

# Your Health Q&A

**Yattar Yattar** went to meet consultant cosmetic surgeon Mr Fahmy to find out about breast enhancement

**Q Do patients research before coming for a consultation with you?**

**A** 'The majority of our patients have been thinking about it for a number of years, and when I first see them for the initial consultation the majority have decided to go ahead. Some have looked around and also met other surgeons.'

**Q How do you and your patient decide what shape and size breasts are best?**

**A** 'There are lots of considerations, such as the patient's body shape, symmetry, her shape and size – plus what is the patient hoping to achieve. Some want to look as natural as possible, some want to be as large as possible.'

**Q Can breasts be too big?**

**A** 'It depends how much the skin will stretch, this is the most common limitation plus the width of the chest to accommodate the implant. We will advise patients but everyone's perception of themselves is different and that is why it is important to respect patient's wishes, taking into account the surgical limitations.'

**Q What is the most common size?**

**A** 'Actually, double D is the most popular size! Patients who pay for a procedure want to see a difference, and see breast size as a reflection of their femininity. They also want to be able to wear different clothes, such as strapless dresses.'

**Q How much does it cost?**

**A** 'Spire Yale will be able to provide you with a fixed quote for your surgery. Everything that goes into the whole treatment is included – the hospital facilities, the surgeon, anaesthetist, the cost of the implants and staying on a ward.'

**Q Why do prices differ?**

**A** 'Some places are cheaper but bear in mind the quality of breast implants varies. Quality of care can also vary – for example you may not see a consultant throughout your whole treatment.'

**Q Does breast enlargement hurt?**

**A** 'No – pain is not a common complaint. Its all on the surface of the body, just under the skin so it is not as invasive. There is slight discomfort caused by skin being stretched by the implants, but the use of normal painkillers such as paracetamol is sufficient.'

**Q Are the implants safe?**

**A** 'The implants are either silicone or saline. Saline is mostly used for reconstruction because you can inflate them over a period of time. Silicone are the most natural and the most popular. All the studies and research done confirm the safety of breast implants with no general effect on the body.'

**Q Do implants need replacing?**

**A** 'People think you need to replace implants after 10 years but this is not the case. Only replace if there is a problem. There is no shelf life time, as such. The implants we use have a lifetime guarantee.'

**Q Can I check for breast lumps?**

**A** 'Absolutely. The implants are placed behind the breast tissue (and sometimes behind the pectoral muscle as well – it just depends on the patient) so we encourage patients with implants to examine their breasts in the normal way. If you go for a mammogram then tell the radiographer you have implants so that they take this into account.'



**Q What are the effects for the patient?**

**A** 'You can see a definite improvement of their self esteem. I do a follow up consultation a year after surgery, and I notice that patients carry themselves differently, wear different clothes, have a different hairstyle and overall see a transformation of their image.'

**Q Is age much of a factor?**

**A** 'Generally speaking, no. Your general health and suitability of the surgery tends to influence the decision making rather than age.'

**Mr Fahmy S Fahmy, FRCSI (plast)**

has been a consultant plastic, cosmetic and reconstructive surgeon since 2001 and is a full member of the British Association of Aesthetic Plastic Surgeons (BAAPS). His work is divided between NHS and private practice in Chester and Wrexham. You can email Mr Fahmy on [info@cosmeticplastic.co.uk](mailto:info@cosmeticplastic.co.uk) or contact his secretary on 0800 756 9828 or 07949 515013.



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