



breast special

SHAPING A FEMININE FORM

SYDNEY ORAL, MAXILLOFACIAL AND COSMETIC SURGEON **DR JOHN MCHUGH** BELIEVES THAT BREAST AUGMENTATION CAN CREATE HARMONY FOR A WOMAN'S OVERALL BODY SHAPE. GEMMA GARKUT REPORTS.

Many women feel that their breasts are a vital component of their gender identity and a symbol of their femininity, motherhood and sensuality. Because of this, Sydney oral, maxillofacial and cosmetic surgeon Dr John McHugh says it is important that they feel confident with their breasts.

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

'A broad range of patients seek consultation for breast augmentation,' says Dr McHugh. 'From teachers, hairdressers and beauty therapists to retailers and business owners, breast augmentation is a procedure that appeals to women from all walks of life and is now very accessible.'

Just as his patients differ, Dr McHugh says the reasons for seeking breast augmentation are equally varied. '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 or undergo a reduction to reduce their bust. This is where

achieving balance and harmony between the breasts and overall body size and shape is important,' he explains.

Dr McHugh believes this overall harmony to be a key factor in all cosmetic surgery.

'Because of my strong background in maxillofacial reconstruction, which is very delicate and precise work that requires a surgeon to produce a harmonious result, I have an affinity with creating balance,' he says. 'I'm attentive to how the breasts relate to the rest of the body. Certain shapes and ideals alter the perception of how we interpret a woman's form.'

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

'During the initial consultation we take some measurements, look at before and after photos together and examine different implants to gauge what the patient feels beautiful breasts look like. It's very subjective – some women wish to achieve more natural-looking results while others prefer rounded implants with upper pole fullness,' he says.

It is important that patients research the procedure thoroughly. 'The more you understand, the better your chances at making an informed decision and the more realistic your expectations will be,' says Dr McHugh. He encourages his patients to research and ask questions about the procedure beforehand.

Dr McHugh says that careful discussion of the patient's expectations and concerns, along with planning and assessment, is integral to the first consultation. 'This will help achieve a successful outcome and the patient's desired results,' he says. 'It is important to take the time to match finer details of the procedure to the individual woman so she feels happy and secure with each aspect.'

As women differ in their physical features and goals, each woman requires an individual surgical plan. Before surgery, Dr McHugh explains all the options so his patients can make informed decisions about various aspects of the surgery. 'This isn't a procedure that should be rushed,' he warns. 'We provide our patients with plenty of take-home reading material, and some opt to take sample implants home to try out with a range of outfits.'

Dr McHugh advises that patients should be comfortable discussing goals and motivations with a surgeon they can trust. 'By listening to your surgeon's feedback and advice you can help ensure that your expectations are realistic. We welcome friends or partners to join our patients in the consultation process as it usually facilitates communication,' he says.

Reducing the risk of infection, capsular contracture, asymmetry, displacement and other potential problems after surgery should be a primary concern. According to Dr McHugh, taking these into account is important when deciding on implant type, placement and incision site. 'I find that placing the incision at the inframammary fold gets the best aesthetic result and the patient has the option of positioning the implant either above or under the chest muscle,' he says.

'I prefer to work with silicone implants and also offer textured implants – the so-called "furry Brazilians" – which are shown to reduce the instance of capsular contracture and displacement.'

Following a schedule of post-surgery check-ups, patients can look forward to their final results within six months. 'It



BEFORE



AFTER breast augmentation by Dr McHugh



BEFORE



AFTER breast augmentation by Dr McHugh



BEFORE



AFTER breast augmentation by Dr McHugh

doesn't matter where you are from, whether it's my patients who have come down from Wollongong or as close as the western suburbs, there is a very high satisfaction rate among our patients who have undergone a thorough consultation process for their breast augmentation,' Dr McHugh concludes. **acsm**