



Preparation for the Surgery

Depending on the age and family background of the patient, the Plastic Surgeon will request a mammography before the surgery. He will also give specific instructions on how to prepare you for the surgery's day, including provisions regarding the type of food, drinks, tobacco consumption, and the intake of some vitamins and specific medicine, or not.

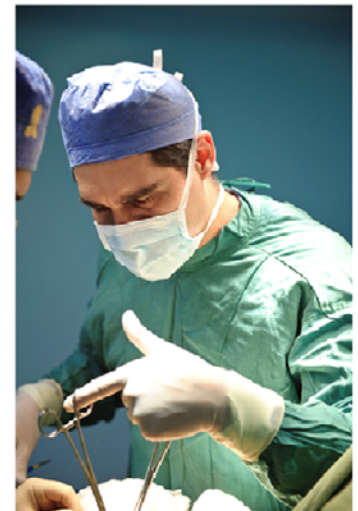
If the patient develops a flu or skin infection, the surgery would need to be rescheduled.

If you smoke, it is particularly important for you to stop smoking at least 2 weeks or more before and after the surgery. Tobacco inhibits and blocks healing of the wounds. Follow the instructions carefully because they will help you experience a better evolution of your surgery.

Be sure to count on a family member or on a companion for your return home after the surgery.

conscious during the surgery but sedated and relaxed without feeling pain. Cases without complications of very well qualified patients are generally performed under local anesthesia. With the use of general anesthesia, the patient will be asleep during the entire surgery and will feel more security and control.

The Surgery



The time required to perform an Augmentation Surgery is between 1 and 2 hours. It may last more if it is combined with other surgical procedures such as Mastopexy (mammary suspension).

surgical procedures, but to perform individual surgeries to avoid lengthy surgeries. The method and the surgical technique to insert and place the mammary implant will depend on the patient's anatomy and on the Surgeon's criteria and recommendation. The incision can be done on the submammary fold (where the breast and the chest meet), around the areola and at the level of the underarm.

The incisions are made at an almost noticeable location on the submammary fold around the areola and at the level of the underarm. Through the incision, the tissue of the mammary gland is lifted thus creating a "pocket" or space that can be placed before the pectoral muscle, i.e., behind the mammary gland or also behind the pectoral muscle. The implant is placed in the centre in relation with the areola and the nipple. The mammary implant is placed directly under the tissue of the mammary gland or behind the pectoral muscle.

Some researches show that placing the implant behind the muscle may reduce the capsular contracture. Also, this location behind the muscle interferes in a minor degree with the performance of the mammography than when the implant is placed directly behind the mammary gland. Incisions are closed with fine non-visible suture under the skin. Then, the post-op treatment is done with gauzes and bandages to help immobilize the breast. After the surgery, the breasts look high and projected, firm and natural to the body contour. The scar of the incision vanishes with time.

After the Surgery, the Post Op. Treatment



wounds. Then, he substitutes the surgical elastic bandage or the post op. bra for a sports bra that the patient must use and maintain during 3 to 4 weeks. The suture may begin to be removed after the seventh day after the surgery. Usually,

Most of the patients I see in my practice, however are seeking a more permanent solution to address their concerns, and come requesting facelift surgery. There has been a large evolution in face-lifting techniques in the last 30 years, as we now understand the anatomy of the face in more detail, and understand what we need to do in order to reverse or halt the signs of aging. The aging face tends to deflate, giving a hollow and empty appearance to the midface, and a sagging of the jawline, with the appearance of jowls. By tightening the deeper tissues of the face underneath the skin the SMAS (superficial musculoaponeurotic system), that can reposition the soft tissues and fat pads and will create a natural and more youthful look. It also addresses the looseness and sagging of the neck that occurs with aging. These procedures are often combined with eyelid surgery (blepharoplasty) and brow surgery, and it is important to harmonize the face.

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