ENDOSCOPIC BREAST AUGMENTATION

Surgical Name: Axillary Augmentation Mammoplasty/ Endoscopic Assisted
Hospital Admission: 1 night
Duration of Operation: 2-3 Hours
Anesthetic: General Anesthesia (GA)
Recommended stay following surgery: 7 days

Introduction

Endoscopic Breast Implants is also known as Trans-axillary Breast Implants. This procedure involves insertion of implants through a small incision at the top of armpit which is made possible with the use of endoscopic instrument. With the traditional trans-axillary breast implants approach, the pocket is not created under direct visualization, thus it results to trauma to the soft tissues and more bleeding. While with the endoscopic, it helps the Plastic Surgery Thailand surgeon to have a direct visualization as the endoscopic has a tubular probe which contains a tiny camera and bright light. A viewing screen will then magnified the transmitted images of the body’s internal structures to a screen that the surgeon views during the treatment. As a result, the surgeon will be able to create a precise clean pocket and lessen the bleeding. Clients who are seeking to have this procedure may have one or more of the following feelings or conditions that may indicate a need for endoscopic breast augmentation:

- Clients with inadequate breast size.
- Clients who wish to avoid scarring on the breast.
- Clients who have lost fullness of the breasts due to aging and weight loss.
- Clients who have drooping or sagging breasts after pregnancy and breastfeeding.
- Clients who feel self-conscious wearing a swimsuit or form-fitting top.

Pre-Surgery Instructions

Fasting is required in any surgical procedure performed under general anesthesia. The client is advised not to eat or drink anything at least 8 hours prior to surgery. If there is no fasting instruction given, the client must not take any food or drink from midnight before her scheduled surgery. Clients who do not comply this requirement may result to surgery being delayed or cancelled.

Please remember the following:

- NSAIDS drugs and Aspirin must be avoided for at least 2 weeks prior to surgery. If you are taking Aspirin or any type of blood thinning medications for a medical condition, please notify your Plastic Surgery Thailand surgeon to give you a proper advice.
- Generally it is best to continue any blood pressure or blood sugar medications. These can be taken with a sip of water in the morning of surgery.
- Women should ensure negative pregnancy test before surgery.
- Smoking should be stopped at least 3-4 weeks prior to surgery. If you have been smoking for long time, and you have difficulty quitting, cut back as much as possible.
- Drinking alcohol must be ceased a day or two before surgery.

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• Do not wear makeup, jewelries and hair accessories containing metal such as hairpins or clips on the day of surgery.
• Nail polish and Acrylic Nails are not allowed and should be removed prior to surgery.
• If you develop an illness right before surgery, please notify your Plastic Surgery Thailand surgeon.

Our team will thorough evaluate your medical history to check for conditions that may delay the surgery or the healing process.

The Procedure

The procedure usually takes 2-3 hours and you are required to stay in hospital overnight.

Stage 1 – Induction of Anesthesia: General anesthesia or intravenous sedation will be administered. If you are allergic to a certain type of anaesthesia, please notify your Anaesthesiologist right away.

Stage 2 – Surgical Incision: The incision is small and hidden in the depths of the armpit and usually about an inch long.

Stage 3 – Implant placement: After the incision is made, a breast implant is inserted into a pocket either:
• Under the muscle (Submuscular)
• Over the muscle (Submammary/ Subglandular)
• Dual Plane (The upper pole of the implant is placed under the muscle, while the lower pole is placed over the muscle.

Stage 4 – Closing the incisions: The incision is then closed with non-dissolvable stitches. Temporary drains may be placed by your Plastic Surgery Thailand surgeon prior to closing your incisions to prevent blood and fluid accumulation. These drains will be removed during a follow up visit after your surgery.

Post-Surgery Instructions

Waterproof plasters are placed over the incision sites. Clients are advised to keep them dry and clean at all times. If the plaster get wet or soak with body fluids or blood, please contact your Coordinator and ask for advice. You may be instructed on how to change your dressings on your own or you may need to come back to the hospital.

You will be provided with set of medications which includes antibiotics, pain killers, anti-inflammatory etc. Please follow the instruction on when to take your medications. Do not drink alchhol while you are on antibiotics.

Wear your support bra or surgical bra around the clock for the first week or two. If you feel that your surgical bra is too tight, you can remove it for few hours.

The non-dissolvable stitches will be taken out after a week. Instructions on breast massage will be advised on the same day of your stitches removal. Please make sure to listen carefully to your Plastic Surgery Thailand surgeon as every surgeon has different breast massage technique.
What to expect following breast surgery:

- Swelling can be expected in any breast surgery and this usually subsides in 3-4 months. Cutting back salt, proper hydration and light exercises such as walking can help to reduce swelling. If you experience sudden swelling in the days after your surgery, call your Coordinator.
- Bruises after breast implants surgery are to be expected and this will improve over time. If you still have some discolorations after several months, notify your Plastic Surgery Thailand surgeon.
- Nipple hypersensitivity or loss of some sensation is normal and will usually subside within few weeks. You will experience sharp pains, itchiness, heat, tingling and prickling once your sensation returns. In some cases, nipple numbness can take up to 12 months before it returns.
- All breast augmentation techniques will leave a permanent scar behind, which is meant to be as inconspicuous as possible after healing.

Other post op instructions include:

- Walking right after surgery is recommended. This will help relieve swelling and prevent DVT (Deep Vein Thrombosis). DVT is a form of a blood clot (thrombus) within a deep vein which is most commonly develop in the legs.
- Strenuous activities, heavy lifting and cardio exercises should be avoided for atleast 6-8 weeks. Recommendation when to resume specific exercises and activities must be asked to your Plastic Surgery Thailand surgeon.
- With great care, driving a vehicle can be resumed as early as one week after surgery.

You should contact your Coordinator if you experience severe pain not relieve by medications, any unexpected symptoms, such as redness of your breast skin, a burning sensation or unusual swelling and high fever.