

case study

When Amy decided to undergo a breast augmentation to make her body shape more proportional, she visited Sydney plastic surgeon **Dr Kourosh Tavakoli**. Christine Doggett reports.



Actual Patient

Amy had been unhappy for some time with what she considered to be a lack of balance in her proportions. 'I didn't hate my breasts, but they were small in terms of my general body frame, and I was never confident wearing swimwear,' Amy says. 'I decided some time ago that I would have a breast augmentation when I turned 21, and it's one of the best things I have ever done.'

Amy did a lot of her own research on cosmetic surgery websites, and when she met Dr Tavakoli and his assistant Ellie at her first consultation she felt very comfortable. 'They answered all my questions and that gave me a lot of confidence,' Amy says.

Together Dr Tavakoli and Amy discussed the desired breast size for her. She was fitted with implants in a bra under a T-shirt to give an idea of the most realistic and natural look Amy could expect to achieve. 'Dr Tavakoli was very thorough,' Amy says.

'On the day of the surgery I was very apprehensive, even though my Mum was with me,' Amy continues. 'But Dr Tavakoli and Ellie were so friendly and made me feel very calm and comfortable. The surgery was over within an hour. I was a bit "groggy" after the anaesthetic, but after some recovery time I was able to go home on the same day.'

'I was very sore initially, which was to be expected, but within a week of resting at home I was able to move about and go the local shops and so on. I also had a great support network, which is important for anyone undergoing surgery,' Amy advised. 'My girlfriends were great and so was my Mum.'

'I think I had a very quick recovery – within ten days I felt great. I had taken two weeks off work and visited Dr Tavakoli once to have the dissolving stitches in the creases under my breasts trimmed.'

'My breast augmentation was performed just three months ago, and the procedure has done wonders for my confidence,' Amy says. 'I'm very happy and am ready to get out in my cossie. Bring on summer!' **acsm**



BEFORE



AFTER breast augmentation by Dr Tavakoli