YOUR GUIDE TO

BREAST SURGERY

CosMediTour

WELCOME

Welcome to CosMediTour, the premier Plastic Surgery group in Australasia. We proudly have helped numerous clients discover the beauty of self-confidence. We 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

Did you know there is no other woman who has the same breast anatomy as you? In fact, there is a significant degree of natural variation between the breasts of each woman.

Furthermore, our clients have different motivations for undergoing Breast Surgery. Where one client wants larger breasts, another may seek to relieve pressure on their back by reducing the breast size. Some clients may want to restore their breasts to a more elevated, youthful position, while others may have had changes in their personal circumstances & opt to have their implants removed.

As a result, when it comes to Breast Surgery, there is no 'one-size fits all' solution.

Instead, our highly skilled Plastic Surgeons tailor a treatment plan based on your:

- ☑ Desired surgical outcomes
- ☑ Your unique breast anatomy
- ☑ Skin thickness & elasticity
- ☑ Body type

To achieve the best possible outcomes for you, your CosMediTour Surgeon may incorporate a combination of Breast Procedures in your treatment plan.

> When it comes to Breast Surgery, there is no 'One Size Fits All' solution.

BREAST SURGERY PROCEDURES

To achieve the best possible outcomes for you, your CosMediTour Surgeon may incorporate a combination of Breast Procedures in your treatment plan.

BREAST AUGMENTATION

Also known as an Augmentation Mammoplasty, or a Boob Job, this procedure involves the insertion of implants beneath the breast tissue to:

- Enhance breast size
- Enhance breast shape

BREAST LIFT

A Breast Lift, or Mastopexy, involves the removal of excess skin to remedy Ptosis (sagging).

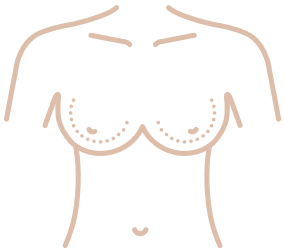
- Restores natural 'perkiness'
- Reshapes breast contour

> The first & most obvious consideration when preparing for breast surgery is the combination of procedures required.

BREAST REDUCTION

Also known as a Reduction Mammoplasty, this procedure involves the removal of excess fat, skin & glandular tissue. This is done to:

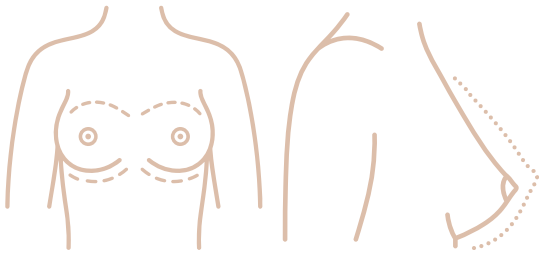
- ☑ Reduce the breasts in proportion to the client's body.



BREAST EXPLANT

Also known as Breast Revision Surgery or Augmentation Reversal, this is typically performed because of preference changes, implant complications or implant-related illnesses. This can be done to:

- ☑ Remove the implants
- ☑ Reposition existing implants
- ☑ Replace the implants with new ones.



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

VIEW GALLERY

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 | From 2 hours

Breast Surgery takes anywhere from 2 hours - depending on additional procedures. A Breast Augmentation, on its own, takes between 1 to 2 hours. When a Breast Lift or Reduction is added, this increases to 3 hours. Breast Explants can be slightly more complicated & when combined with a Breast Lift, take up to 5 hours. All Breast Surgeries are performed 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 and the procedure/s undertaken.

HOSPITAL STAY | 1 - 2 nights

The length of time in hospital is dependent on:

- ☑ The complexity of the surgery & number of procedures undertaken.
- ☑ Your post-surgery health.
- ☑ Whether the client has someone to monitor their recovery at home.
- ☑ Where your procedure is conducted. Many Breast Procedures in Australia are considered Day Surgery, so clients may be able to leave hospital 2 - 3 hours after they wake. Clients undergoing Breast Procedures in Thailand are required to stay overnight at a minimum.

REST TIME | 3 Weeks

Swelling, bruising & tightness across the chest is common in the first few days. To aid recovery:

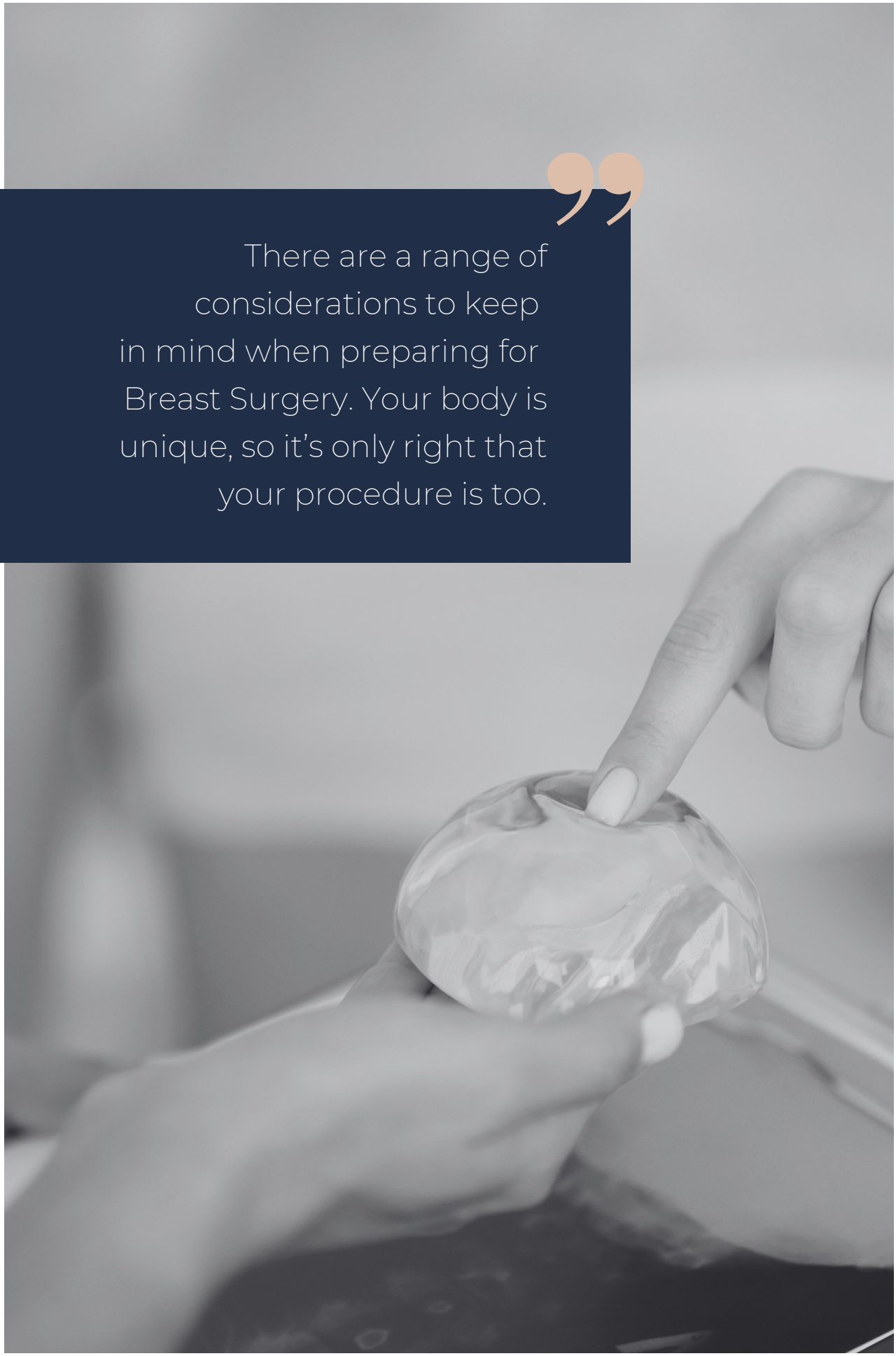
- ☑ Use ice packs & pain medication to manage pain.
- ☑ No driving, work or exercise in the 1st week.
- ☑ In the 2nd or 3rd week, clients can ease into light, lower body exercise & in most cases, return to work.
- ☑ Avoid heavy lifting, strenuous exercise & swimming until your Surgeon advises.

RECOVERY TIME | 6 Weeks

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

SETTLING PERIOD | 6 - 12 Months

A full recovery will take place over 6 to 12 months. During this time, the implants (if applicable) will settle to their final position & the breasts will become softer. Scars can take up to 18 months to fade.



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

PLANNING YOUR PROCEDURE

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

There are a range of considerations to keep in mind when preparing for breast surgery. The most obvious of these is the combination of procedures required.

Clients and surgeons must also discuss:

- ☑ Implant Choice & Placement
- ☑ Incision Placement
  (for Breast Augmentation & Explant)
- ☑ Surgical Techniques
  (for Breast Lift & Reduction)

When planning your Procedure, 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.

> 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.

DECISIONS TO MAKE WITH YOUR SURGEON

IMPLANT CHOICE

BREAST AUGMENTATION & EXPLANT

Implant choice is key in planning the perfect Breast Augmentation. Similarly, when planning a Breast Explant, implants must be considered. They can be removed completely, repositioned, or replaced with new implants.

To select the ideal implant, surgeons are very careful to consider the client's natural breast tissue & anatomy, as well as being mindful of correct form and symmetry.

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.

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.

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.

Round implants are circular & symmetrical in shape. They provide more fullness & volume to the upper part of the breast, creating a more dramatic effect.

IMPLANT PLACEMENT

BREAST AUGMENTATION & EXPLANT

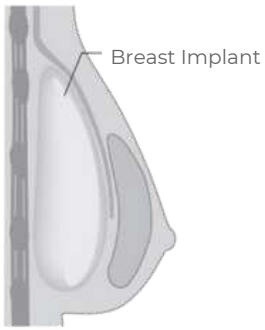
Breast implant placement is determined by numerous factors, including a client's skin, body composition, existing breast tissue, lifestyle & desired result. There are three implant placement approaches your Surgeon may take.

UNDER MUSCLE

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

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

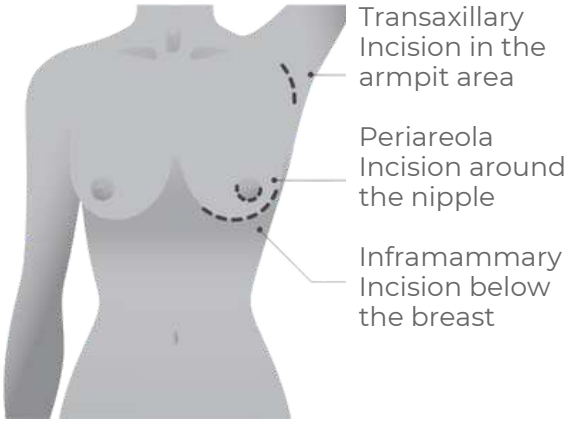
This combines the Over & Under Muscle placements. The upper half of the implant is placed under the pec, while the lower half sits above it (under the breast tissue).

INCISION PLACEMENT

BREAST AUGMENTATION & EXPLANT

There are 3 incision placements typically used in Breast Augmentation & Explants.

Inframammary and trans-axillary are the most used incisions as they cause minimal scarring. They also work best with common Lift and Reduction techniques, thus reducing the total number of incisions required for combined procedures.



TECHNIQUES

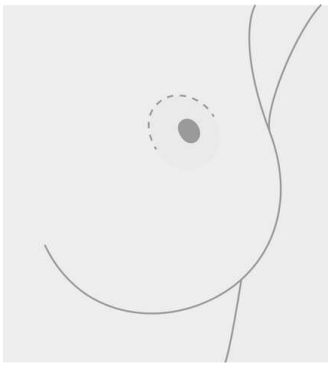
BREAST LIFT & BREAST REDUCTION

There are a number of Breast Lift & Breast Reduction techniques available to surgeons - each are named after the incision/s used. Each of the techniques have their benefits and result in varying degrees of lift, ranging from slight to more dramatic results.

The technique your Plastic Surgeon uses for your procedure will be dictated by your personal Ptosis & what, if any, other breast enhancement procedures you are having.

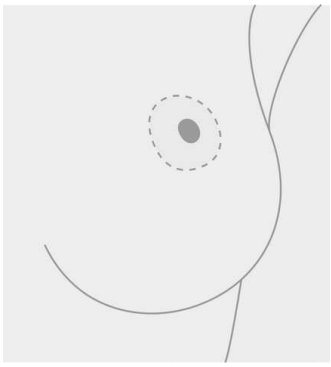
CRESCENT TECHNIQUE

- 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.



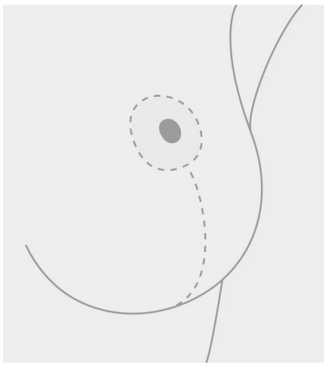
PERI-AREOLAR TECHNIQUE

- 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.



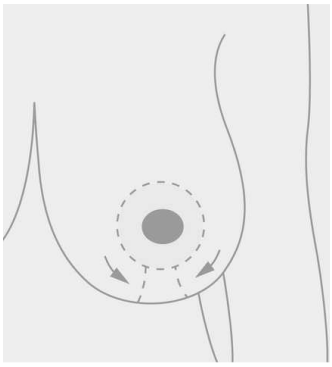
VERTICAL TECHNIQUE

- 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



LIPOSUCTION

BREAST REDUCTION

If undergoing a Breast Reduction procedure, your surgeon might recommend Liposuction as part of your Treatment Plan. This procedure removes a large volume of tissue & results in a significantly lighter feeling breast.

Performed in isolation, Liposuction will cause the breasts to look deflated or saggy. For this reason, it is typically, combined with Breast Lift and/or Reduction procedure.

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Breast Surgery, 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
- Haematoma (collection of blood) inside the breast
- Changes in nipple and breast sensitivity
- Numbness around incision scars (temporary or permanent)
- Keloid or hypertrophic scarring (can be lumpy, inflamed, and itchy)
- Wrinkling of the skin over the implant
- Implant rupture, slippage, or movement
- Lumps in lymph node tissue (caused by leaking silicone – not a health risk)
- Swelling and bruising
- Stiff Shoulder
- Breastfeeding difficulties
- Skin discolouration/permanent pigmentation changes
- Fat necrosis resulting in hard lumps in skin
- 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.
- Asymmetry (uneven breasts)
- Breast deformity or ptosis (sagging) after Explant
- Potential/partial loss of nipple and areola
- Damage to nerves, blood vessels, muscles, and lungs (temporary or permanent)
- Reduced effectiveness of breast screening (modern imaging has made this less of a concern)
- 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

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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.