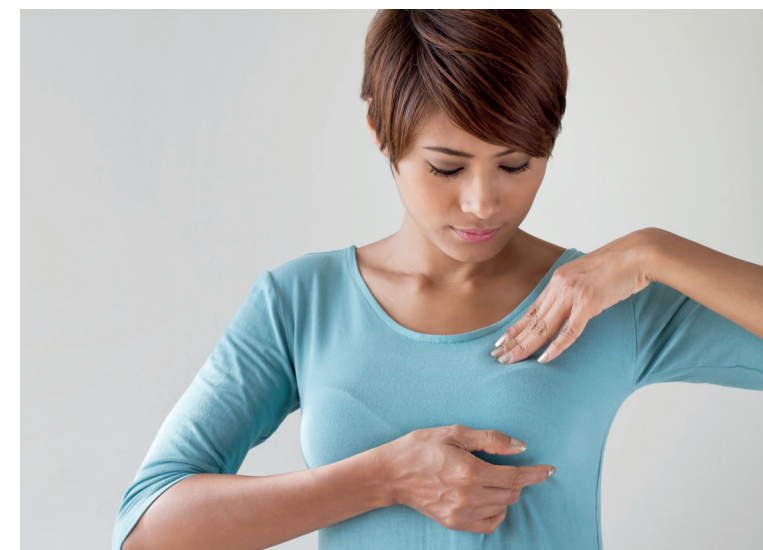
The “mummy makeover” is increasingly popular as modern mothers seek ways to regain their pre-pregnancy body contours. This is usually because breast feeding – which imparts wonderful benefits for babies – can cause breasts to lose volume. For women who were happy with their breasts before pregnancy, the change of size and ‘deflation’ of the breasts can be distressing.

New directions in augmentation

For years, breast augmentation has been achieved by surgically inserting silicone or saline implants behind the breasts. Silicone implants are the preferred choice as they impart a more natural feel compared to saline implants which tend to feel firmer.

Cohesive gel implants These are a result of research and development of medical grade silicone implants. These are sometimes called “gummy bear” implants. The gel ‘sticks’ to itself and maintains the shape of the implant, and hence the breast, better. Cohesive gel anatomic implants impart a more natural teardrop shape and are gaining popularity. This is in keeping with the desire for a larger but still natural- looking bust. These anatomic implants come in a range of projections and volumes, and can impart a full-breasted appearance just as the round implants can.

Fat grafting This is an exciting new option for breast augmentation. In this procedure, liposuction is used to remove fat – usually from the abdomen, thighs or buttocks – which is then processed and re-injected around the breasts, resulting in a fuller look. Because the procedure yields only a small volume of augmentation with each session, it is best suited for women who seek only a modest increase in breast size. However, fat grafting can be repeated to achieve a greater total volume of enhancement. Fat grafting is suitable for women with a moderate amount of fat that can be removed and transferred and is an excellent two-in-one procedure to reduce fat and boost breast size.



Fat grafting is also ideal for women who have had breast implants and wish or need to remove them. Injecting fat to replace some of the volume prevents breasts from looking ‘deflated’ after implant removal. Some women actually prefer the feel of their breasts after implant removal and fat grafting, and may return for additional fat grafting to further increase their breast size.

Composite breast augmentation Another technique that is gaining popularity, this marries the traditional surgical breast implant augmentation with fat grafting. The implant is placed behind the breast, and the fat is injected above the breast. For patients with thinner tissue over the breast, this option enables the surgeon to ‘pad’ the tissue covering the implant, giving the breast a more natural feel. Another use of this technique is to inject the fat between the breasts to enhance the cleavage and avoid the breasts looking too separated.

Considerations before augmentation

If you are thinking about breast augmentation, remember that it is not just the size but also the shape of the breasts that you need to think about. It is also important to be realistic about what can be achieved through surgery, whether using implants or fat. For a significant volume increase in a single surgery, breast implant augmentation is still the ideal option, especially for women who are of a slim build. Fat grafting is an option only if you have sufficient fat, and if you only want a very modest increase in size. Do discuss your options with your plastic surgeon; he or she will advise on what is best based on your breasts and body, and your desired outcome.



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