



breasts

obtainable beauty

SYDNEY ORAL, MAXILLOFACIAL AND COSMETIC SURGEON **DR JOHN MCHUGH** SAYS THE BREAST AUGMENTATION PROCEDURE IS NOW AVAILABLE TO A WIDE RANGE OF WOMEN FROM ALL WALKS OF LIFE. JESSICA RULE REPORTS.

Breast augmentation is a cosmetic procedure that has wide appeal and there are options to suit just about every woman. Sydney oral, maxillofacial and cosmetic surgeon Dr John McHugh says all women are different, although breast implants are available to suit the needs and preferences of each suitable patient.

'We have a broad spectrum of patients seeking breast augmentation – teachers, hairdressers and beauty therapists, retailers and business owners,' says Dr McHugh. 'It's a procedure that appeals to women from all walks of life and is now very accessible.'

Many women view their breasts as a vital component of their gender identity and a symbol of their femininity, motherhood and sensuality. Therefore, says Dr McHugh, it is important to them to feel confident in their breasts. 'Some women seek implant surgery to correct congenital or developmental anatomical abnormalities, others wish to repair ptosis as a result of age or breastfeeding or to lift their breasts to a more youthful and upright position,' he says. 'Other women simply want to have a larger size bust. Whatever the reason, achieving balance and harmony between the breasts and overall body shape is important.'

Dr McHugh says achieving this balance is a key part of the surgeon's role. 'My background in maxillofacial reconstruction emphasises balance and proportion, which translates well to breast surgery,' he says. 'I'm attentive to how the breasts relate the rest of the body. Certain shapes and ideals alter the perception of how we interpret a woman's form.'

It is important to research the procedure thoroughly, advises Dr McHugh. 'The more you understand, the better your chances at making an informed decision and the more realistic your expectations will be,' he says.

'Careful discussion of your expectations and concerns, along with planning and assessment, is part of your first consultation. During the consultations measurements are taken, we look at some before and after photos together and examine some implants to gauge what the patient feels beautiful breasts look like. It's very subjective; while some women seek a natural-looking result, others prefer more rounded implants with greater upper pole fullness.'

The consultation gives the patient an opportunity to ask questions about the procedure and carefully evaluate their goals and expectations. It is also a time to discuss whether breast augmentation will meet their needs or if another procedure, such as a breast lift, is also required.

'Breast augmentation isn't a procedure that should be rushed,' says Dr McHugh. 'We not only conduct a comprehensive first consultation but we also provide our patients with plenty of take-home reading material and offer them implants to try out at home while walking around and with various outfits.'

'Patients can also attend to retry implants multiple times before their operation to check on their choice. Additionally, we welcome friends or partners to join in the consultation as it usually facilitates communication.'

As women differ in their physical features and goals, each patient requires an individual surgical plan. Before surgery, the doctor will explain all the breast augmentation options so the patient can make informed decisions about various aspects of the procedure.

Reducing the risk of infection, capsular contracture, asymmetry, displacement and other potential problems after surgery should be a primary concern and need to be taken into account when deciding on implant type, placement and incision site.

◀ Breast augmentation is a procedure that appeals to women from all walks of life ▶

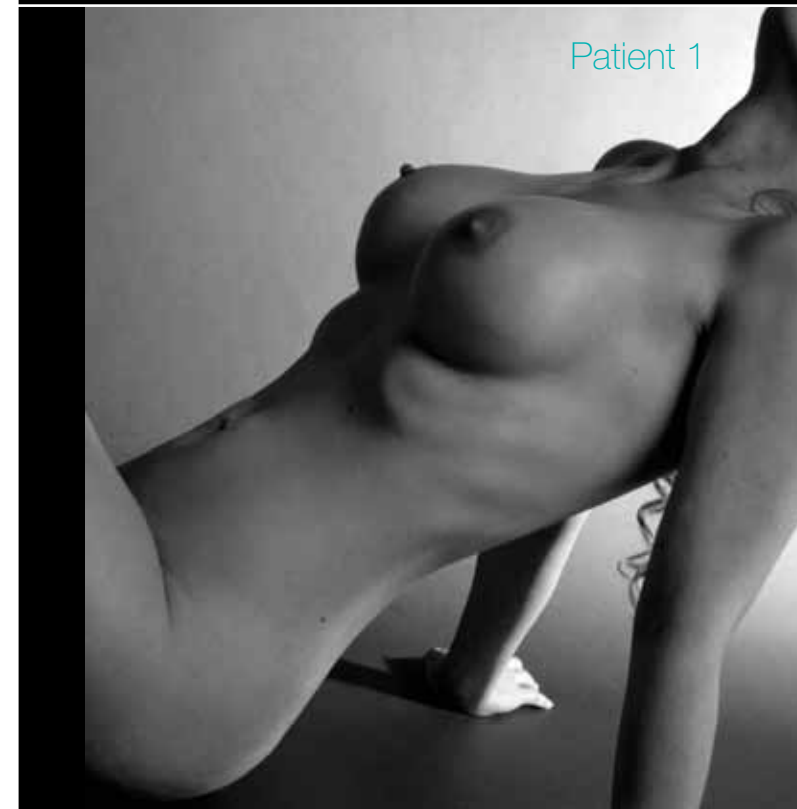
'I believe the inframammary fold for the incision site can offer a superior aesthetic result as the scar is hidden in the breast crease, but also recent studies have shown that the risk of complications are lower with this approach.'

'The patient also has the option of positioning the implant either above or under the chest muscle,' he says. 'I prefer to work with silicon implants and also offer the P-URE or so-called 'furry Brazilians'. These implants are shown to reduce the instance of capsular contracture and displacement and can be particularly useful in some patients.'

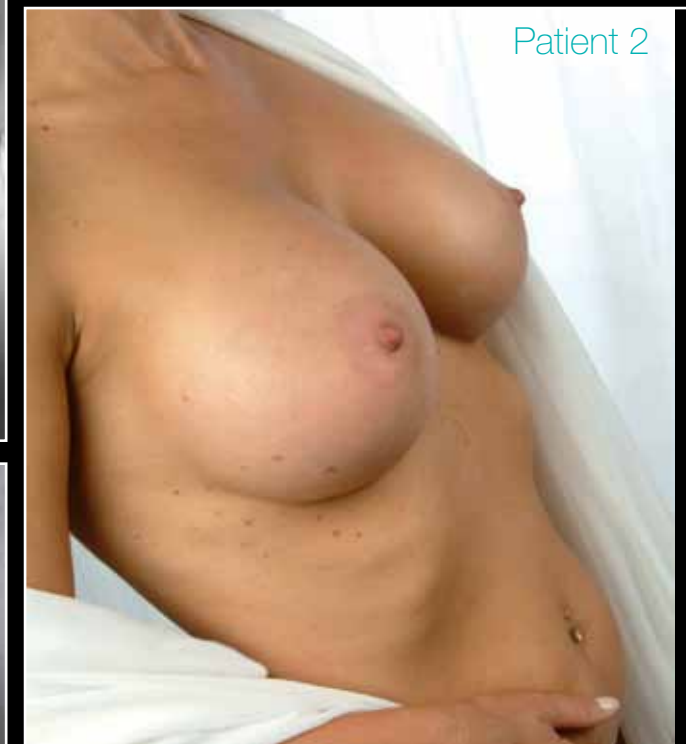
Dr McHugh says that following a schedule of post-surgery check-ups, patients can look forward to their final results within around six months.

'In my experience, there is a very high satisfaction rate among our patients who have all undergone a thorough consultation process for their breast augmentation,' he says. 'I think this is a product of us taking the time to match finer details of the procedure to the individual woman so she feels happy and secure with each aspect,' concludes Dr McHugh. **acsm**

ACTUAL PATIENTS OF DR MCHUGH



Patient 1



Patient 2



Patient 3

FOR BEFORE AND AFTERS OF THESE ACTUAL PATIENTS SEE OVER PAGE

breasts

Patient 1



BEFORE



AFTER breast augmentation by Dr McHugh

Patient 2



BEFORE



AFTER breast augmentation by Dr McHugh

Patient 3



BEFORE



AFTER breast augmentation by Dr McHugh