



**Dr A Anzarut, MSc, CIP, MD, FRCSC**

**Plastic and Cosmetic Surgery  
ASSH Fellowship trained hand surgeon**

201 – 2763 Beverly Street, Duncan, BC

Tel: (250) 597-2064

Fax: (250) 597-1297

Email: [dranzarutplastics@gmail.com](mailto:dranzarutplastics@gmail.com)

Web: [www.dranzarut.com](http://www.dranzarut.com)

---

## **BREAST AUGMENTATION SURGERY**

### **WHAT IS A BREAST AUGMENTATION?**

Breast Augmentation is also known as augmentation mammoplasty. This procedure involves using implants to fulfill your desire for fuller breasts or to restore breast volume lost after weight reduction or pregnancy. If you are dissatisfied with your breast size, augmentation surgery is a choice to consider. Breast augmentation can increase fullness and projection of your breasts, improve the balance of your figure and enhance your self-image and self-confidence. As a certified plastic surgeon Dr. Anzarut is trained in the art and science of aesthetic breast surgery. He has published his research on breast surgery in the prestigious journals including the Journal of Plastic and Reconstructive Surgery and the Annals of Plastic Surgery.

*Anzarut A, Edwards DC, Calder K, Guenther CR, Tsuyuki R. [Superior pedicle breast reduction techniques increase the risk of postoperative drainage](#). Ann Plast Surg. 2008 Apr;60(4):367-71.*

*Anzarut A, Guenther CR, Edwards DC, Tsuyuki RT. [Completely autologous platelet gel in breast reduction surgery: a blinded, randomized, controlled trial](#). Plast Reconstr Surg. 2007 Apr 1;119(4):1159-66.*

### **WHO IS A GOOD CANDIDATE FOR BREAST AUGMENTATION?**

Candidates must be in good health, have no active diseases or serious, pre-existing medical conditions, and must have realistic expectations of the outcome of the surgery. Typically, patients who benefit most from breast augmentation are unhappy with the size or shape of their breasts due to asymmetry or disproportion. You should not have a breast augmentation if you plan to lose a significant amount of weight. Women who are currently pregnant or nursing should not have a breast augmentation. Some women may also require a breast lift (mastopexy) in order to achieve the best possible result. Dr. Anzarut will be able to determine this at the time of your consultation.

## **HOW IS THE PROCEDURE PERFORMED?**

Incisions vary based on the type of implant, degree of enlargement desired, your particular anatomy, and patient-surgeon preference. They are made in inconspicuous areas to minimize visible scarring. You and your plastic surgeon will discuss which incision options are appropriate for your desired outcome. Implant type and size will be determined not just on your desired increase in size but more importantly on your breast anatomy, skin elasticity and body type.

### **Options for Breast Implants:**

Saline implants are filled with sterile salt water. They can be filled with varying amounts of saline which can affect the shape, firmness and feel of the breast. Should the implant shell leak, a saline implant will collapse and the saline will be absorbed and naturally expelled by the body.

Silicone implants are filled with an elastic gel. The gel feels and moves much like natural breast tissue. If the implant leaks, the gel may remain within the implant shell, or may escape into the breast implant pocket.

The method for inserting and positioning implants depends on the type of implant, degree of enlargement desired, your body type, and Dr. Anzarut's recommendations. Incisions are closed with layered sutures in the breast tissue and with sutures, skin adhesive or surgical tape to close the skin. Over time the incision lines will fade. The results of breast augmentation are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Satisfaction with your new image should continue to grow as you recover and realize the fulfillment of your goal for fuller breasts.

## **PLANNING FOR YOUR SURGERY**

First, schedule a personal consultation with Dr. Anzarut. Communication is vital in reaching your goals. You will have the opportunity to discuss your goals and the results you'd like to achieve. Dr. Anzarut will work with you to reach an understanding about what you can expect from this procedure and what long-term benefits you will experience. Every patient is different, and Dr. Anzarut will choose the surgical technique and treatment plan that is right for you. During your initial consultation:

- Provide a complete medical history. Include information about any previous surgical procedures; past and present medical conditions; and all medications or herbal supplements you are taking.
- Expect your surgeon to conduct a physical examination of the size and shape of your breasts, the quality of skin and placement of the nipples
- Measurements and photographs will be taken for your medical record.
- Be prepared to discuss possible risks and complications of the procedure.

## **PREPARING FOR YOUR SURGERY**

You will be given specific instructions on how to prepare for your surgery. Dr. Anzarut will instruct you on how to prepare for surgery, including guidelines on eating and drinking, smoking, and which vitamins and medications should be taken or avoided. You should arrange for someone to drive you home after your surgery, whether your surgery is done on an outpatient or inpatient basis. You may also want to make arrangements for someone to help you out for a day or two after you leave the hospital.

## **WHERE YOUR SURGERY WILL BE PERFORMED**

Your procedure will take place in the hospital or at an accredited outpatient surgical facility. The majority of these procedures are completed on an out-patient basis.

## **TYPES OF ANESTHESIA**

You'll remain comfortable throughout the entire procedure. In most cases, general anesthetic is used so that you will sleep throughout the procedure; although local anesthesia with intravenous sedation is also an option for some patients.