

ULTIMATE GUIDE TO COSMETIC BREAST SURGERY



DR MARK GITTOS
SPECIALIST PLASTIC SURGEON

**PLASTIC
SURGERY
GUIDES**

WHAT OUR BREAST GUIDE WILL COVER

PAGES 1-4

BREAST SURGERY EXPLAINED

Breast Augmentation, Breast Lift
and Breast Reduction



PAGES 5-6

AM I A GOOD CANDIDATE?

PLANNING YOUR BREAST SURGERY | PAGES 7-9

- Implant Brand, Type & Texture
- Implant Size & Placement
- Incision Location
- Healing, Rest & Recovery



PAGES 11 -12 FREQUENTLY ASKED QUESTIONS

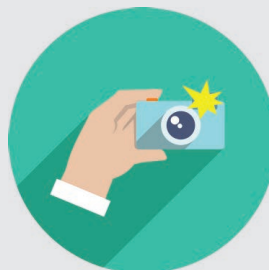


PAGE 14
ABOUT

DR MARK GITTOS

Specialist Plastic Surgeon

PAGE 15 YOUR NEXT STEPS



DR MARK GITTOS

SPECIALIST PLASTIC SURGEON

BREAST SURGERY EXPLAINED

What is...

BREAST AUGMENTATION

Breast Augmentation Surgery involves enlargement of the breasts through inserting implants into the breast area, usually in front or behind the pectoral muscle.

This procedure often appeals to women who have always had smaller breasts, or who once had larger breasts but have lost volume and shape due to fluctuations in weight, pregnancy, breastfeeding or other similar factors.

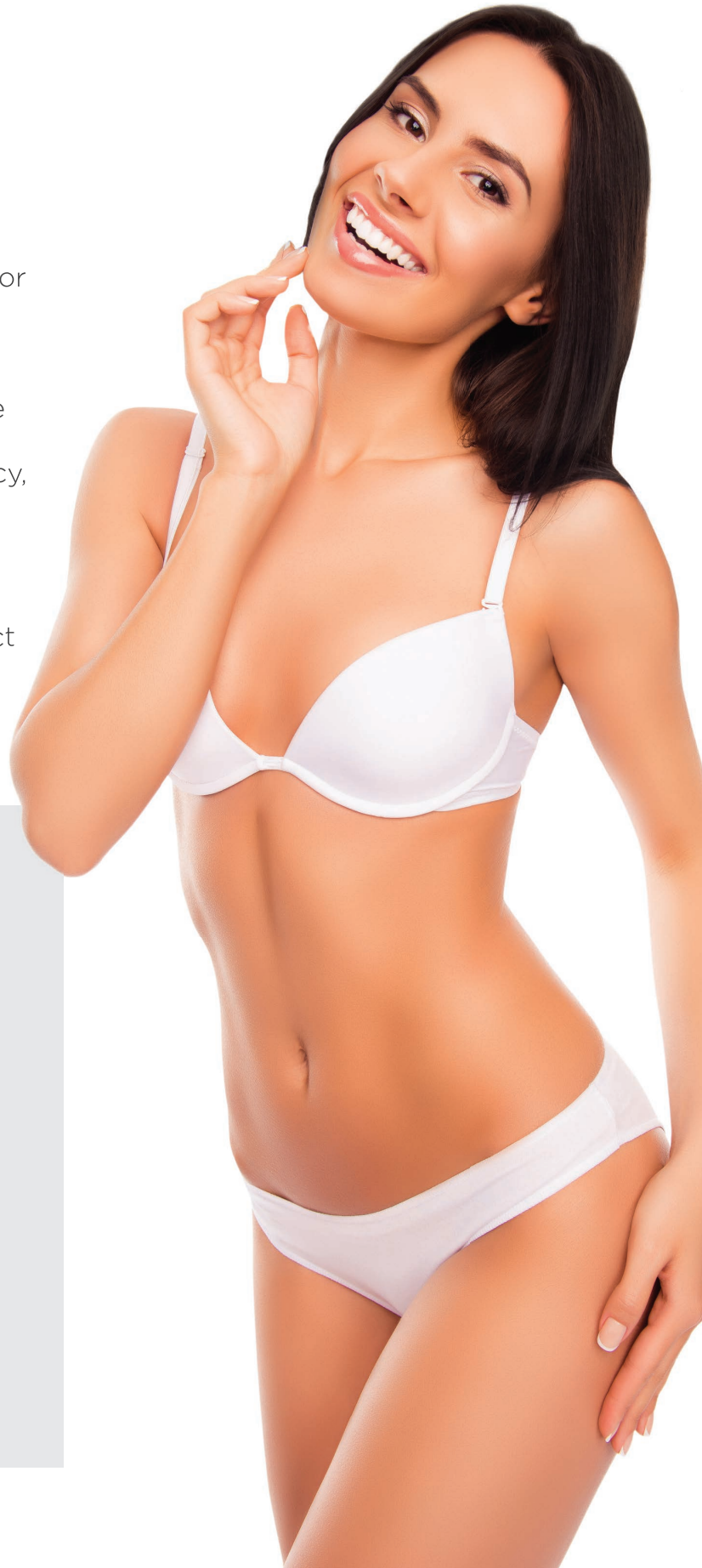
Breast Augmentation can often reshape the breasts, or be used in part to correct breasts of unequal size. This procedure cannot correct severely drooping breasts, which may require a Breast Lift, as well as an Augmentation to appear fuller and lifted.

BREAST LIFT (MASTOPEXY)

A Breast Lift or Mastopexy involves the reshaping and lifting of the breast to remedy severely droopy or sagging breasts.

This procedure can often be required for women following pregnancy, breast feeding, ageing or significant weight loss.

A Breast Lift can be combined with other surgical procedures. The most common being the placement of breast implants, to add shape and volume to the breasts as well as a lift.



BREAST SURGERY EXPLAINED

What is...

BREAST REDUCTION

Breast Reduction Surgery, also known as Reduction Mammoplasty, is a procedure involving the reduction of the size of overly large breasts.

This procedure removes excess breast fat, glandular tissue and skin to achieve a breast size that is more proportionate to your body. The breasts and nipples are also elevated to a more central position on the chest wall. If desired, the nipple can also be adjusted in size and shape.

A Breast Reduction is designed to help alleviate physical pains or social discomforts that may be experienced by women with overly large breasts.

CONFUSED? HERE'S A QUICK OVERVIEW.



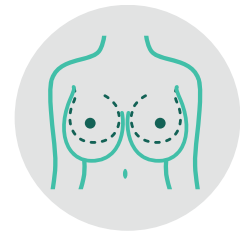
Breast Augmentation

- Implants are inserted into the breast area to increase size & volume.
- Can reshape or help to correct breasts that are asymmetrical.
- Cannot correct severely drooping breasts. (You will need a Breast Lift).
- Appeals to women with smaller breasts.



Breast Lift (Mastopexy)

- Severely drooping or sagging breasts are returned to a lifted position.
- Can be combined with implants to increase breast size as well as lift breasts.
- Ideal for women with drooping breasts following pregnancy, breastfeeding, weight loss or ageing.
- Nipple position can be corrected.



Breast Reduction

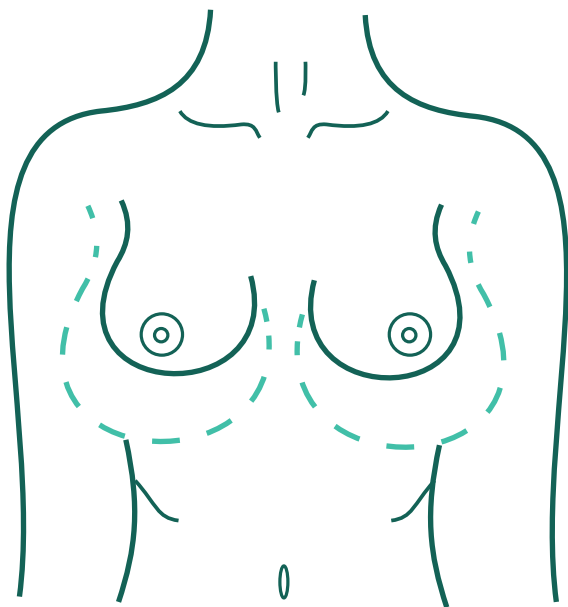
- Overly large breasts are reduced and reshaped.
- Removes excess breast fat, tissue & skin for smaller, firmer & more proportionate breasts.
- Ideal for women with painfully large breasts.
- Helps to achieve a more balanced silhouette and alleviate associated pain.

CHOOSING THE RIGHT SURGERY

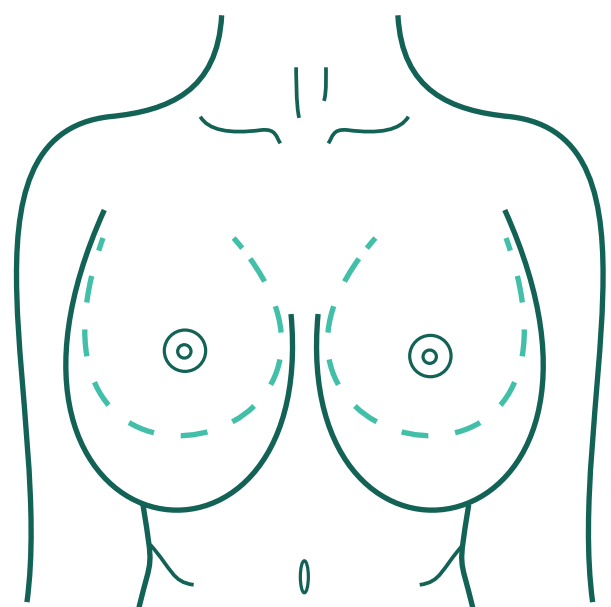
HOW DO I KNOW WHICH SURGERY IS BEST FOR ME?

- Are you unhappy with the size or shape of your breasts?
- Are your breasts smaller than you would like, but not overly saggy or drooping?
- Have you lost volume in your breasts and would like them to return to their previous size?
- Do you feel limited in your clothing choices due to your breast size?
- Do you believe the size of your breasts doesn't match the rest of your body?
- Are your breasts uneven or asymmetrical in size and/or shape?
- Do you have overly large, heavy breasts or large, asymmetrical breasts?
- Do you experience ongoing discomfort due to the size of your breasts?
- Is it difficult for you to find bras, clothes or swimwear that comfortably fits your breasts?
- Are your breasts disproportionate to your overall body size or physique?
- Do you have bra strap 'groove marks' in your shoulder skin?
- Do you feel that your large breasts make you appear heavy or frumpy?

You may want to consider Breast Augmentation Surgery



You may want to consider Breast Reduction Surgery



CHOOSING THE RIGHT SURGERY

HOW DO I KNOW WHICH SURGERY IS BEST FOR ME?

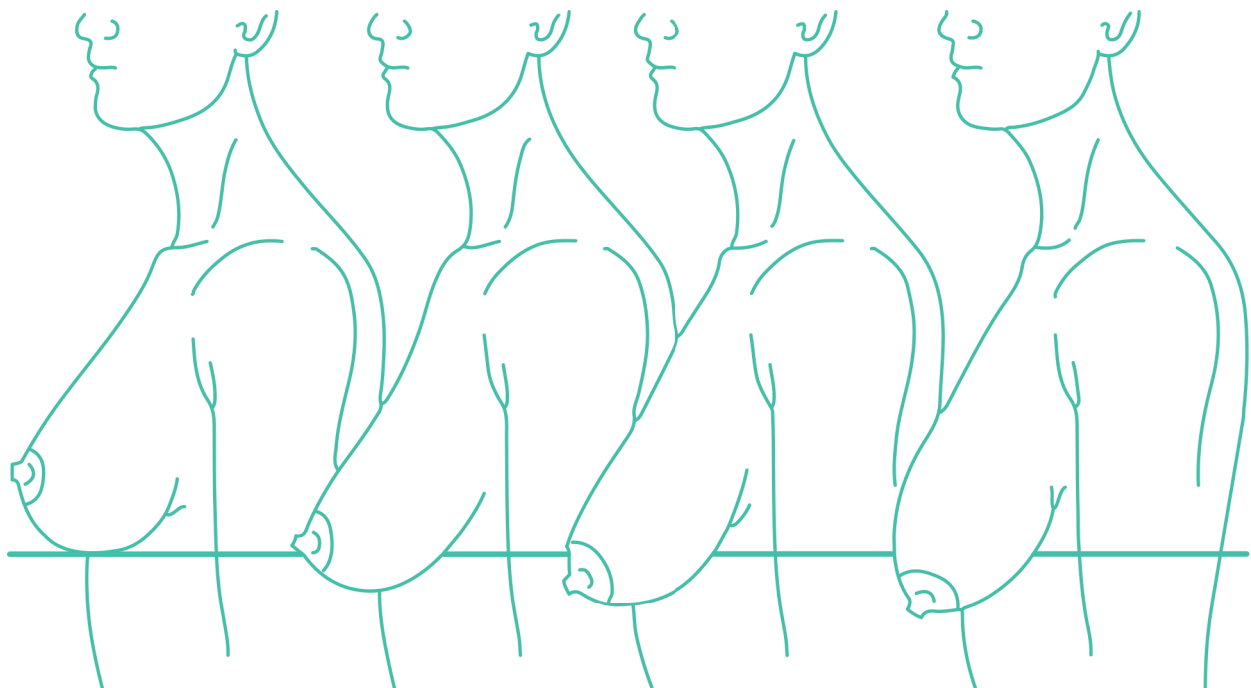
- Do you have significantly sagging or droopy breasts?
- Have you experienced major weight loss, pregnancy or breastfeeding that has left your breasts looking deflated?
- Are you unhappy or embarrassed by the way your breasts sit on your chest?
- Do your nipples point downwards?

If you still are unsure about which Surgery is best for you, Dr Gittos and his team can help you to determine the right Surgery for your desired outcome.

For further information and assistance, call the patient care team on **(+64) 9529 5352**.

If so, You may want to consider
A Breast Lift (Mastopexy)

DEGREES OF BREAST SAGGING (PTOSIS)



Normal

Grade 1 Ptosis:
Mild Sagging

Grade 2 Ptosis:
Moderate
Sagging

Grade 3 Ptosis:
Significant
Sagging

AM I A GOOD CANDIDATE?

IMPORTANT QUESTIONS TO CONSIDER BEFORE TAKING THE NEXT STEPS IN YOUR SURGERY JOURNEY



What size would I like my breasts to be?

If you are currently an A Cup Size but want to be a DD after your surgery, you may have unrealistic expectations of what can be achieved.

Why do I want Breast Surgery?

It is important that you want Breast Surgery for the right reasons and that you have realistic expectations of what your chosen surgery can achieve.

If you believe that the surgery will completely change your life, it is likely you will be setting yourself up for disappointment, no matter how good the results. Breast Surgery can greatly enhance your life, but it probably won't change it completely.

Am I in good health?

Before undergoing any surgery, you should be in a healthy state as like any other surgery, Breast Surgery requires a recovery period.

You will need to stop smoking for a minimum of six weeks leading up to your surgery to avoid complications and infections throughout the surgical & recovery periods.

Being in good health means you will have a better chance of recovering quickly and achieving the best possible results.



Have I chosen a highly qualified Specialist Plastic Surgeon?

The most important decision you will make when considering Breast Surgery is your choice of Surgeon. Unfortunately, there are Surgeons who perform Breast Surgery procedures that aren't properly qualified or experienced.

Be sure to ask your friend or family for their recommendations, do your research and to ensure you choose a qualified, experienced Specialist Plastic Surgeon who will deliver the best possible results.

AM I A GOOD CANDIDATE?

IMPORTANT QUESTIONS TO CONSIDER BEFORE TAKING THE NEXT STEPS IN YOUR SURGERY JOURNEY

Am I willing to work together with my Specialist Plastic Surgeon?

A properly qualified and experienced Surgeon will be able to perform your Breast Surgery to a high standard.

You must however be realistic with your expectations, and be willing to listen to your Surgeon's advice and communicate openly to ensure you are both on the same page. This will assist greatly with achieving the best possible outcome from your Breast Surgery.



Am I prepared for the required recovery period?

Recovery periods vary from person to person and will differ depending on your chosen surgery. As a general rule, you should expect to take 4-6 weeks after surgery to recover.

It is important that you are fully aware of the time you will need to take to recover properly and are prepared to work with your Surgeon, as well as attend the required post-operative consultations.



PLANNING YOUR SURGERY

BREAST AUGMENTATION

There are many aspects to consider when planning for Breast Augmentation Surgery, including the size, shape, type and placement of your implants.

Your Surgeon will guide you in choosing the best implant and procedure for you, although you should have an idea of your options when it comes to breast implants.

IMPLANT BRAND

Be sure to check what brand of breast implant your Surgeon uses as not all brands on the market are equal in reputation and longevity.

We use Motiva implants which have a great track record of durability, placement stability, longevity and breast shape control. They are a favoured prothesis by many top Surgeons performing Breast Augmentation procedures.

IMPLANT TYPE

Saline

Saline Implants are filled with sterile salt water. Some are pre-filled and others are filled during surgery.

Silicone

Silicone gel-filled implants are preferred by many women as they are believed to feel more like real breasts than saline implants. Both Saline & Silicone implants come in different sizes, shapes and textures.



IMPLANT SHAPE

Round

Round implants can create soft, round and nicely proportioned breasts and are available in different surfaces.

Anatomical

Anatomical implants tend to provide more contrast in shape between upper & lower parts of the breast.

They must have a textured surface to reduce movement within the breast pocket.

In women with moderate amounts of breast tissue, it can often be hard to tell what type of implant has been used.

PLANNING YOUR SURGERY

IMPLANT TEXTURE

Smooth

Smooth surface have a softer feel and generally are less likely to cause ripples that could show through the skin.

Textured

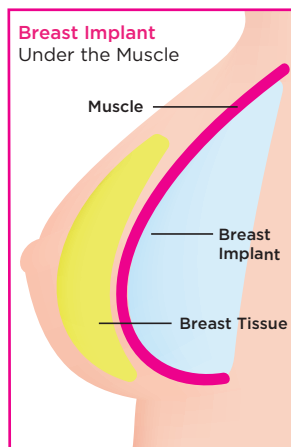
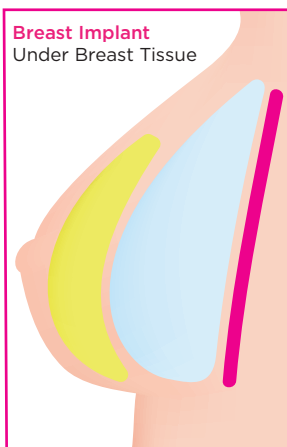
Textured implants reduce the risk of implant movement due to the rough surface that adheres to breast tissue.

IMPLANT PLACEMENT

There are three common approaches for Breast Implant placement.

- In front of the pectoral muscle
- Behind the pectoral muscle
- Partially behind the muscle

Each of these methods offer a different type of result. Your Surgeon will be able to recommend the best breast implant placement approach for you depending on your desired outcome.



PLANNING YOUR SURGERY

INCISION LOCATION

Inframammary Incision

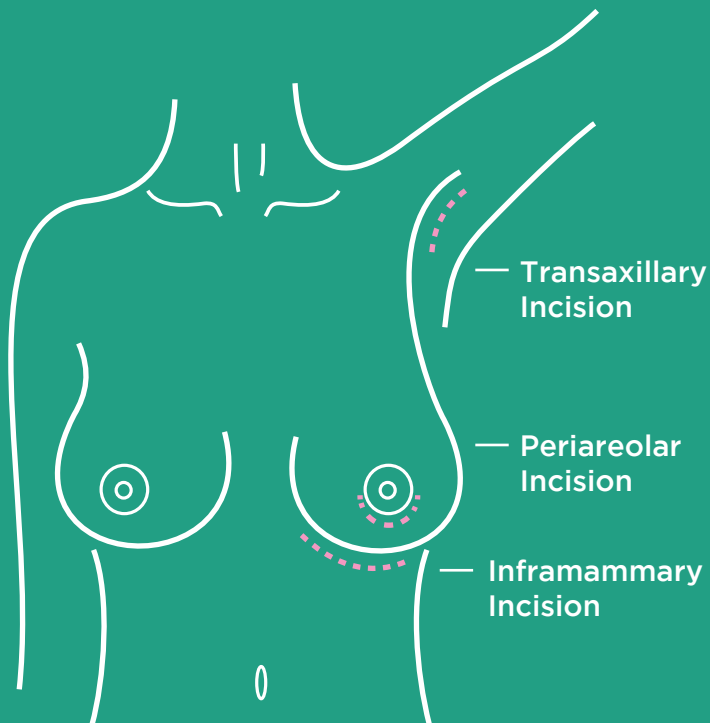
The most common incision which is made in the crease beneath the breast. This provides the most direct access & is the most reliable approach for achieving a symmetrical result.

Periareolar Incision

This incision is placed around the lower half of the areola at the junction with the breast skin to ensure the scar is less visible.

Transaxillary Incision

This incision is ideal for Asian patients and those prone to keloid scarring. It involves incisions into the armpit.



IMPLANT SIZE

Choice of implant size will vary from person to person and can depend on your body proportions & amount of breast tissue.

It is important to be realistic with your desired breast size and consider your Surgeons advice on what will work best for you & your body in the long term.

So, what will my Surgeon and I need to decide on?

Implant Brand - Be sure your Surgeon uses only a top quality implant brand.

Implant Type - Saline or Silicone?

Implant Shape - Round or Anatomical?

Implant Texture - Smooth or Textured?

Implant Placement - In front or behind your pectoral muscle?

Incision Location - Your Surgeon will help to decide the best incision location for your particular surgery.

Implant Size - A size that will work for you body shape & maintain long-term results.

An experienced and highly qualified Specialist Plastic Surgeon will be able to guide you to make the right decisions for your Breast Augmentation Surgery.

They will help to achieve the best possible results that are reflective of your needs and expectations.

REST & RECOVERY

WHAT YOU NEED TO KNOW ABOUT YOUR RECOVERY PERIOD

Post-Operative Recovery

Recovery periods will vary from person to person, although the general rule is that you should allow 4-6 weeks for recovery following your surgery.

You will need to work with your surgeon to allow for adequate and proper healing time. It is important to consult with your surgeon before returning to daily activities such as driving and exercise.

You must be willing to follow the instructions given to you by your surgeon, and attend all post-operative consultations.



Rapid Recovery Pack

Dr Mark Gittos and his team provide a Rapid Recovery Kit called 'Science & Love'.

This kit contains products proven to facilitate healing, as well as pampering products to use whilst recovering and resting.

Your Rapid Recovery pack will also include a guide book with the all of the relevant information you will need to know for the best possible recovery.



Maintaining Results

Keep in mind that your Breast Surgery results will likely be affected by pregnancy, breast feeding and dramatic changes in weight.

For younger women who are yet to start a family, you will need to consider the impact that pregnancy and breastfeeding may have on your Breast Surgery results.

To maximise the longevity and effectiveness of your surgical results, it is important to maintain a healthy, nutritious lifestyle following your surgery.

The Post-Surgery Basics

- The recovery period varies, although you should generally allow 4-6 for recovery following surgery.
- The Rapid Recovery Kit will help to facilitate healing and get you back on your feet as soon as possible.
- Breastfeeding & weight fluctuation can affect your Breast Surgery results.

FREQUENTLY ASKED QUESTIONS

YOUR COMMON QUESTIONS ABOUT BREAST SURGERY ANSWERED.

How much will Breast Surgery cost?

Your chosen Surgeon can offer you a price range for your surgery depending on the type of procedure, hospital and how long you want to stay in hospital.

At your initial consultation, you will be given a detailed quote for your chosen procedure. This will include a Surgeon's fee, Anaesthetist fee, Surgical Assistant and Hospital fees.

An approximate out-of-pocket expense for your Breast Surgery can be provided over the phone when you speak to our Patient Care Team on (+64) 9529 5352.



Will Breast Surgery affect breastfeeding later in life?

The answer to this question depends on what type of Breast Surgery you choose. For best results, it is often best to avoid incisions around the nipple areola complex, as well as breast implant placement above the muscle.

We recommend breast implants be placed below the muscle and incisions made under the breast. This allows for a lower chance of nipple sensation loss and best results if you are planning on breastfeeding children later in life.



What can I expect at my Initial Consultation?

At your initial appointment with your Plastic Surgeon you will typically:

- Have your photos taken
- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your surgery
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have all of your questions answered

FREQUENTLY ASKED QUESTIONS

YOUR COMMON QUESTIONS ABOUT BREAST SURGERY ANSWERED.

Will Breast Surgery hurt?

Every surgical procedure has associated discomfort, and everyone is different in how they experience pain.

The answer is yes, typically there will be pain associated with a Breast Surgery procedure but it should be well-managed by your Surgeon and Patient Care team.



How much pain should I expect?

It can be difficult to predict pain levels for each individual person as there are too many variables to consider. Pain is often subjective to each patient based on their perception and sensitivity to pain.

There are however, several things that can be done by you and your surgical support team to help with the initial post-surgery recovery period.

Whilst you may experience pain, particularly in the days following your Breast Surgery, it can be manageable by following your Surgeon's recommendations.



What steps can be taken to minimise pain?

Dr Gittos' approach to recovery is to do whatever he can to get you back to your normal life as soon as possible.

Dr Gittos and his team are dedicated to keeping you as comfortable as possible during your pre-operative sessions, your surgical procedure and your healing & recovery time following surgery.

A Post-Surgery Rapid Recovery pack is provided to patients which includes products proven to accelerate your healing and recovery.

Unanswered Questions?

For a bigger list of **FAQs** and more information on the surgical process, visit our website [via this link](#).

You can also get in touch with our team of Patient Care Advisors via phone **(+64) 9529 5352** or email enquiries@drmarkgittos.co.nz.

CHOOSING THE RIGHT SURGEON

PLASTIC VS COSMETIC SURGEONS

Not all Surgeons have the same experience or intensive training and testing qualifications. Be sure you learn the differences between a Plastic Surgeon and a General Surgeon, Cosmetic Surgeon or other type of Surgeon.

Anyone with an MBBS Qualification (Bachelor of Medicine or Surgery) can call themselves a 'Cosmetic Surgeon', however they may not have had the minimum 12 years experience and rigorous training that is required to become a Plastic Surgeon.



QUALIFICATIONS & EXPERIENCE

It is important to research a Surgeon's qualifications and experience before deciding on the Surgeon who will perform your procedure.

It is highly recommended that you choose a Specialist Plastic Surgeon who is accredited by a recognised association AND performs surgery in an accredited Hospital rather than a 'back room'. Look for members of FRACS - a distinction only awarded to specialist surgeons who have completed a minimum of 12 years medical and surgical education.

It may also be helpful to consider the recommendations of your friends & family, to have a better understanding of a Surgeon's experience and previous outcomes.



OPTIMISE YOUR EXPERIENCE

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a cheaper option for your surgery, choosing a highly qualified, experienced Plastic Surgeon who practices in Australia should always be a higher priority than the price tag. Your life is valuable.

Corrective Surgery can be extremely costly, painful and does not guarantee the results you originally wanted as not everything can be fixed. Whilst a cheaper option might look better for your wallet, it won't guarantee great results and many patients actually end up spending more than they bargained for on Corrective Surgery in an attempt to fix the mistakes of a less experienced surgeon.

SO, WHAT SHOULD I LOOK FOR?

- A local **Specialist Plastic Surgeon**, with the appropriate qualifications and recognised associations.
- A Surgeon who operates in an accredited hospital, not in the back-room of a clinic.
- Proven experience & examples from real patients or recommendations from your friends, family or GP.

ABOUT DR MARK GITTOS



ABOUT DR MARK GITTOS

Dr Mark Gittos is a leading Cosmetic Plastic Surgeon based in Auckland, New Zealand. He is also widely recognised in the UK and Europe as a leading specialist in the field of Cosmetic and Reconstructive Plastic Surgery.

Dr Gittos is one of New Zealand's most sought after Plastic Surgeons for natural-looking surgical outcomes and advanced techniques for breast, body and facial surgery.

He has a strong research and training background in breast reconstruction and extensive experience in cosmetic plastic surgery of the breasts.

Dr Mark Gittos has performed over 4,000 breast enlargements in his 26 years as a Specialist Plastic Surgeon and has lectured on and taught breast surgery over the globe.

As an international Plastic Surgeon, he also practices at The London Breast Clinic where he performs numerous breast enlargement, uplift and reduction operations each year.

COMMITMENT TO PATIENTS

Dr Gittos is committed to uncompromising personal service and technical excellence in the care of his patients. He will always give you an honest opinion – if a procedure is not right for you, or if your expectations are unrealistic, he will tell you.

He invests considerable time pre-operatively to ensure his patients are well informed on the benefits and risks of surgery and the likely outcome.

QUALIFICATIONS AND PROFESSIONAL MEMBERSHIPS

- **Bachelor of Medicine, Bachelor of Surgery (MB ChB)**
Auckland University Medical School
- **Fellow of the Royal Australasian College of Surgeons**
FRACS (Plast)



To learn more about the procedures Dr Gittos offers, please visit www.drmarkgittos.co.nz

YOUR NEXT STEPS...

GET IN TOUCH

Schedule a confidential consultation with Dr Mark Gittos by phone or send us an enquiry online via our website.



(+64) 9529 5352



www.drmarkgittos.co.nz



Locations: New Zealand and United Kingdom



JOIN OUR ONLINE COMMUNITY



Find Dr Gittos on **Facebook** at [/drmarkgittos](https://www.facebook.com/drmarkgittos) to keep up with the latest in Plastic Surgery news and clinic updates.



Follow [@drmarkgittos](https://www.instagram.com/drmarkgittos) on **Instagram** for more information, insightful updates and real patient before & after images.

General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients.