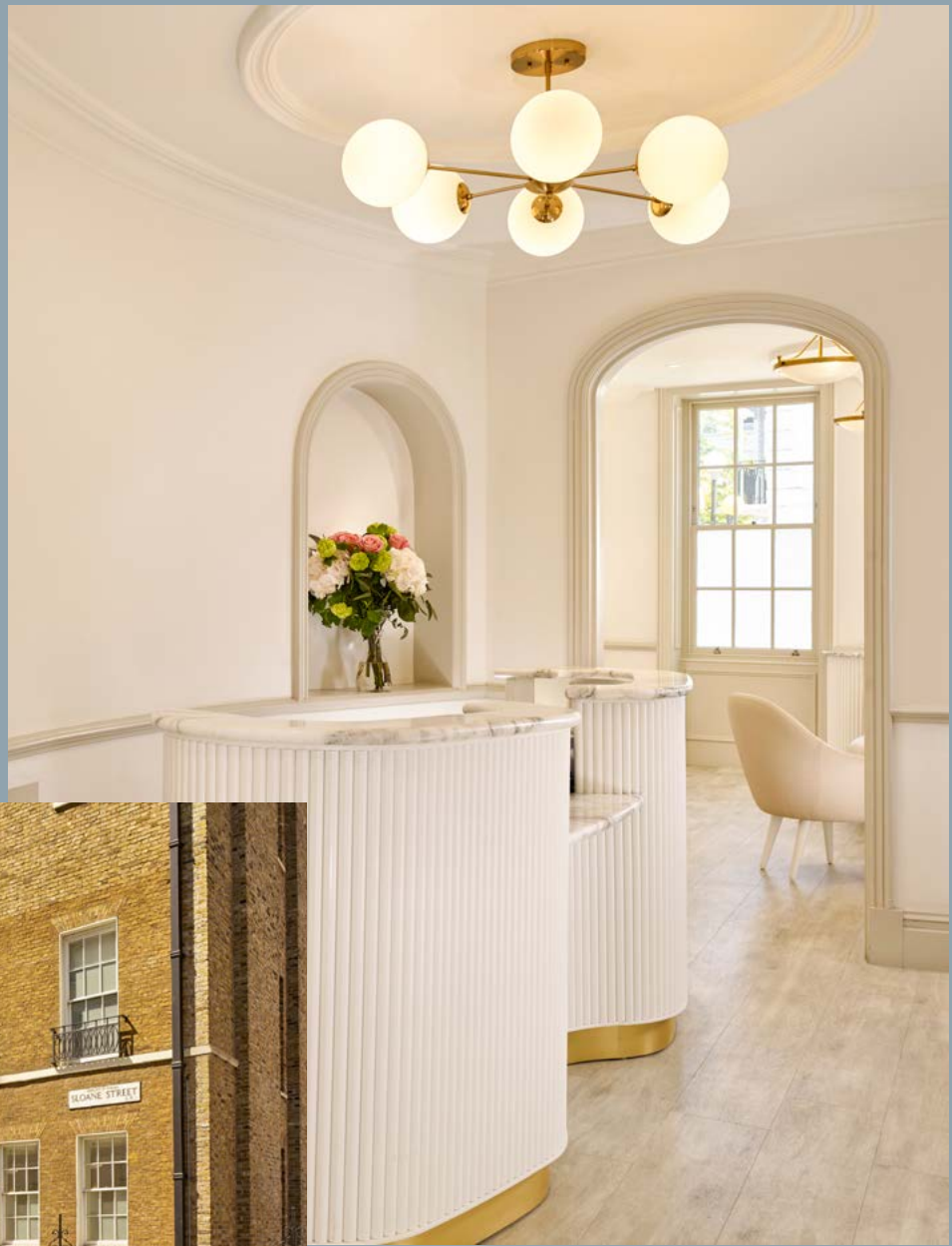


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# Breast Augmentation Fact Sheet

Cadogan Clinic, London's Leading Cosmetic Surgery Specialists.

# Breast Procedures at The Cadogan Clinic

**The Cadogan Clinic has a unique heritage in cosmetic breast procedures.**

We are distinctive in that can offer not only plastic surgeons who specialist in breast surgery and but also specialist breast surgeon, who have dedicated his career to teaching and performing reconstructive and cosmetic breast surgery.

As an internationally-renowned centre of cosmetic surgery excellence, we are fortunate to be the London base for several leading global surgeons in this field

# What is Breast Augmentation?

**Breast augmentation (breast enlargement) is the most popular surgical cosmetic procedure performed in the UK. Quick, safe and effective, the procedure can help restore body confidence and happiness with your shape. Breast enlargement surgery, or breast implants or augmentation, is also of our most regularly performed procedure at the Cadogan Clinic.**

Whatever your personal reasons, opting to have a breast augmentation at the Cadogan Clinic means access to leading UK consultants, techniques and facilities. Our expert team understand how the appearance of your body can affect your confidence and everyday happiness, and with thousands of breast enlargement procedures performed historically by our surgeons, we are extremely well placed to assist you on your journey.

Breast Augmentation is the most popular cosmetic surgery procedure in the UK, accounting for 7,700 procedures in 2018 alone.

Breast Augmentation involves the insertion of a silicone breast implant into the body, or fat graft, in order to change the size, shape and texture of the breast.

# Why do People have it?

**For many women, the size and shape of their breasts can cause unhappiness and insecurity.**

Whilst genetics plays the biggest role when it comes to breast shape and size, it is also true that, once developed, breasts can fluctuate in shape and size in response to changes in weight, hormones, pregnancy and breastfeeding – often in an asymmetrical fashion.

Breast Augmentation is the most effective and immediate corrective procedure in such instances, providing a safe and convenient solution, restoring confidence to thousands of women each year.

# Who is Suitable?

**Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:**

- Over the age of 18 and with fully developed breasts
- Physically and psychologically fit and healthy
- Have realistic expectations of what can be achieved by surgery
- Bothered by the size or shape of their breasts, either for genetic reasons or due to external factors such as ageing, pregnancy or weight gain/loss

# What to Expect

## 01 The consultation

The first step for all of our patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation.

At the consultation a pre-operative assessment will be made, with several key measurements made of your breast and chest, alongside documentation of nipple position and skin tissue quality and laxity.

A selection of implant shape (teardrop, round or conical), size, and surface texture will then be made in reference to your stated desired aesthetic outcome, and a decision made on where the incision and pocket placement site will be.

Standard clinical photography will also be taken, and dependent on which consultant you see, a visualisation of what outcome you can expect will be made via Crysalix 4D imaging technology used at the Clinic.

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

# What to Expect

## 02 Pre-Procedure

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure. Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission

## 03 On the day

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

Breast enlargement in itself is straightforward and takes place under general anaesthetic in roughly an hour. An incision will be made in the area most likely to leave the least visible scar, most commonly the inframammary fold underneath the breast, but can also occur under the armpit (axillary) or along the areolar edge (periocular). The implant is then inserted into a pocket either above or below the muscle, as determined by several factors such as existing breast volume, levels of excess skin and shape of the breast structure, and as agreed at your consultation. The incision is then sutured to leave an scar of between 4 -5 inches.

After your anaesthetic has subsided, you will recover in our ambulatory recovery rooms for between one or two hours. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

# What to Expect

## 04 Post Procedure & Recovery

Once home you will have access to our dedicated on call nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

Pain generally subsides between 1 – 4 days after surgery and most patients are completely pain free by 1 week. We recommend at least 1 week off work and very minimal movement in the first 2 weeks.

You must wear a post surgical garment for 6 weeks to ensure the very best long term scar results and reduce the risk of implant rotation. Strenuous upper body exercise should also be avoided for 6 weeks.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

We ask that you come in to see your surgeon after 6 weeks for a post procedure for a final check up.

# What are the Risks?

**Complications in such straightforward surgery are unlikely. That said, as with all surgery, some complications are possible. Your surgeon will discuss each of these risks comprehensively at your consultation. These include:**

- Bleeding or haematoma
- Infection
- Sensation change
- Poor scarring
- Faulty positioning of implant
- Asymmetry
- Capsular contraction
- Implant leakage or rupture
- Rippling
- Persistent pain
- Fluid accumulation
- Revision Surgery



# Why Come to the Cadogan Clinic for your Breast Augmentation?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We are home to a team of high profile, published breast augmentation specialists who between them have performed thousands of breast enlargement treatments
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 on call service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal and scar quickly and efficiently

# At a glance



## **Surgery Time**

1-2 hours



## **Time off work**

1-2 weeks



## **Hospital stay**

Day case



## **Shower**

After 1 week



## **Reasonable Mobility**

1 day



## **Exercise**

After 6 weeks



## **Sexual Activity**

After 4 weeks



## **Sleeping on back**

1-2 weeks



## **Full Recovery**

6-8 weeks

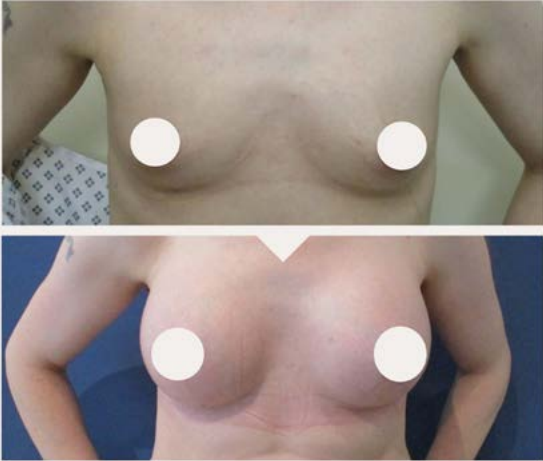


## **Driving**

1-2 weeks

# Before & Afters

Before

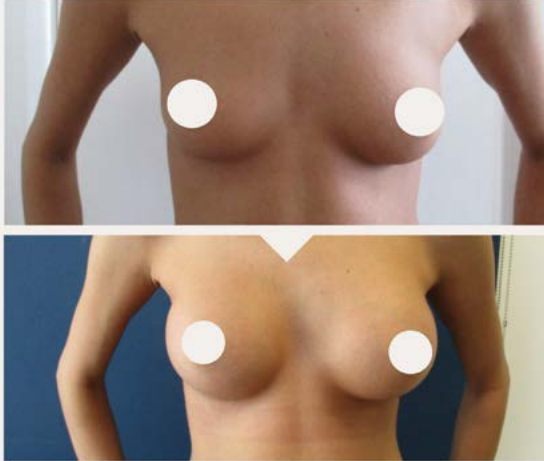


After

Breast Augmentation by Mr Will Sarakbi,  
Consultant Oncoplastic Breast Surgeon.

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Before



After

Breast Augmentation by Mr Will Sarakbi,  
Consultant Oncoplastic Breast Surgeon.

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Before



After

Breast Augmentation by  
Mr Edmund Fitzgerald O'Connor

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Before



After

Breast Augmentation Mastopexy  
Reconstruction by Dr. Hazim Sadideen

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# Cadogan Clinic

## Centre of Excellence

- The Care Quality Commission (CQC) rated the Clinic **Outstanding** for its collective leadership in their 2023 report.
- The CQC praised Cadogan Clinic's ethical practice for cosmetic surgery, compassion and kindness, respect for privacy and dignity, took account of their individual needs and emotional support to patients, families and carers. The CQC also highlighted Cadogan Clinic encouraged innovative, and evidence based safe practice.
- Cadogan Clinic was mentioned in the UK's most prestigious 2023 Tatler Cosmetic Surgery Guide. Eleven of Cadogan Clinic's consultants were featured in the guide, some of which have had honourable mentions for five consecutive years.

### TATLER

“” Cadogan Clinic, already an impressive centre which sees even innovative procedures performed as day cases -it has always been at the forefront when it comes to the prevention of bruising and swelling.” 2023 Tatler Cosmetic Surgery Guide

- Cadogan Clinic is award winning, named Best Plastic Surgery Provider at the 2020 My Face My Body awards.
- Cadogan Clinic was the UK's first day-case only provider for cosmetic surgery.
- Cadogan Clinic treats over 28,000 patients per year.
- Over 98% of Cadogan Clinic's patients said that they were satisfied following their surgery, and over 95% of patients were satisfied with the post operative nursing care.
- Cadogan Clinic are leaders in innovation and research, constantly looking to provide procedures featuring the latest medical advances, such as stem cells and regenerative treatments, providing the best results and treatment options for patients.