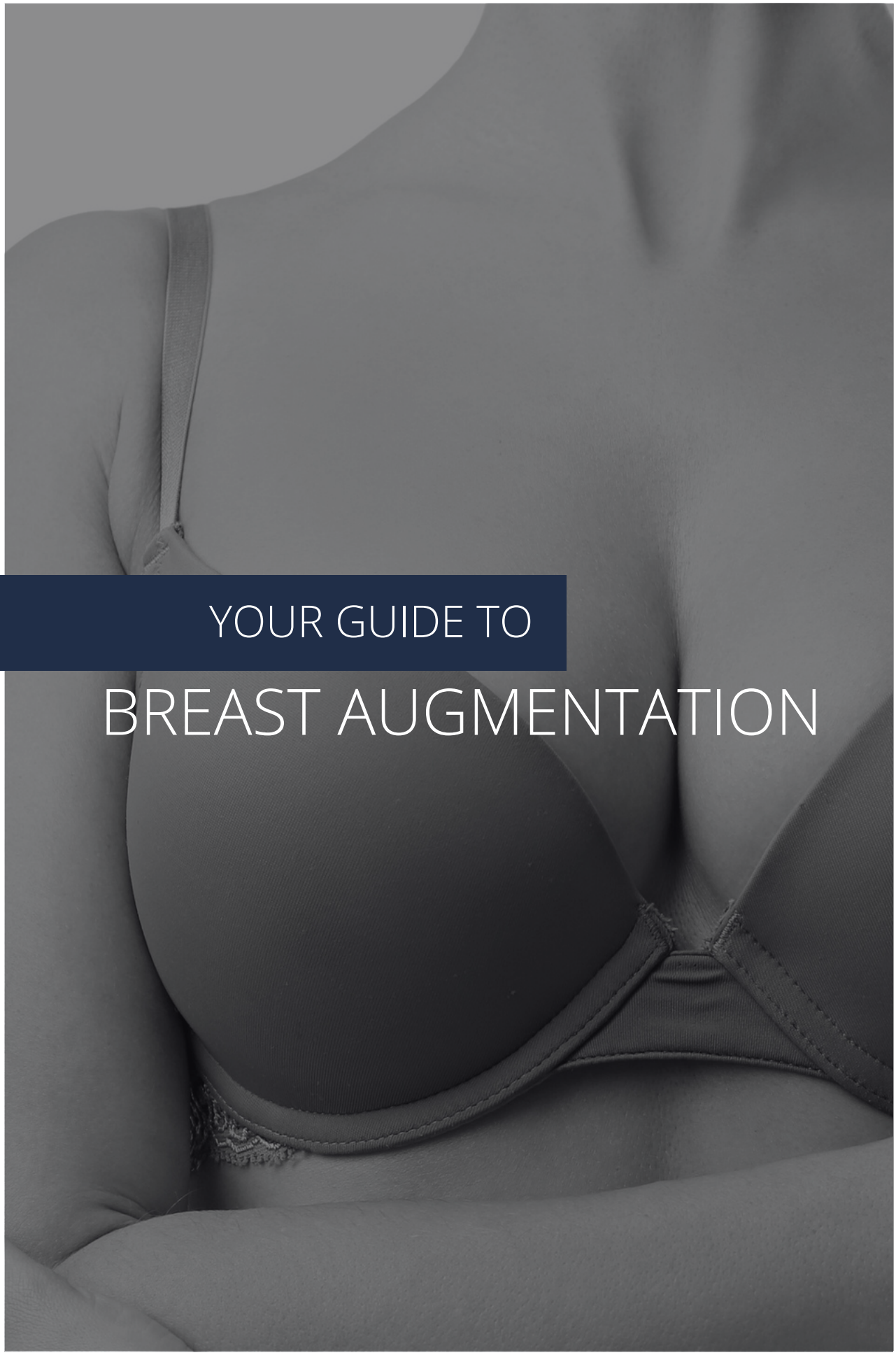


YOUR GUIDE TO

BREAST AUGMENTATION

CosMediTour

WELCOME

Welcome to CosMediTour, the premier Plastic Surgery group in Australasia. Since our establishment in 2009, we've been dedicated to helping numerous clients discover the beauty of self-confidence. We proudly collaborate with top-tier plastic surgeons recognised for their commitment to providing outstanding care and exceptional results. With us, you can have full confidence that you're in the hands of experts.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

CONTENTS

04 INTRODUCTION

BENEFITS OF BREAST AUGMENTATION

06 WHAT TO EXPECT

BEFORE & AFTER YOUR PROCEDURE

09 PLANNING YOUR PROCEDURE

DECISIONS TO BE MADE WITH YOUR SURGEON

12 POTENTIAL RISKS

13 WHY CLIENTS CHOOSE COSMEDITOUR

14 NEXT STEPS

INTRODUCTION

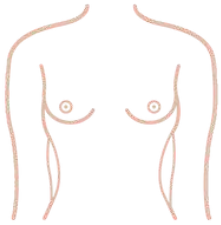
Breast Augmentation, also known as Augmentation Mammoplasty, Breast Enhancement, or colloquially as a "Boob Job," encompasses a variety of terms, all pointing to the same procedure.

This surgical intervention serves both cosmetic and reconstructive objectives, such as after a mastectomy or injury. During a Breast Augmentation, implants are inserted beneath the breast tissue to enhance both the size and shape of the breast.

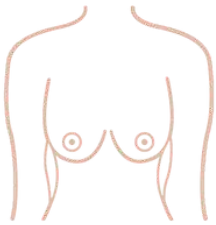
> Breast Augmentation motivations vary. However, most clients come to us seeking a more balanced feminine figure.

BENEFITS OF BREAST AUGMENTATION

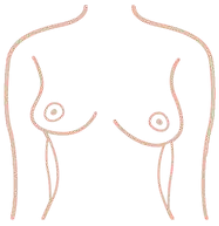
Breast implants can be used to:



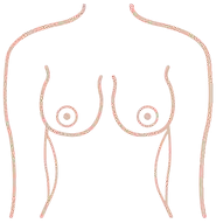
Increase breast size



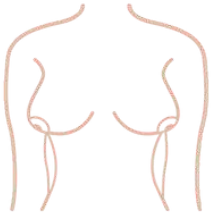
Restore volume



Correct asymmetries



Provide a more rounded shape



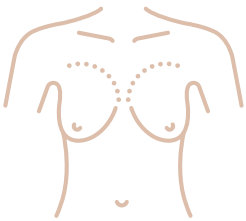
Enhance projection

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

DID YOU KNOW?

Breast Augmentation alone can't correct drooping breast. If you have significantly sagging or droopy breasts or if your nipples point downwards, your Surgeon may recommend a Breast Lift with Breast Augmentation for optimum results.



THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 1 - 2 hours

Breast Augmentation surgery takes between 1 to 2 hours. During which time, clients are placed under general anaesthesia.

We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery recovery.

HOSPITAL STAY | Half Day - Overnight

In Australia, Breast Augmentation is typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Clients undergoing the procedure in Thailand are required to stay overnight.

REST TIME | 2 Weeks

Implants will appear high on the chest & feel tight. The slight discomfort clients may experience will subside within a few days. To aid recovery:

- ☑ Use ice packs & pain medication to manage pain.
- ☑ No driving, work or exercise in the 1st week.
- ☑ In the 2nd week, clients can ease into light, lower body exercise & in most cases, return to work.
- ☑ Avoid heavy lifting, strenuous exercise & swimming until your Surgeon advises.

RECOVERY TIME | 6 Weeks

To ensure optimal healing, post-surgery support garments must be worn for 6 weeks.

SETTLING PERIOD | 6 - 9 Months

Implant appearance will change & settle over the next 6 to 9 months.

There are a range of considerations to keep in mind when preparing for a Breast Augmentation. Your body is unique, so it's only right that your procedure is too.

PLANNING YOUR PROCEDURE

Gone are the days when a Breast Augmentation meant just making the breasts bigger. Today, there are a number of ways that implants vary, making implant choice, the key to planning the perfect Augmentation.

Our Surgeons will work with you to develop a customised treatment plan based on your unique requirements & desired outcome.

When tailoring your procedure, skilled CosMediTour Surgeons carefully consider a number of physiological factors, beyond just your desired size outcome. These factors include:

- ☑ Your natural breast tissue & anatomy
- ☑ Your body proportions
- ☑ Skin thickness
- ☑ Skin elasticity

We encourage you to be open & realistic with your desired breast outcomes. Equally important is to consider the Surgeon's advice on what will work best for you & your body in the long term.

> Our experienced Surgeons will ensure that, together, you choose the right implants to suit your surgical goals while also considering correct form & symmetry.

DECISIONS TO BE MADE WITH YOUR SURGEON

There are many things to consider when planning a Breast Augmentation. Your Surgeon will be able to guide you through the planning process. However, we also recommend you familiarise yourself with your options.

IMPLANT TYPE

All Breast Implants used by CosMediTour Surgeons are Cohesive Silicone Gel, otherwise referred to as 'gummy bear texture'. Cohesive Silicone Gel Implants are believed by many to feel more like real breasts than their Saline counterparts.

IMPLANT SIZE

Your Surgeon will be able to advise you on what will work best for your body, not just now, but in the future, when determining implant size.

IMPLANT TYPE

The surface of Breast Implants are either Smooth, or a Micro or Nano Textured. The surfaces of smooth implants are softer, while the textured surfaces reduce movement risks.

IMPLANT SHAPE

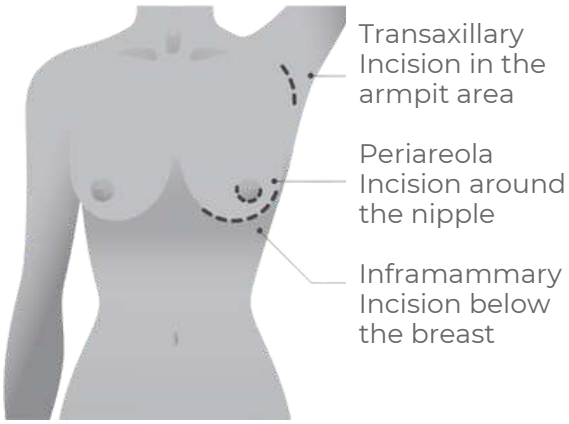
Teardrop implants, also known as anatomical implants, are designed to mimic the natural shape of the breast with more fullness in the lower part & less fullness at the top. While Round implants are circular & symmetrical in shape. They provide more fullness & volume to the upper part of the breast, creating a more dramatic effect.

PROJECTION

A breast implant's projection is how far forward it extends in front of your chest. The cup size increases as the profile increases.

INCISION PLACEMENT

There are 3 incision placements typically used in Breast Augmentation procedures:

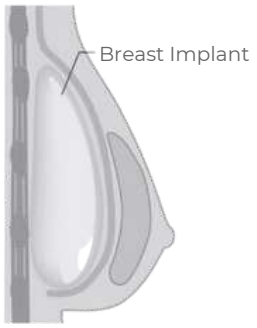


The most superior incision site is the Inframmamary, or breast fold incision. This causes minimal scarring & an unobstructed view for increased surgical precision by your Surgeon. Your Surgeon will advise you on the best incision placement for your unique anatomy.

You're in expert hands. Our Surgeons dedicate time to understand your unique concerns & surgical objectives before tailoring a treatment plan that's right for you & your body.

IMPLANT PLACEMENT

Breast implant placement is determined by numerous factors, including a client's skin, body composition, existing breast tissue, lifestyle & desired result. There are three implant placement approaches your Surgeon may take.



UNDER MUSCLE PLACEMENT

The implant sits under the pectoralis major muscle (the pec). This allows for layered cover over the implant, with soft tissue smoothing ridges that may otherwise form between the implant & skin.

OVER MUSCLE PLACEMENT

The implants sits between the pec & the breast tissue. This allows the implant to push the breast into a more regular shape & is generally suited to clients with a good volume of natural breast tissue.

DUAL PLANE PLACEMENT

This is a combination Over & Under Muscle placements. The upper half of the implant is placed under the pec, while the lower half sits above it (under the breast tissue).

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Breast Augmentation, there are potential risks to consider with all forms of surgery. Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, allergic reactions to medical materials)
- Seroma (fluid accumulation) around the implant/incision site
- Changes in nipple & breast sensitivity
- Numbness around incision scars (temporary or permanent)
- Keloid or hypertrophic scarring (can be lumpy, inflamed & itchy)
- Wrinkling of the skin over the implant
- Implant rupture
- Asymmetry (uneven breasts)
- Breastfeeding difficulties
- Implant slippage or movement
- Capsular contracture refers to when scar tissue forms around the implant. It is generally a normal part of the healing process (& can actually prevent slippage), however occasionally it can interfere with the shape & feel of the breast. In rare cases, capsular contracture can be painful & caused by ruptured implants.
- Lumps in lymph node tissue (caused by leaking silicone – not a health risk)
- Reduced effectiveness of breast screening (modern imaging has made this less of a concern)

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.