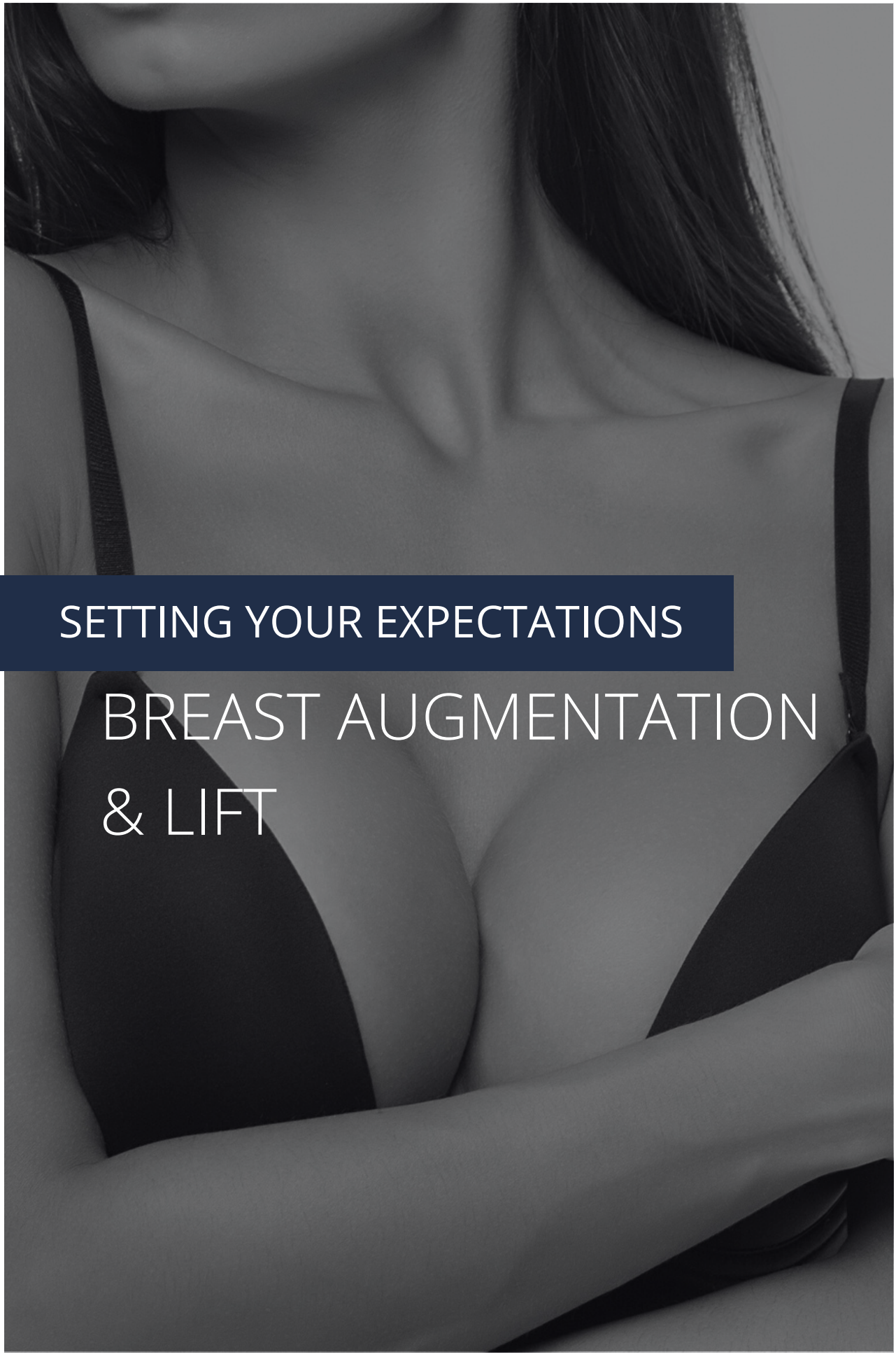


SETTING YOUR EXPECTATIONS

BREAST AUGMENTATION & LIFT

CosMediTour

WELCOME

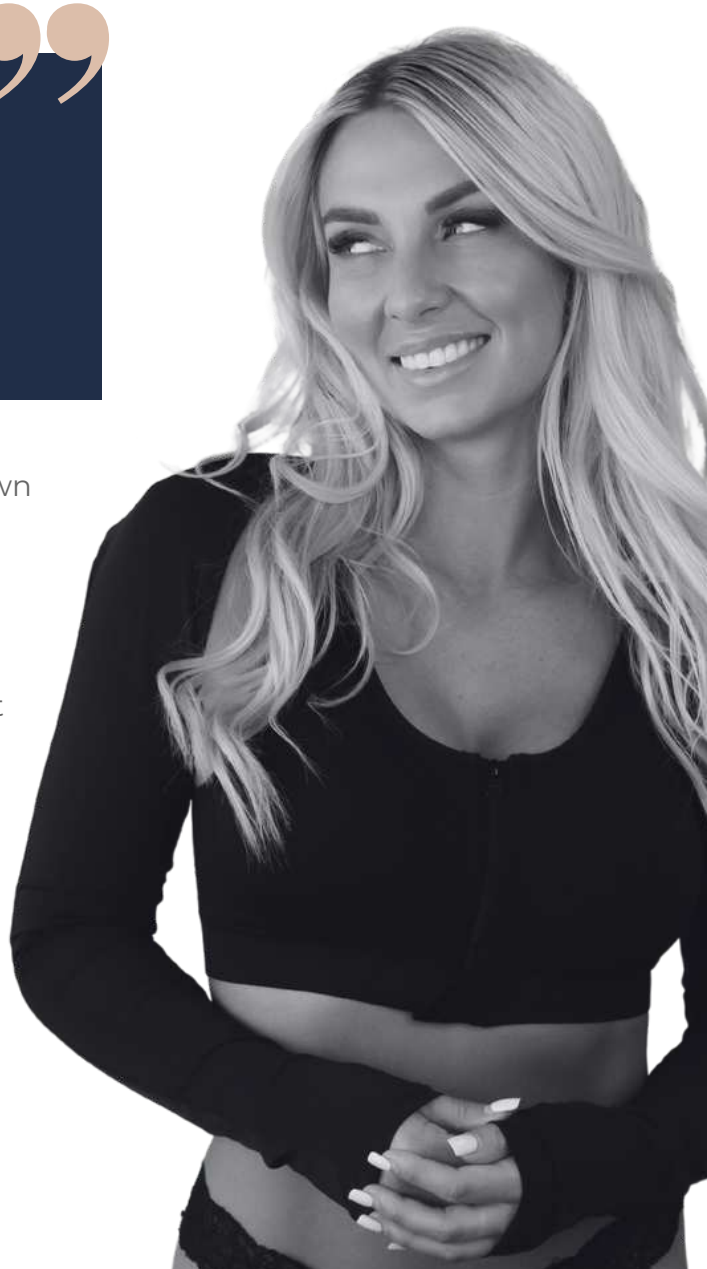
Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

> Helping you confidently prepare for your procedure is a privilege we take very seriously

We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.



Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

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INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

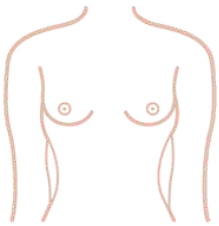
- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

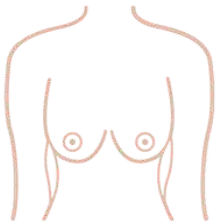
> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

PROCEDURE BENEFITS

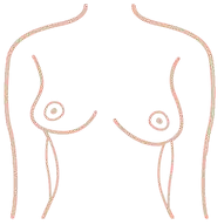
Breast implants can be used to:



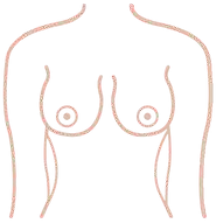
Increase breast size



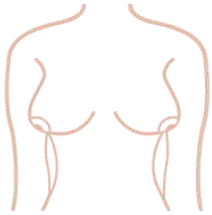
Restore volume



Correct asymmetries

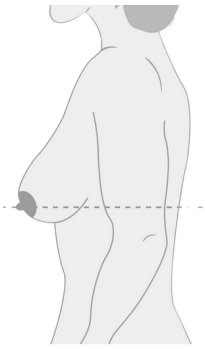


Provide a more rounded shape

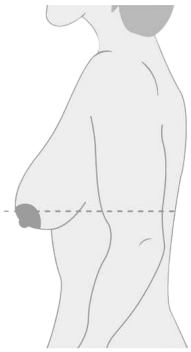


Enhance projection

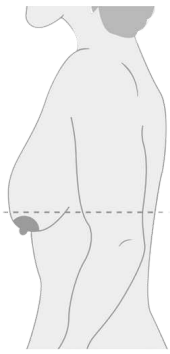
Breast Lifts are conducted to address Ptosis, which refers to sagging or drooping of the breasts. There are three degrees of Ptosis, categorised based on the position of the areola. Your specific degree of Ptosis will determine the surgical technique employed by your plastic surgeon.



Minor



Moderate



Severe

PLANNING YOUR PROCEDURE

Our Surgeons will work with you to develop a customised treatment plan based on your unique requirements & desired outcome.

When tailoring your procedure, skilled CosMediTour Surgeons carefully consider a number of physiological factors, beyond just your desired size outcome. These factors include:

- Your natural breast tissue & anatomy
- Your body proportions
- Skin thickness
- Skin elasticity

We encourage you to be open & realistic with your desired breast outcomes. Equally important is to consider the Surgeon's advice on what will work best for you & your body in the long term.

> Our experienced Surgeons will ensure that, together, you choose the right implants to suit your surgical goals while also considering correct form & symmetry.

DECISIONS WITH YOUR SURGEON

There are many things to consider when planning a Breast Augmentation & Lift. Your Surgeon will be able to guide you through the planning process. However, we also recommend you familiarise yourself with your options.

IMPLANT TYPE

All Breast Implants used by CosMediTour Surgeons are Cohesive Silicone Gel, otherwise referred to as 'gummy bear texture'. Cohesive Silicone Gel Implants are believed by many to feel more like real breasts than their Saline counterparts.

IMPLANT TEXTURE

The surface of Breast Implants are either Smooth, or a Micro or Nano Textured. The surfaces of smooth implants are softer, while the textured surfaces reduce movement risks.

IMPLANT SHAPE

Teardrop implants, also known as anatomical implants, are designed to mimic the natural shape of the breast with more fullness in the lower part & less fullness at the top. While Round implants are circular & symmetrical in shape. They provide more fullness & volume to the upper part of the breast, creating a more dramatic effect.

IMPLANT SIZE

Your Surgeon will be able to advise you on what will work best for your body, not just now, but in the future, when determining implant size.

PROJECTION

A breast implant's projection is how far forward it extends in front of your chest. The cup size increases as the profile increases.

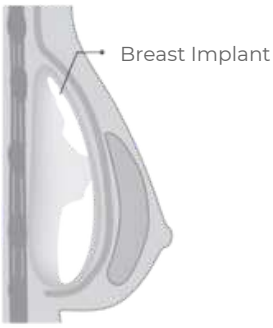
IMPLANT BRAND

CosMediTour offers premium implants by Motiva and Mentor. Motiva implants offer an additional feature known as Qid® technology, featuring a microtransponder chip for external scanning. This chip stores vital information like manufacturing date, implant type, size, and more. While optional, it can be useful in identifying the implant details, especially in the rare event of a product recall. This is an aspect you may want to discuss with your Plastic Surgeon to determine whether Qid® is the right choice for you.

You're in expert hands. Our Surgeons dedicate time to understand your unique concerns & surgical objectives before tailoring a treatment plan that's right for you & your body.

IMPLANT PLACEMENT

Breast implant placement is determined by numerous factors, including a client's skin, body composition, existing breast tissue, lifestyle & desired result. There are three implant placement approaches your Surgeon may take.

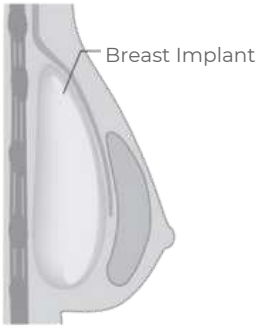


UNDER MUSCLE PLACEMENT

The implant sits under the pectoralis major muscle (the pec). This allows for layered cover over the implant, with soft tissue smoothing ridges that may otherwise form between the implant & skin.

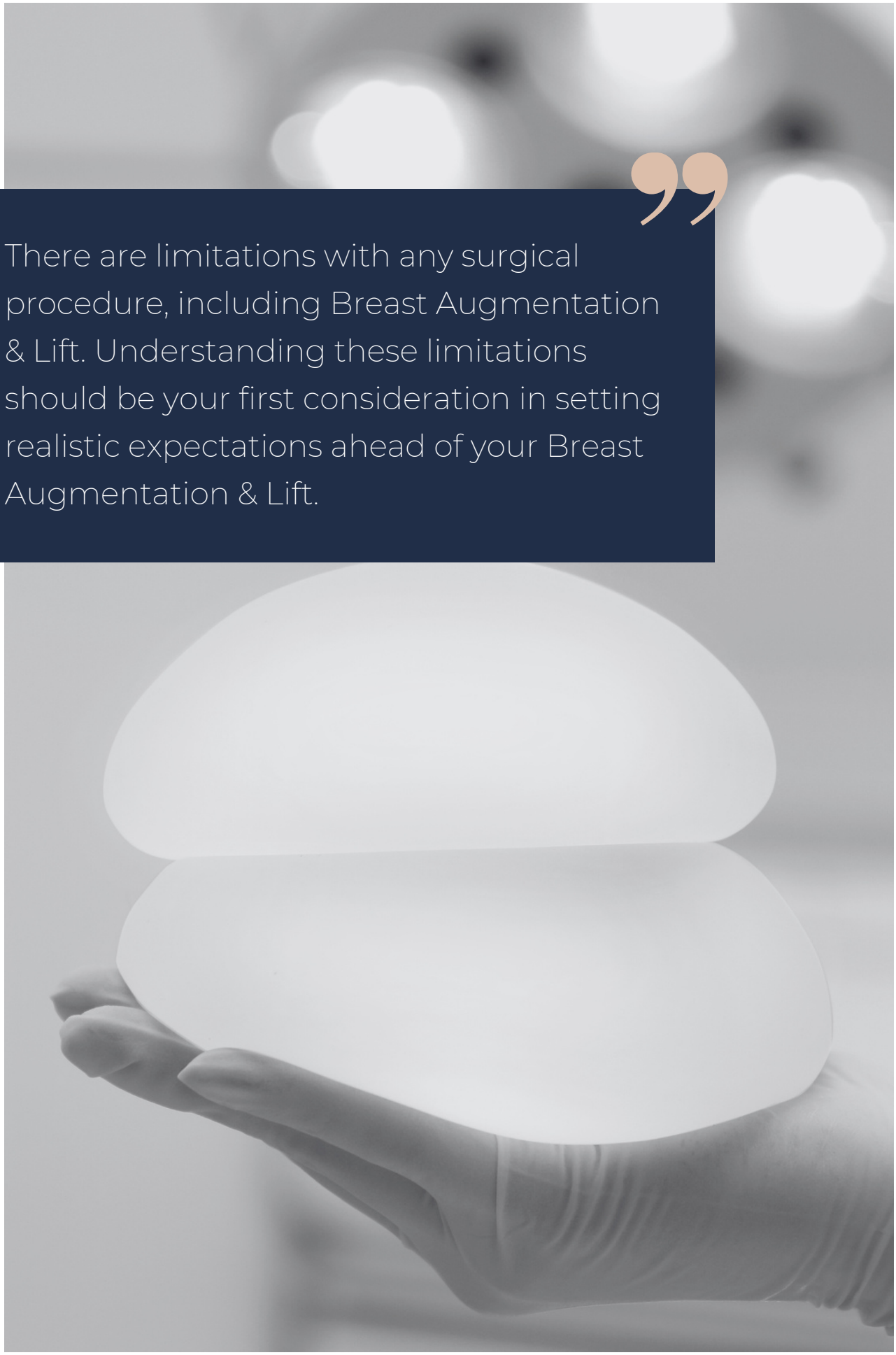
OVER MUSCLE PLACEMENT

The implants sits between the pec & the breast tissue. This allows the implant to push the breast into a more regular shape & is generally suited to clients with a good volume of natural breast tissue.



DUAL PLANE PLACEMENT

This is a combination Over & Under Muscle placements. The upper half of the implant is placed under the pec, while the lower half sits above it (under the breast tissue).



There are limitations with any surgical procedure, including Breast Augmentation & Lift. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your Breast Augmentation & Lift.

BE REALISTIC ABOUT YOUR RESULTS

BREAST AUGMENTATION & LIFT IS NOT GOING TO GIVE YOU SOMEONE ELSE'S BREASTS

The most important thing to remember when we're combining a Breast Augmentation & Lift is that the result will always be far more natural than a straight Breast Augmentation. Because there is existing tissue & sagging (or ptosis), your skin is not going to hold an implant, as high or as tightly as someone who is essentially flat before surgery. Even though the lifting technique will help reshape the natural breast, it will always be a more natural, low-lying outcome, when you're not wearing a bra.

Remember that your breast surgery is not giving you someone else's breasts. It is just enhancing your own breasts. This means it will magnify what is naturally there. Therefore, any characteristics that you notice now, will still be noticeable to some degree after surgery.

CLEAVAGE

Your cleavage will be dictated by how far apart or close together your breasts are before your surgery.

BREAST SYMMETRY

Complete symmetry is never realistic. If there are differences between your breasts now, you will still notice differences after surgery.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

To minimise the risk of disappointment, be sure to ONLY research results for:

- ☑ Those with a similar body type as you
- ☑ Those who have had the same procedure.

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources, or images of people in clothing or bikini tops. These images may not accurately represent surgical outcomes.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your procedure than you were expecting. For example, they may suggest a different sized implant or placement, or even a different surgical technique

We understand that in some cases, this may be disappointing. However, please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior and long lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

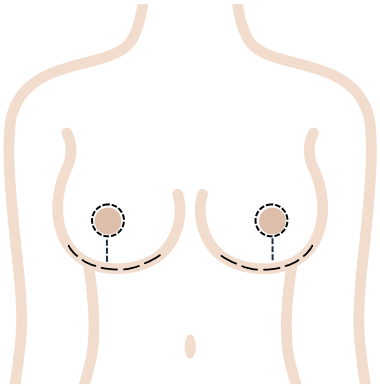
EXPECT SOME SCARRING

Your highly skilled Plastic Surgeon will do everything possible to minimise scarring. However, no matter how skilled your Surgeon is, you should expect a level of scarring after your surgery.

SURGICAL INCISIONS

Your Treatment Plan will outline the type and size of implant to be used and the surgical technique that will be used during your Augmentation & Lift.

The incision line will go around your areola, with a vertical line down to the breast crease and small horizontal line in the breast crease. Your Surgeon will try to minimise scarring where possible; but it is important that you understand that everyone scars differently, due to skin genetics.



PATIENCE IS KEY

Scarring is a natural part of the healing process and all clients will have visible scarring, to some extent after their procedure.

Everyone's scar management journeys are different and we encourage you to be prepared for this.

Some individuals have minimal scarring with minimal effort after surgery. While others will have more visible post-surgery scarring. Some clients also opt to invest in advanced scarring treatments (e.g. Laser Treatment) to improve their outcome.

Initially, scars may appear red, raised, or slightly discoloured. With time and proper wound care, your scars are likely to fade in the months following your procedure.

Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery recovery. During this time, it's important to trust the process and closely follow the tailored advice provided by your Surgeon. CLICK HERE for more information on Breast Augmentation & Lift recovery.

We're here to support you. If you'd like to discuss your Recovery, or if you have any concerns, please reach out to your Client Manager.

HOSPITAL STAY | Half Day - Overnight

In Australia, Breast Augmentation & Lift is typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Clients undergoing the procedure in Thailand are required to stay overnight.

REST TIME | 2 Weeks

Implants will appear high on the chest and feel tight. The slight discomfort clients may experience will subside within a few days.

- ☑ Use ice packs & pain medication to manage pain.
- ☑ Avoid driving and working for at least 2 weeks.
- ☑ Restrict exercise to gentle walking for the first 6 weeks
- ☑ Avoid upper body workouts and strenuous activities for 3-6 months.
- ☑ Wait 6 weeks to resume pool, hot tub, spa, or ocean activities.
- ☑ Sleep on your back with a slight upward incline for at least 6 weeks, or follow your surgeon's guidance.

RECOVERY TIME | 6 Weeks

To ensure optimal healing, post-surgery support garments must be worn for 6 weeks. Prolonged use of a support bra enhances lasting results.

SETTLING PERIOD | 6 - 9 Months

Implant appearance will change & settle over the next 6 to 9 months.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

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CosMediTour

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