

Breast Augmentation

A breast augmentation, also known as a breast enlargement or breast implant surgery, is a procedure aimed at enhancing or augmenting the shape and size of the breasts.

It is the most popular cosmetic surgery operation worldwide and is usually a very predictable and effective procedure with a high patient satisfaction rate.

Cambridge-based consultant plastic surgeon Mr Tariq Ahmad has many years' experience in breast surgery and is adept at combining this experience and skill with an artistic eye, achieving a very beautiful and natural-looking result for his patients.

Women seek a breast augmentation procedure if they have always been dissatisfied with the size and shape of their breasts. Mr Ahmad also sees women who have noticed changes to their breasts, either due to alterations in their weight, childbirth or breastfeeding.

A breast augmentation is not suitable for patients that have a degree of sagging skin or muscles as insertion of implants can often make this problem appear worse. Mr Ahmad offers a thorough consultation that includes a physical examination and any necessary scans. This combined with an understanding of the patient's expectations means that he will be able to offer you the surgical procedure that is right for you.

Mr Ahmad only offers high quality implants that have a proven safety track record. There are a wide range of implant size and shapes available and the implants can be placed either in front or behind the chest muscle. This decision is partly determined by a physical assessment of what is right for you and also by what results you wish to achieve. Mr Ahmad will discuss this in full at the consultation.

What happens during your breast augmentation procedure?

During a breast augmentation procedure, Mr Tariq Ahmad will make an incision along the natural crease underneath the breast, which is called the inframammary fold, or around the nipple. Then an implant pocket is made either above or below the chest muscle and the implant is inserted.

The implants that Mr Ahmad offers are filled with either a silicone or a saline solution, depending on which is best for the patient. Modern implants have a thicker, specially coated shell which means there is far less chance of the implant rupturing and that the risk of capsular contracture is reduced. The silicone gel in an implant is also now much more cohesive so if the implant was to rupture the silicone would stay within the breast area.

Mr Ahmad performs a breast augmentation procedure under general anaesthetic and it usually involves a one-night stay in hospital.

What should you expect after your breast augmentation?

After a breast augmentation procedure, you should expect swelling, bruising and some pain and discomfort. The bruising and any discomfort should fade quite quickly but the swelling can take a few weeks to go down.

Mr Ahmad recommends that his patients wear a support garment after breast augmentation surgery to support the breasts and to provide the optimal outcome.

As with all surgical procedures performed under a general anaesthetic there are a number of potential complications, that include infection and loss of sensation in the treated area. There are also a number of side effects associated with breast augmentation surgery and the use of implants. Mr Ahmad will discuss these in full at the consultation.

Deciding to have a breast augmentation procedure can be a life-enhancing and positive decision. With Mr Tariq Ahmad you know that you are in safe and skilled hands.
