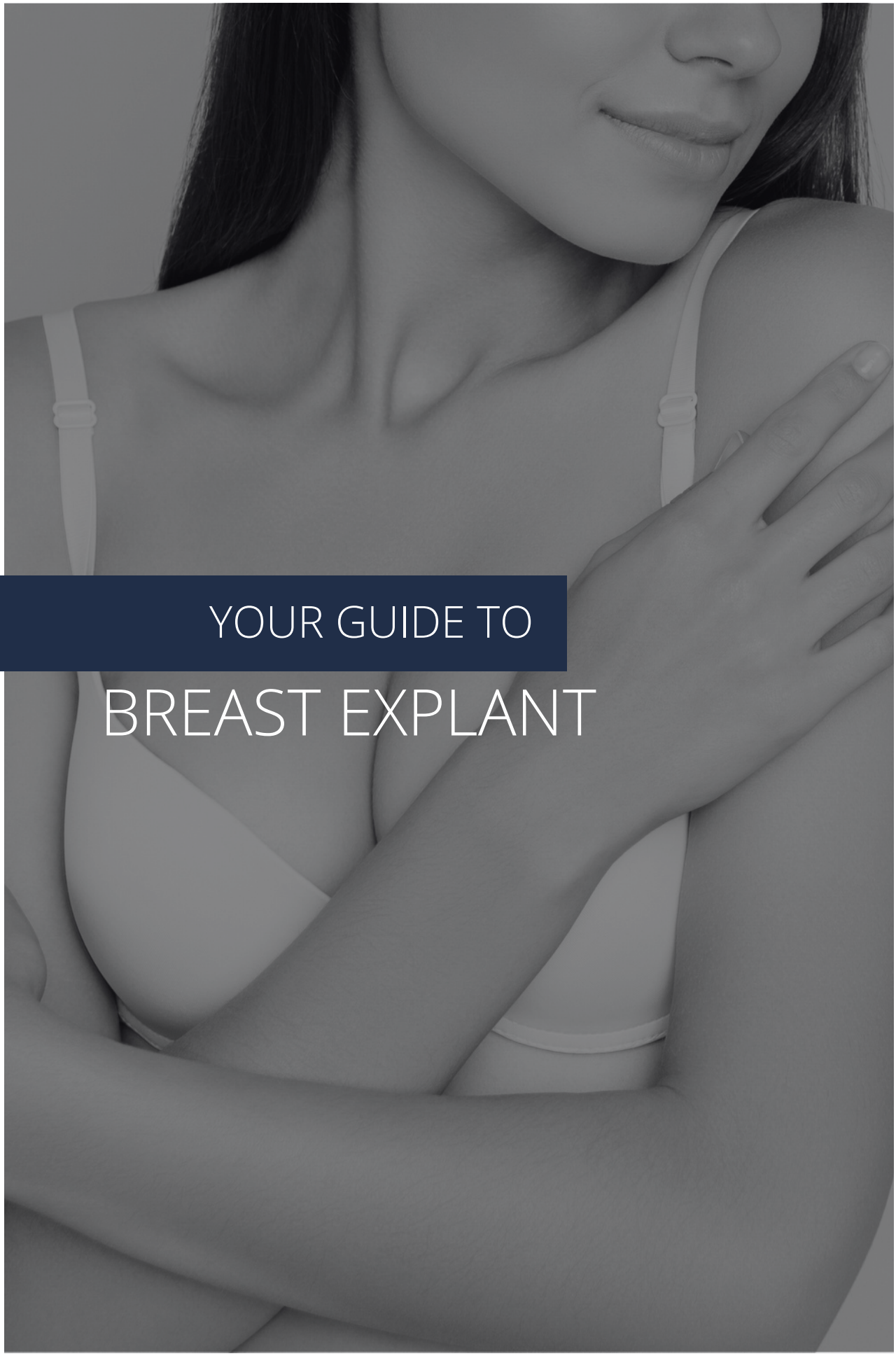

YOUR GUIDE TO

BREAST EXPLANT

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.

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INTRODUCTION

Also known as a Breast Implant Removal, Breast Revision Surgery or Augmentation Reversal, a Breast Explant involves the removal or replacement of breast implants.

Clients opt for this procedure for a range of reasons, including:

- Preference changes
- Implant complications
- Implant-related illnesses

> When planning a Breast Explant, our experienced Surgeons will work you to establish the reasons behind the Breast Explant & the best way forward.

MOTIVATIONS FOR A BREAST EXPLANT

The motivations behind Breast Explants vary from client to client. When planning your procedure, our Surgeons will work with you to understand fully the reasons behind your desire for a Breast Explant.

From there, they will advise you on the best way forward. This may include removing the implants and replacing them with new ones; repositioning the existing implants; or removing the breast implants without replacing them.

PREFERENCE CHANGES

Preference changes occur over time. You may feel their implants are no longer the right size or shape, or that they've moved into the wrong position due to weight loss, weight gain or pregnancies.

IMPLANT COMPLICATIONS

Implant complications can include:

- Capsular contracture
- Implant rupture
- Folding
- Displacement
- Infection
- Silicone leakage, and deflation (of saline implants).

While these complications don't always result in a Breast Explant, if left untreated, they can lead to Implant-related illnesses.

IMPLANT-RELATED ILLNESS

While rare, Implant-related illnesses can occur with or without prior complications.

Such illnesses may include:

- Infection/bleeding
- Necrosis or dead tissue around the breast implant
- Calcium build-up
- Breast Implant Associated Anaplastic Large Cell Lymphoma (BIA-ALCL)
- Breast Implant Illness (BII)

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 - 3 hours

Breast Explant surgery takes between 1 to 3 hours. However some clients may choose to combine the surgery with a Breast Lift. In these cases, your surgery can take up to 5 hours. During surgery, 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

HOSPITAL STAY | Half Day - Overnight

A Breast Explant is typically a day surgery in Australia. So, assuming good general health, you can leave hospital 2 - 3 hours after you wake. Clients undergoing the procedure in Thailand must stay overnight.

REST TIME | 5 days

Recovery periods vary. However, we advise clients that recovery for a Breast Explant is generally smoother than that of a Breast Augmentation.

Most clients experience only minimal discomfort in the days following surgery. However, clients who have experienced capsular contracture may experience more discomfort & a slightly longer recovery. Clients who undergo an Explant with a Breast Lift may feel tight & heavy for a few weeks. This is a normal part of the healing process.

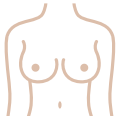
Importantly, when breast implants are removed & not replaced, it can take 2 -3 weeks for the breasts to regain their volume.

To aid recovery:

- ☑ Use pain medication to manage pain.
- ☑ No returning to work for 5 days after surgery.
- ☑ No driving for 1 week after surgery.
- ☑ Avoid heavy lifting, strenuous exercise & swimming until the surgeon advises.

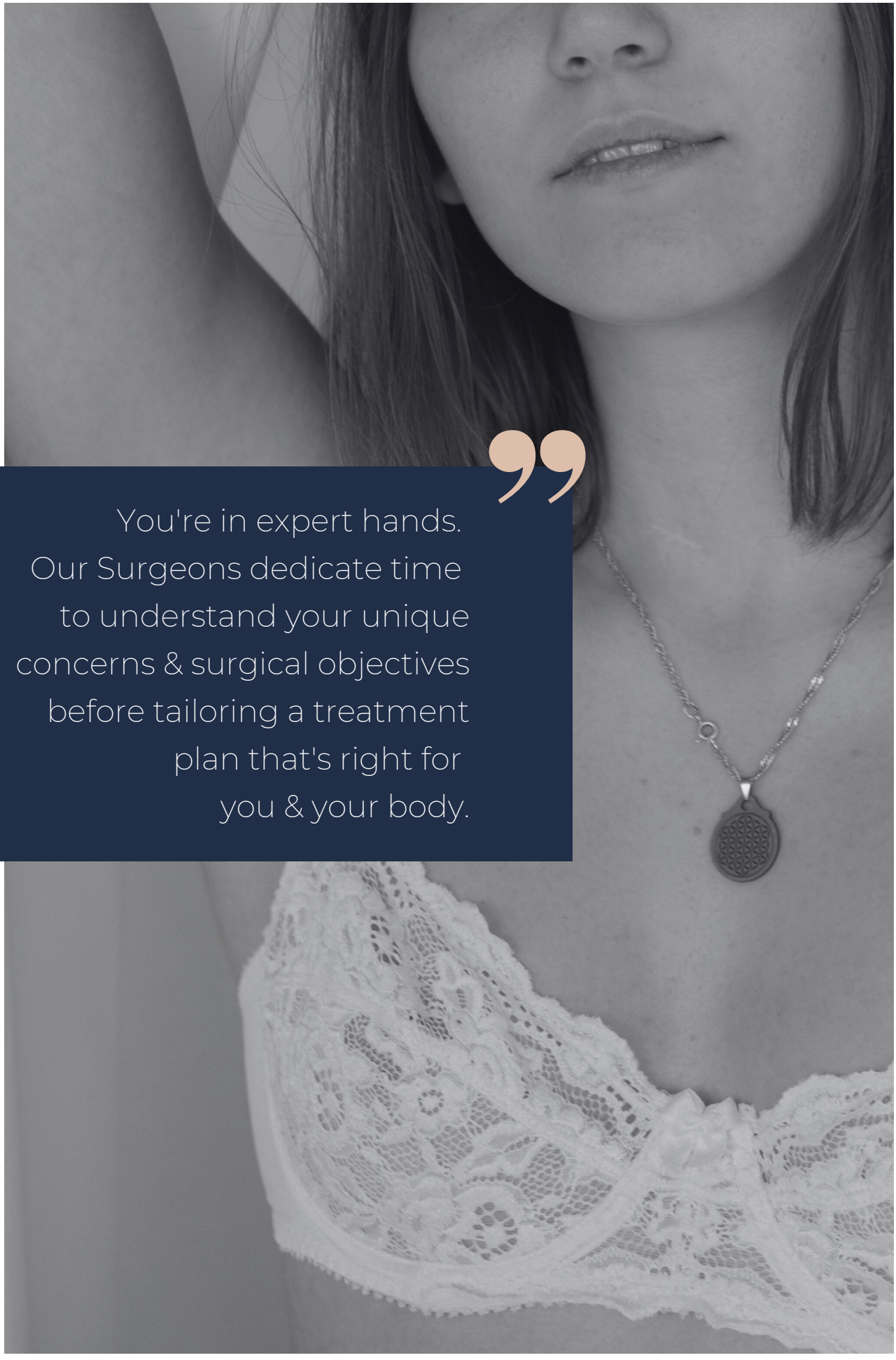
RECOVERY TIME | 6 Weeks

Clients can return to normal activities & moderate exercise after 6 weeks. For optimal healing, post-surgery support garments must be worn for 6 weeks.



SETTLING PERIOD | 3 - 6 Months

The breasts will settle into their new position during the first 3 - 6 months. Breast Explant scars are often inconspicuous. They heal well & begin to fade after 3 to 4 months.



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.

PLANNING YOUR PROCEDURE

There are many things to consider when planning a Breast Explant.

Your Surgeon will be able to guide you through the planning process. However, we also recommend you familiarise yourself with the procedural options.

YOUR TAILORED APPROACH

Given the range of client motivations behind a client to wanting the procedure, it's only natural that our Plastic Surgeons tailor their approach on a case-by-case basis.

The surgical approach will be discussed with you in detail with you prior to your surgery.

INCISION PLACEMENT

Typically, Breast Explants can be performed using your previous incision sites. However, in some cases, additional incisions may be needed.

BREAST EXPLANT TECHNIQUES

There are three common approaches to Breast Implant Removal.

BREAST IMPLANT REMOVAL ONLY

To remove breast implants (without replacement or a Breast Lift), the Surgeon makes incisions in the same place as your original Breast Augmentation.

If you suffer from capsular contracture, your Surgeon will also remove the hardened capsule. This can be done in two ways:

- After the implant is removed
- Before the implant is removed, as an **En Bloc Capsulectomy**.

The En Bloc Capsulectomy technique involves removing the hardened capsule as a whole. That is, with the implant still inside.

If the implants have leaked silicone, the En Bloc Technique ensures there is no silicone left inside the body. It also allows surgeons to send the complete capsule away for pathological testing (in cases of Breast Implant Illness).

DEFLATION

Rather than undergoing surgery, a Plastic Surgeon may advise a client to have their saline implants deflated in their office under local anaesthetic.

The Deflation Technique can only be performed on clients with saline implants.

While this technique may produce the desired size reduction a client is after:

- It will not help any capsular contracture issues
- Further replacement or Breast Lift procedures may be required.

IMPLANT REMOVAL & BREAST LIFT

This option is suitable if you're removing or replacing implants & correcting ptosis (sagging) or stretching of their skin.

The two procedures are performed simultaneously. After removing the implants, your Surgeon will also remove any excess skin to tighten the breast tissue.

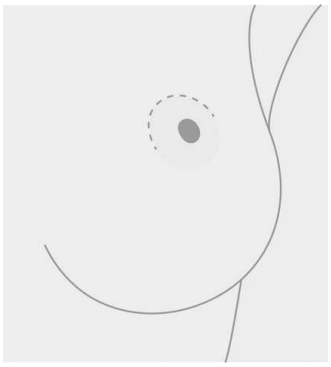
While your surgeon can use the client's original incision sites to perform the

initial stage of this surgery, they may need to make extra incisions to perform the Breast Lift.

There are 4 Breast Lift techniques available to surgeons (outlined below). Each technique has their benefits and result in varying degrees of lift, ranging from slight to dramatic results. Your surgeon will carefully consider the degree of ptosis & amount of skin left after the implants are removed or replaced before advising on the most suitable technique for your anatomy.

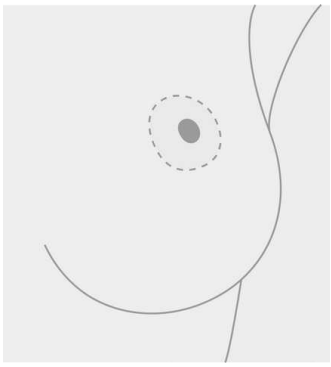
CRESCENT TECHNIQUE

- Suited to clients with minor to moderate sagging and/or small breasts.
- Provides a small degree of lift & can correct nipple asymmetry.
- Involves a half-moon shaped incision above the areola. A small amount of breast tissue is removed before the bottom of the incision is lifted to join the top.



PERI-AREOLAR TECHNIQUE

- Also known as the Donut Technique
- Suited to clients with minor to moderate sagging and/or tuberous breasts.
- Provides a small degree of lift; however, it can also be used to reduce areola size.
- Involves a circular incision around the areola.

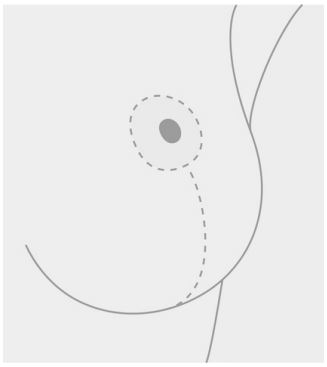


Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

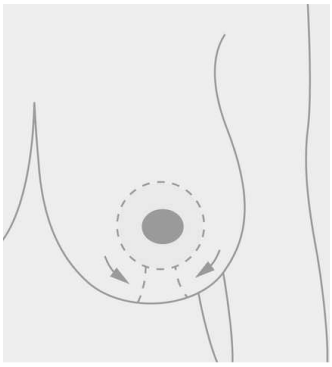
VERTICAL TECHNIQUE

- Also known as the Lollipop Technique
- Suited to clients with moderate sagging & larger breasts.
- Provides a large degree of lift & projection. Can also reduce the size of the areola, elevate the nipples & result in less noticeable scarring.
- Involves 2 incisions - one around the areola & the other from the areola down to the natural crease of the breast.



ANCHOR (T-LIFT) TECHNIQUE

- Also known as T-Lift Technique
- Suited to clients with large breasts & severe sagging. Commonly used for clients also having a Breast Reduction.
- Provides dramatic results
- Involves 3 incisions: a peri-areolar incision around the areola, a vertical incision from the base of the areola to the crease of the breast, and a concave incision along the crease of the breast



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, clots, allergic reactions to medical materials)
- Reduced breast and nipple sensitivity
- Keloid or hypertrophic scarring (can be lumpy, inflamed, and itchy)
- Numbness (temporary or permanent)
- Breast deformity or ptosis (sagging)
- Breast asymmetry
- Need for further surgery to treat complications

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.