

GETTING THE PERFECT PAIR

Two doctors discuss cutting-edge breast augmentation techniques and how they result in less scarring and downtime.

AS TOLD TO JANINE OLIVEIRA

CASE STUDY 1

NAME: Patient 1*

PROCEDURE: Transaxillary endoscopic bilateral breast augmentation (BBA) done with silicone cohesive gel implants

PERFORMED BY: Dr. Jerome Edelstein

ELEVATE: What made you decide on breast augmentation surgery?

PATIENT: My entire life I had always been very small chested. I thought that eventually as I matured my breasts would as well. However, that was not the case. After years of thinking about it and trying to be satisfied with the way my body was naturally, I began to do more research and actually go to consultations.

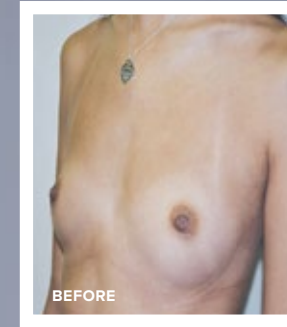
ELEVATE: Why did you decide on Dr. Edelstein?

PATIENT: While doing research online, I came across Dr. Edelstein's website. After looking at the before and after results, which all looked perfect, and reading about the procedure. Dr. Edelstein performs, I booked a consultation. At my consult I met with the staff and Dr. Edelstein and it was at that moment that I knew I did

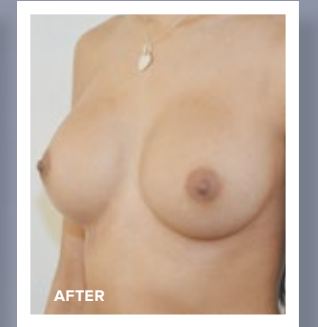
not need to look any further. I was very specific about my wishes to have silicone implants through transaxillary incision, as I did not want any scars. Other consults I went to did not offer this incision site at all. Dr. Edelstein and his staff made me feel comfortable and took the time to hear my thoughts and desires for the look I hoped to achieve.

ELEVATE: What did you experience during your procedure and recovery?

PATIENT: While waiting to have my procedure done, I felt very calm, which was unexpected. Recovery went very well. Dr. Edelstein gave me thorough and easy-to-follow post-operative instructions. I did not need pain medication after the second day since I only felt discomfort. I took five days off work but started to feel back to normal about a week or so after my procedure.



BEFORE



AFTER

ELEVATE: How did you feel about your new look after the procedure?

PATIENT: I am ecstatic about my new look. I love the way my breasts look and feel. They are soft and feel like they are a natural part of my body. In no way does it feel like there is a foreign object inside of me. This has changed my self-esteem dramatically. I feel so much better about my appearance, which has made me more confident. This was one of the best decisions I have ever made.

ELEVATE: What advice do you have for women thinking of getting this surgery?

PATIENT: My advice to others is to do your research on the procedure, as well as the surgeon you choose. I had so many questions about what size implant I should get and if I was looking for a moderate profile or a high-profile look. There are so many different aspects to take into consideration, such as height, weight and how much breast tissue you are starting off with. I looked at countless pictures, trying to imagine what my breasts would look like after the surgery, and Dr. Edelstein exceeded my expectations tremendously. If anything, I wish I had done it sooner. ▶

* Patient asked to remain anonymous.

CASE STUDY 2

NAME: Patient 2**

PROCEDURE: 24-hour Recovery Breast Augmentation

PERFORMED BY: Dr. Mahmood Kara

ELEVATE: What made you decide on breast augmentation surgery?

PATIENT: I decided to go ahead with breast augmentation surgery because I felt that my upper body was very disproportionate to my lower half. I wanted to feel more comfortable in my clothes and my own skin and also feel more feminine.

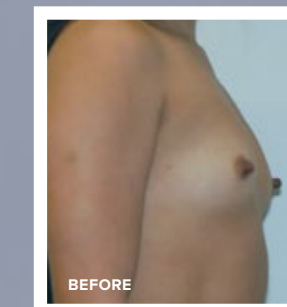
ELEVATE: Why did you decide on Dr. Kara?

PATIENT: I chose Dr. Kara because a co-worker of mine

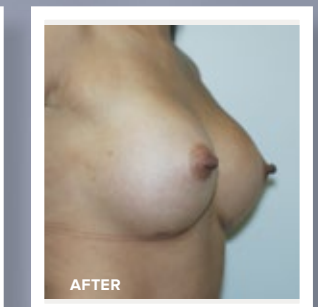
recommended him, and I knew a few other women who have had the same procedure with him. I liked their results and was really curious to learn more about the 24-hour recovery breast augmentation surgery.

ELEVATE: What did you experience during your procedure and recovery?

PATIENT: My procedure was very timely and effective, I was able to go home and go out to eat dinner the night of my surgery! The downtime was very minimal, and the pain was significantly



BEFORE



AFTER

less than I expected. I drove my car the next day, went out for a walk with a friend, was able to help myself out of bed and I returned back to work at the office after the weekend.

ELEVATE: How did you feel about your new look after the procedure?

PATIENT: After my procedure and looking at the end results, I

began to notice changes within myself. I found that I loved my new body and it showed mostly through my confidence level. Entering change rooms in clothing stores was no longer unbearable. I began walking with my shoulders rolled back, and I was just more comfortable in my own skin. ▶

** Patient asked to remain anonymous.

PHOTO: SHUTTERSTOCK

ASK THE DOCTOR

Dr. Jerome Edelstein, MD, FRCSC, Edelstein Cosmetic, edelsteincosmetic.com

ELEVATE: Tell me about this procedure and what makes it different from a routine surgery?

DR. EDELSTEIN: Firstly, we approach the breast through the armpit, so there are no scars on the breast. Secondly, an endoscope (a small video camera) is used to do all the internal surgery under direct vision: You are watching exactly what you are doing on a monitor. Finally, we are using a silicone cohesive gel implant rather than a saline implant. Saline implants were traditionally used to put an implant in through the armpit because they could be put in empty and filled. Now, with the use of newer techniques, we can insert a cohesive silicone gel implant through the armpit as well.

ELEVATE: Why was this patient an ideal candidate for this surgery?

DR. EDELSTEIN: She was medically fit for surgery, had reasonable expectations and understood the benefits and risks associated with the surgery. In addition, her nipple/areolas were a little on the small side, and the fold under her breast was not very well defined (the two other ways breast implants can be inserted).

ELEVATE: What can the patient expect during recovery?

DR. EDELSTEIN: After surgery, we usually recommend one week off work if you have a sedentary desk-type job, or two weeks if your job is more physical. Most patients find the pain to be less than what they thought it would be. We have our patients wear a band around their upper breast and chest for two weeks and keep them in a surgical bra (or an equivalent) for a total of eight weeks. Also, we recommend no exercise for three weeks.

ELEVATE: Why do you think breast augmentation surgery remains one of the most popular procedures performed?

DR. EDELSTEIN: Firstly, there are many women who feel like they have not developed to a size they like or have had children and now want back what they once had. Secondly, with medical advances over time, the procedure has become safer and the results have become better.

ELEVATE: What advice can you give patients who are unsure about getting breast augmentation surgery?

DR. EDELSTEIN: Come in for a consultation and explore your options before deciding.

ASK THE DOCTOR

Dr. Mahmood Kara, MD, FRCSC, Dr. Kara Plastic Surgery, drkara.com

ELEVATE: Tell me a bit about the procedure you performed on this patient.

DR. KARA: The procedure that was performed on this patient was our feature 24-hour recovery breast augmentation, a state-of-the-art procedure in which special techniques are combined with a specific post-operative routine.

ELEVATE: Why was this patient a good candidate for this procedure?

DR. KARA: All patients looking for breast implants are also good candidates for our 24-hour breast augmentation procedure. As an active young female looking to have fuller breasts, she wanted this procedure to complement her figure and attain a more feminine look.

ELEVATE: What were the patient's biggest concerns when coming to meet you for a consultation?

DR. KARA: The patient had concerns about the time needed for recovery and when she would be able to return to work. With the 24-hour breast augmentation surgery, most patients are able to perform normal activities (such as returning to a desk job or light household chores) the next day.

ELEVATE: What can the patient expect post-surgery?

DR. KARA: Most patients tolerate the discomfort post-surgery with the help of over-the-counter medications such as Advil or Tylenol. It typically feels like your breast milk is coming in, if you've ever been pregnant. Special compression garments, drain tubes and bandages are never needed for the 24-hour breast

augmentation surgery. This procedure also reduces trauma to the delicate tissues, which usually causes the pain, and safe cutting-edge techniques minimize bleeding and swelling.

ELEVATE: What advice can you give patients who are unsure about getting breast augmentation surgery?

DR. KARA: My advice to patients would be to choose a doctor with the most experience with this technique. I trained with Dr. Tebbetts when he introduced the technique in 1994 and have been performing it for more than 12 years now. Safety is always a priority, and it's important to choose a surgeon who places safety first. Our private operating facility is within the hospital at Rouge Valley Centenary for this reason. If there are any concerns, you would be within a hospital setting rather than a facility that is located outside of a hospital. ☺