

Breast enlargement

One of the most popular surgical procedures in the world, but is it worth it?

Breast augmentation or a 'boob job' is probably the most requested cosmetic surgical procedure for brides-to-be," says Paul Banwell, Consultant Plastic Surgeon at McIndoe. As with all cosmetic surgery though, it is important to think about things carefully and seek professional advice before making decisions," says Paul. "On a practical note, you need to leave plenty of time between your surgery and the big day – and think about the fitting of your wedding dress! The benefits include enlarged breasts, more confidence and more curves with

minimal scarring because of more advanced surgical techniques."

What are the risks?

The operation involves an overnight stay in hospital and recovery time is about two to four weeks.

As you'd expect with all operations, there are risks of bleeding and infection, but there are also risks that are specific to breast augmentation.

Your surgeon will discuss these with you at your first appointment.

DID YOU KNOW?

THE BREAST IMPLANTS MARKET ALONE WAS WORTH £580 MILLION LAST YEAR

B2BS ARE OFTEN TEMPTED BY THE FULLER LOOK FOR THEIR BIG DAY – GOODBYE ATHLETIC, HELLO HOURGLASS!



THINKING OF LIPO?

"Liposuction can leave the skin more loose, particularly after pregnancy or sudden, drastic weight loss."



Anita Hazari
Consultant Plastic Surgeon

Liposuction

Wobbly bits just aren't an option for some b2bs

Liposuction, also known as liposculpture, is a technique to remove unwanted fat deposits," explains Anita Hazari, Consultant Plastic Surgeon. "The unsightly distribution of body fat

is usually due to an inborn tendency to deposit fat in one particular area of the body, most commonly the hips. It's important to understand that liposuction is not a treatment for obesity. If you have a localised area

of fat, it is possible to reduce its bulk by liposuction," says Anita. "The process removes tunnels of fat leaving the small blood vessels and nerves intact. The skin will then retract. It is usually performed under general or local anaesthesia as a day case. A snug pressure garment or corset is usually advised to be worn for six weeks after surgery. You will only need to take a few days off work if a small area is treated, but larger areas may necessitate seven to 10 days off."

What are the risks?

You can expect a lot of bruising, which will be uncomfortable and painful. The lumpiness and swelling of deep bruising can take up to six months to disappear. In some cases, the skin is loose and skin excision may be required. Dimples and wrinkles will not be improved by lipo, contrary to popular belief. To find out more call 0800 917 4922 or visit mcindoesurgical.co.uk.



LIPOSUCTION HAS ONE OF THE LONGEST RECOVERY TIMES POST SURGERY, SO PLAN WAY AHEAD OF THE BIG DAY!