

REFINING AND REDEFINING PLASTIC SURGERY

BREAST AUGMENTATION



VIVARI
AESTHETICS

Institute of Surgical Excellence

VIVARI AESTHETICS

The Vivari Aesthetics Institute of Surgical Excellence is a specialised cosmetic surgery facility that combines expert surgical procedures with five-star boutique hospitality.

Vivari Aesthetics is a specialised cosmetic hospital and clinic in Featherbrooke, Johannesburg, South Africa. It is the brainchild of Dr Anushka Reddy, a medical doctor and owner of Medi-Sculpt, a specialised non-invasive cosmetic and anti-ageing clinic that is also on the same property. Dr Reddy's vision is to provide a luxurious and tranquil environment for patients to have their aesthetic procedures done with an option to stay over and be cared for by qualified health professionals post-surgery. The facilities of the hotel are available to them to enjoy.

These facilities have redefined beauty and wellness by combining luxury accommodation with a luxury day spa, a non-invasive aesthetic clinic, as well as a hospital and clinic all on the same property. This offers patients, a private and secure location for a getaway, treatments and ultimately cosmetic procedures in a luxurious and serene setting for recovery.

The facility offers state-of-the-art equipment and fully qualified medical staff, ensuring that our Patients are well looked after pre- and post-surgery, particularly if they choose to stay over post-surgery. The medical staff will be able to provide the patients with the necessary post-surgery care they require while they recover in the hotel.

The cosmetic surgery has a state-of-the-art operating theatre with 5 post-surgical day beds. Accommodation for patients who choose to recuperate at the hotel is directly above the wards with a lift for convenient and easy access to and from the hotel rooms.

CONSULTATION

At Vivari Aesthetics we want to ensure that our patients are well informed and receive professional and trusted advice about their chosen procedures before the day of the procedure. For this reason we have set aside specific days for surgeons to consult with them and respond to any of their queries which will ensure that their chosen procedures are indeed what they require.

We will also provide consultations via Skype for patients who are not able to come in for face-to-face consults.



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BREAST AUGMENTATION

OVERVIEW

Breast augmentation - also known as augmentation mammoplasty - is surgery to increase breast size. It involves placing breast implants under the breast tissue or chest muscles. Fat-graft mammoplasty can also be used. This procedure can also be performed to change the shape or texture of the breast.

Breast augmentation is done by some women to change their body image and for them to feel more confident. For others it is part of rebuilding the breast for various conditions.

If you are considering breast augmentation talk to a plastic surgeon. Make sure you understand what surgery involves including possible risks complications and follow-up care.

CONSULTATION

During consultation you and your surgeon will discuss your preferences in size feel and appearance of your breasts. The surgeon will describe specific types of implants as well as options for surgical techniques.

Carefully review written information such as the patient information from the manufacturer of the implant that you will be given and keep copies for your records.

BEFORE YOU DECIDE TO HAVE SURGERY, CONSIDER THE FOLLOWING.

- Breast implants will not prevent your breasts from sagging. To correct sagging breasts you might need a breast lift in addition to breast augmentation.
- Breast implants are not guaranteed to last a lifetime. The average lifespan of an implant is 10 years.
- Implant rupture is a possibility.
- Breasts will continue to age and factors such as weight gain or weight loss might change the way your breasts look. These issues will likely lead to more surgery.
- Mammograms might be more complicated. In addition to routine mammograms you will require additional specialised views.
- Breast implants might hamper breast-feeding. Some women are able to successfully breast-feed after breast augmentation. For others however breast-feeding is a challenge.

- Medical aid does not cover breast augmentation unless it is medically necessary - such as after a mastectomy. Be prepared to cover the expenses including related surgeries or future imaging tests.
- You might need additional surgery after breast implant removal. If you decide to have your implants removed you might need a breast lift or other corrective surgery to help restore your breasts' appearance.
- You might need an MRI scan. It is recommended that an MRI is done after three years. However recent studies show that there is little data to support routine screening unless you have symptoms.
- You might need a baseline mammogram before your surgery.
- Some medications may be adjusted before the surgery as well. For example, it is important to avoid aspirin or other medications that can increase bleeding.
- If you smoke your surgeon will ask you to stop smoking for some time before the surgery.
- Arrange for someone to drive you home after the surgery and to stay with you for at least the first night.

WHAT YOU CAN EXPECT

- You will see breast augmentation incision sites.
- You will receive illustrations showing placement of breast implants.
- You will know the placement of breast implants.
- Breast augmentation can be done in a surgical centre or hospital outpatient facility. You will probably go home the same day. The procedure rarely requires a hospital stay.
- Sometimes, breast augmentation is done under local anaesthesia. You will be awake and your breast area is numbed. Often, though, breast augmentation is done under general anaesthesia, in which you are asleep for the surgery.

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DURING THE PROCEDURE

To insert the breast implant your surgeon will make a single cut (incision) in one of three places:

- In the crease under your breast (inframammary).
- Under your arm (axillary).
- Around your nipple (periareolar).

After making an incision the surgeon will separate your breast tissue from the muscles and connective tissue of your chest. This creates a pocket either behind or in front of the outermost muscle of the chest wall (pectoral muscle). The surgeon will insert the implant into this pocket and centre it behind your nipple.

When the implant is in place the surgeon will close the incision - typically with stitches (sutures) and bandage it with skin adhesive and surgical tape.

AFTER THE PROCEDURE

You may experience pain swelling and bruising for a few weeks after surgery. Scarring fades over time but does not disappear completely.

Your surgeon might prescribe pain medication as well.

While you are healing it might help to wear a compression bandage or sports bra for extra support and positioning of the breast implants.

Follow your surgeon's instructions about returning to regular activities. If you don't have a physically demanding job you might be able to return to work within a few weeks. You should avoid strenuous activities that could raise your pulse or blood pressure for at least two weeks.

While you are healing remember that your breasts will be sensitive to physical contact or jarring movements.

If your surgeon used sutures that do not dissolve on their own, or placed drainage tubes near your breasts, you will need a follow-up appointment for their removal.

Contact your surgeon if you notice warmth and redness in your breast or run a fever, have shortness of breath or chest pains.

RESULTS

Keep your expectations realistic and do not expect perfection.

Your breasts will continue to age after augmentation. Weight gain or weight loss might change the way your breasts look. You might need more surgery to correct these issues should you become dissatisfied with the appearance of your breasts.

VIVARI OVERNIGHT PACKAGES

OPTIONAL PACKAGES FOR HOTEL, RESTAURANT AND SPA
REFRESH One night full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
REVIVE Two nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
RENEW Three nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
<i>* Please note that packages exclude incidentals like drinks and any additional spa treatments.</i>





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