



AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE

breasts

# Case Study: My Revision Breast Augmentation

ONE PATIENT REVEALS HOW A REVISION BREAST AUGMENTATION WITH SYDNEY PLASTIC SURGEON **DR KOUROSH TAVAKOLI** HELPED RESTORE HER SELF-CONFIDENCE. CAITLIN BISHOP REPORTS.

Before she met Sydney plastic surgeon, Dr Kouros Tavakoli, Renee had thought she would have to live with the distorted nipples, misaligned implants and aggressive scars she'd been left with after an earlier augmentation for the rest of her life. After years of deliberation, she went to see Dr Tavakoli, hoping he could return her breasts to a more natural-looking appearance.

'I was going to live with my breasts after the first operation, even though I felt embarrassed about their appearance,' says Renee, who had undergone her first augmentation aged just 18. 'It wasn't until I got married that I made the decision to have them revised.'

According to Dr Tavakoli, some of the issues Renee experienced following her initial augmentation were due to the placement of the implants. 'Renee's original implants had been positioned above the pectoral muscle, which is sometimes associated with a greater risk of implant movement and capsular contracture, where the implant hardens and distorts,' he says. 'In Renee's case, the implants had moved laterally and caused the skin to ripple and fold.'

'I had skin folds at the top of the implants, towards the chest, and on the sides of the implants, towards the middle of the cleavage,' Renee recalls. 'They were visible when

I was wearing a bikini and made the implants extremely noticeable and unsightly.'

Unfortunately the scars Renee had been left with beneath the breast crease had not healed well, and had widened due to the movement of the implants.

'The scars had tripled in length and increased in width; they were shiny white lesions over 1cm wide and around 10cms long,' recalls Renee. 'When I was lying down, if someone saw me naked, I couldn't have been more embarrassed – they were so obvious.'

Finally, because Renee's nipples weren't correctly positioned in her original surgery, her areolas had extended to cover a larger area than normal.

'With my original implants I would have been between a B and a C cup, but as the years progressed my nipples started to distort until they almost look bigger than my breasts,' Renee says.

It was with the help and support of her husband that Renee ultimately decided to have her breasts corrected. Having decided to approach Dr Tavakoli, Renee wasn't concerned by the prospect of surgery – she had been through it before – but wanted to know if, and how, her problems could be addressed. Fortunately, Dr Tavakoli was able to answer all Renee's questions.

'He explained he could fix my implants, improve the appearance of my scars and correct my nipples but it sounded as if I was falling apart – he had so much work to do,' Renee says. 'That's the only thing that slightly scared me. I was familiar with the procedure and the time leading up to surgery, but I had not grasped how much work was necessary to correct the previous surgery.'

Renee had a number of consultations with Dr Tavakoli, during which they discussed the surgery itself, how long it would take, the downtime that would follow and the reasons behind some of the existing complications. It was only after these in-depth conversations that Renee was reassured and became comfortable with what lay ahead.

According to Renee, Dr Tavakoli's team of expert nurses and relaxing clinic environment also helped put her at ease.

'It was as if I was at a five-star hotel; the nurses were so nice and the rooms are amazing,' says Renee. 'My initial consultation was the last appointment of the day and even though I arrived at 4pm, the nurses made me feel like I was the first appointment of the day.'

It was this attention to detail that left a lasting impression on Renee. As the nurses prepared her for surgery and Dr Tavakoli measured and marked her body, any last minute doubts Renee might have had were blown away by the quality of treatment.

'I couldn't believe it; they gave me a robe to wear and it was actually heated, like it had just come from the dryer. When they laid me down, instead of giving me a normal blanket, they gave me a specialised compression blanket before asking if I needed medication to calm my nerves,' Renee laughs. 'I almost forgot I was in there for surgery, it felt like I was in a day spa!'

Ultimately, however, it was the results of her surgery that Renee was most concerned about.

Although recovery took longer than expected, given the extent of correction required, Renee saw Dr Tavakoli weekly in the months following surgery.

'I made an additional appointment to see Dr Tavakoli to ask why I wasn't recovering well,' says Renee. 'He reiterated the extent of my reconstruction, which involved disturbing the muscle, making a pocket, disrupting the gland, fixing the scars and adjusting the nipple – that's a lot to recover from.'

Two months after her procedure and Renee is feeling energised and comfortable. The swelling has reduced and the outcome of Dr Tavakoli's work is made clear.

'I couldn't be happier,' Renee says. 'The results are great and only now do I realise how much my breasts were affecting my self-confidence. I keep asking myself why I didn't do it years ago!' **csbm**



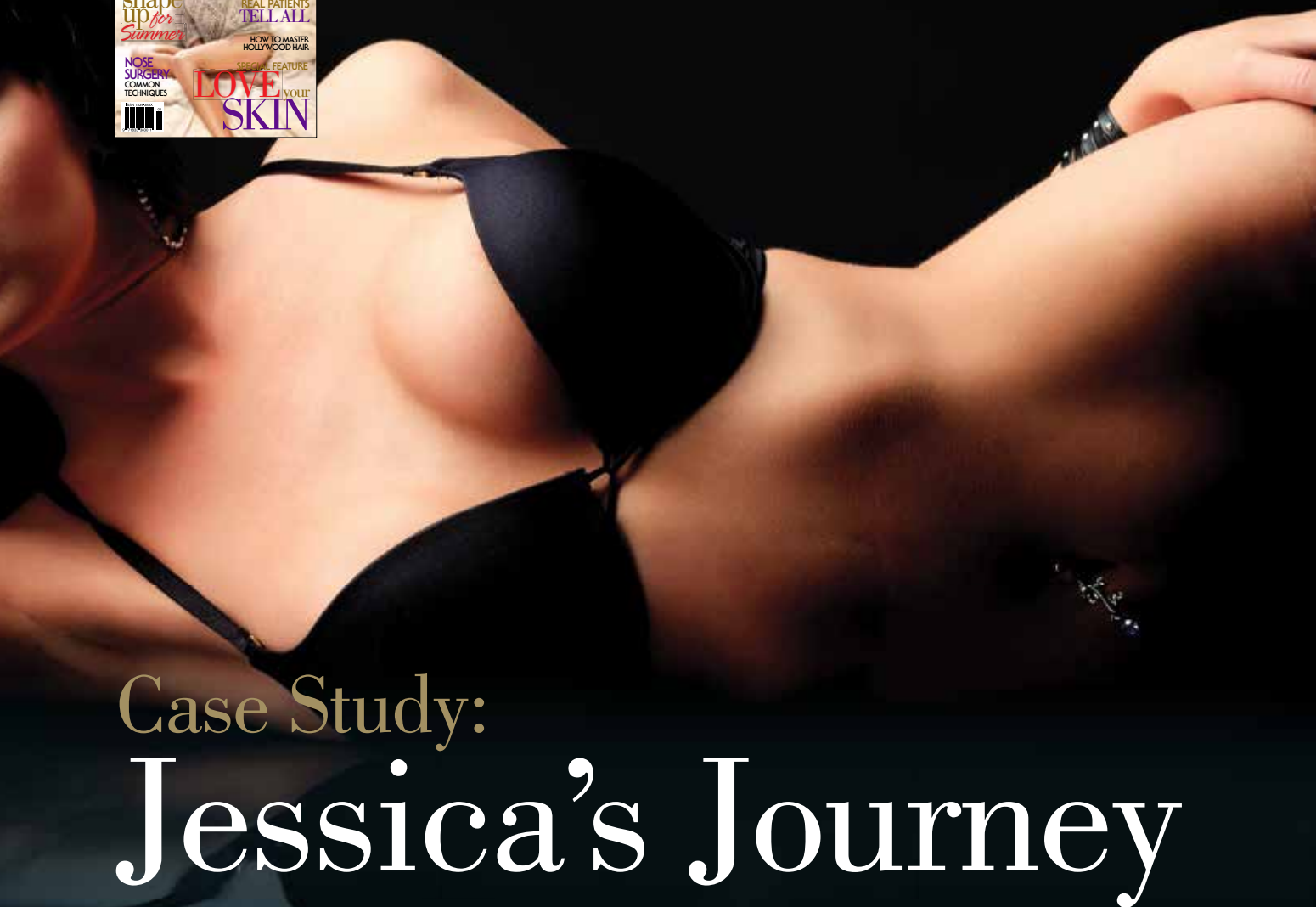
BEFORE



AFTER revision breast augmentation by Dr Tavakoli



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# Case Study: Jessica's Journey

ONE PATIENT DISCUSSES HER DECISION TO HAVE A BREAST AUGMENTATION WITH SYDNEY PLASTIC SURGEON **DR KOUROSH TAVAKOLI**. CAITLIN BISHOP REPORTS.

Like many women, it took a long time for Jessica to make the decision to speak to an expert about her desire for bigger breasts – and longer still before deciding to proceed with a breast augmentation. Surrounded by a loving and supporting family who encouraged her to accept her body the way it was, Jessica still struggled with the appearance of her 'flat chest' and, after four years of deliberation, she took the next step in her journey, approaching Sydney plastic surgeon Dr Kourosh Tavakoli.

'I had always been flat chested and didn't even fill an A cup bra. I had no cleavage or shape in my breasts and they were completely out of proportion with the rest of my body,' Jessica recalls.

Despite her obvious desire for a bigger bust, it was important to Jessica she found the right surgeon to perform her augmentation. 'I always wanted to see a specialist with a good reputation,' she says. 'Dr Tavakoli was recommended to me by a friend and I'd seen him in the media and knew he had performed a lot of revision work with good results.'

In her first consultation with Dr Tavakoli, Jessica was shown several before and after photographs to help her become familiar with the appearance of different size and shape implants on different body shapes. Dr Tavakoli took

extensive measurements and discussed Jessica's reasons for choosing to undergo breast augmentation surgery.

'He measured the width between my nipples as well as the height of my breasts,' Jessica says. 'He measured my waist because I specifically requested implants that were in proportion with the rest of my body. We also discussed the reasons why I wanted a breast augmentation and I was able to tell Dr Tavakoli it was a personal decision I had considered extensively.'

Jessica was able to 'try on' a number of different cup sizes to get a better feel for the kind of result she would be happy with. Given her desire for a more proportioned body shape, Dr Tavakoli suggested an implant size bigger than that Jessica had originally anticipated. After measuring her body, Dr Tavakoli suggested the bigger size would be more effective in bringing her hips and shoulders into proportion.

'I have quite broad shoulders, so I could afford to go a size bigger than I'd anticipated,' Jessica explains. 'Dr Tavakoli actually ordered two different sized implants for my surgery. In the operating theatre he initially inserted the 400cc implants but, because I had so little breast tissue, they stretched the skin too much. The 375cc looked more natural, though it was still a size bigger than I had originally thought.'

Leading up to surgery, Jessica still had a number of questions and was able to speak to both Dr Tavakoli and his nurses following her initial consultation in order to lay any final concerns to rest.

'It was quite a quick process, and was only about three to four weeks from the initial consultation to the operation,' Jessica says. 'Through this time I was still debating whether I wanted the bigger size and I often called the nurses at Dr Tavakoli's clinic asking them different questions. They were very patient and extremely kind.'

Although she had uncertainties over the size of implants, the surgery itself didn't faze Jessica. 'I wasn't too nervous coming into the surgery,' she says. 'Dr Tavakoli had explained everything in detail, which made me feel comfortable throughout. I never felt rushed, as he would always sit down with me and ask, "Do you have any questions?" or, "Is there anything you want to ask me?" This was great for someone who'd never experienced any cosmetic procedures before.'

Jessica tackled her recovery, too, with ease. Having been prepared to spend days in bed, Jessica was surprised to find she was out of bed after day one, and not in need of

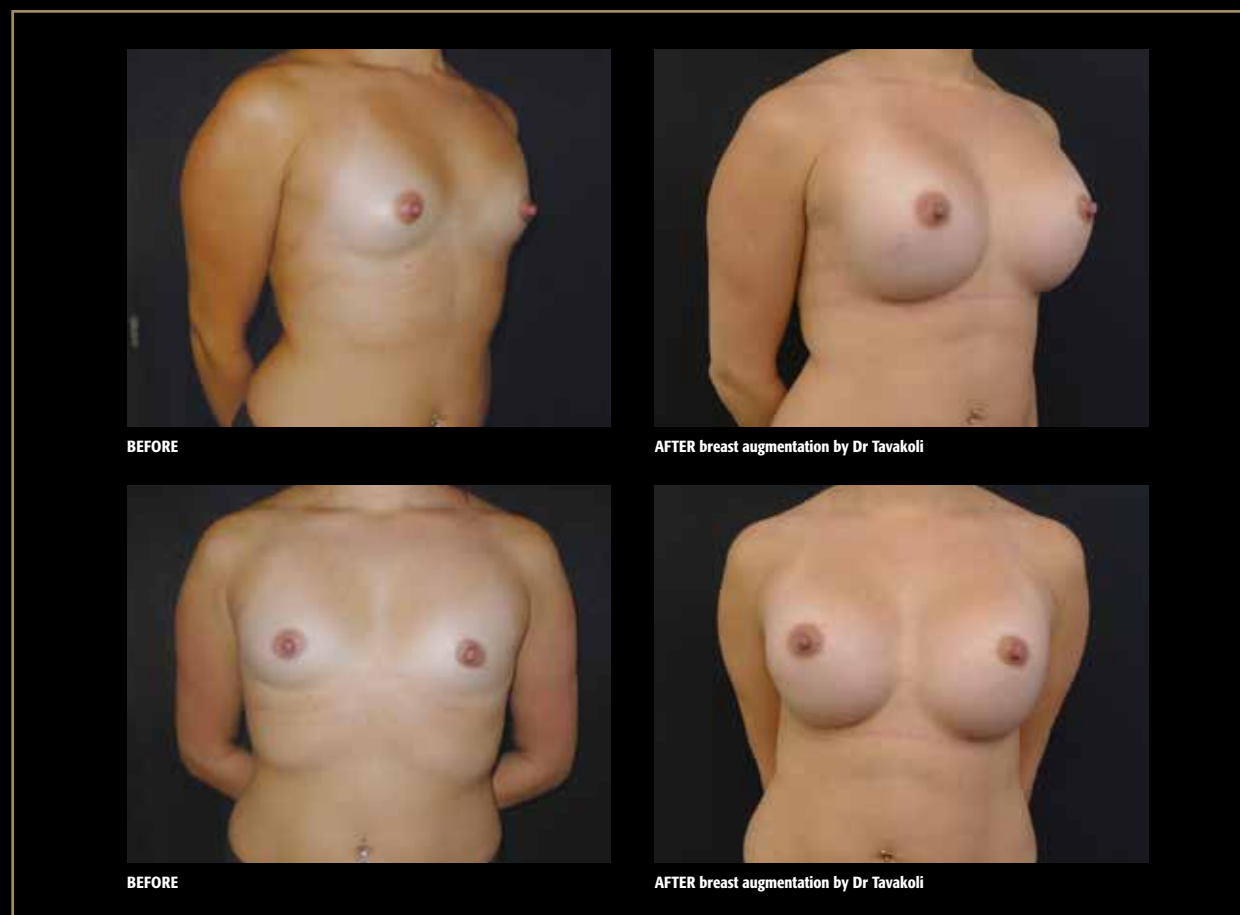
the pain-killers she'd been prescribed.

Now, three months after her operation, Jessica is back at the gym and this, alongside regular cycling and walks with her dog, is aiding her speedy recovery.

'After surgery I had prepared myself to be immobile and uncomfortable,' Jessica says. 'The first day I was a little sick due to the anaesthetic but other than that I was fine. Everything was much neater than I had expected – the wounds had no leakage, they didn't even look like wounds, they were so clean and neat.'

Now able to see the final results of her surgery, Jessica is happy with the size of her breasts and feels confident in her long-debated decision. 'It was one of the best things I've done. It's the little things, like trying on clothes I'd bought before the operation and being able to fill them out, having tops fit properly and having clothes look right on my body – it's really helped my confidence,' Jessica says.

'It's funny, everyone who told me I didn't need surgery has had a complete attitude change. My mum and dad now realise I was doing it for the right reasons - to bring my body back into proportion. I don't know why I didn't do it ages ago.' **csbm**







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# Case Study: Treating Symmastia

ONE PATIENT DESCRIBES HOW SYDNEY PLASTIC SURGEON **DR KOUROSH TAVAKOLI** RESTORED HER BREASTS BOTH ANATOMICALLY AND AESTHETICALLY. CAITLIN BISHOP REPORTS.

Having undergone both a breast augmentation and a corrective operation on her breasts in the last year, Sarah's breast tissue had begun to tear from her breastbone, causing progressive discomfort and increasing disfigurement. The condition, termed symmastia, is a rare complication of breast augmentation surgery and occurs following the over-dissection of breast tissue. As the muscle and fat detach from the breastbone, the breast tissue of both breasts begins to merge, creating the appearance of a 'uni-breast'.

After calling a dozen Sydney plastic surgeons hoping to find one trained in treating her condition, Sarah came across Sydney plastic surgeon Dr Tavakoli.

'In treating symmastia, a revision surgery is required to reattach the chest muscles to the breastbone using permanent internal sutures,' explains Dr Tavakoli. 'This is accompanied by a procedure to reposition the implant, often using sutures in the breast pocket to prevent implant migration from occurring again.' Although some doctors use two surgeries to achieve this restoration, Dr Tavakoli performs it in one.

After extensive research into the condition and the specialised surgery required to correct it, Sarah approach Dr Tavakoli, who explained during her first consultation what sort of implants were needed and suggested a different size and shape of implant to better suit Sarah's body.

'I needed a lift, reduction, new implants and the muscle reattached,' Sarah recalls. 'During two consultations Dr Tavakoli showed me the type of implant he would use to prevent further complications. He took extensive measurements and suggested I opt for smaller implants, before outlining exactly what the surgery would involve and what to expect afterwards.'

Because of the urgent nature of her condition, Sarah was taken through the preparation period as quickly as possible and found herself in the operating theatre just two weeks after her initial consultation.

'The level of discomfort and the amount of damage

still being caused to my muscle meant it was an urgent procedure,' Sarah says. 'Dr Tavakoli wanted to treat it as quickly as possible, to prevent further damage.'

Remarkably, Sarah arrived at Dr Tavakoli's day surgery at 7am on the morning of her operation and left the clinic no later than midday. 'I'd spent so long in hospitals and day surgeries because of my breasts, I just really wanted to go home.'

Not letting her leave without ensuring she was equipped with all those things needed for a successful recovery, Dr Tavakoli gave Sarah medication to manage the discomfort and confirmed she had someone to transport her home and monitor her from there.

After recovering quickly from her previous operations, Sarah did not expect to be incapacitated for long. Considering the extent of her operation, Dr Tavakoli predicted she would be in bed for three days following surgery, but Sarah was up and moving after day one.

'The first day I was in bed the whole day, which I expected, but I was up the second day and it only took about a week for me to move normally without discomfort,' she says.

'I'm still recovering now, four and a half weeks after surgery, but I'm back in the gym and training regularly,' Sarah says. 'The only thing that causes me difficulty is my chest muscle because its not working fully yet. I still use the treadmill and lift weights and Dr Tavakoli says it will take up to eight weeks before I can use my chest muscle again.'

At four and a half weeks post-procedure, the swelling has now subsided and the results of the procedure are now visible.

'I'm so pleased with the results,' says Sarah, who adds that she was happy the second she walked out of the surgery. 'Before Dr Tavakoli's surgery it looked like I had one big breast, it was shocking. I'd had thousands of dollars worth of work done on my breasts, yet I couldn't even wear a V-neck top. It was devastating.' Now, the situation has been reversed and the prospect of wearing low-cut tops during the impending summer months poses no problem. **csbm**







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ACTUAL PATIENT OF DR TAVAKOLI

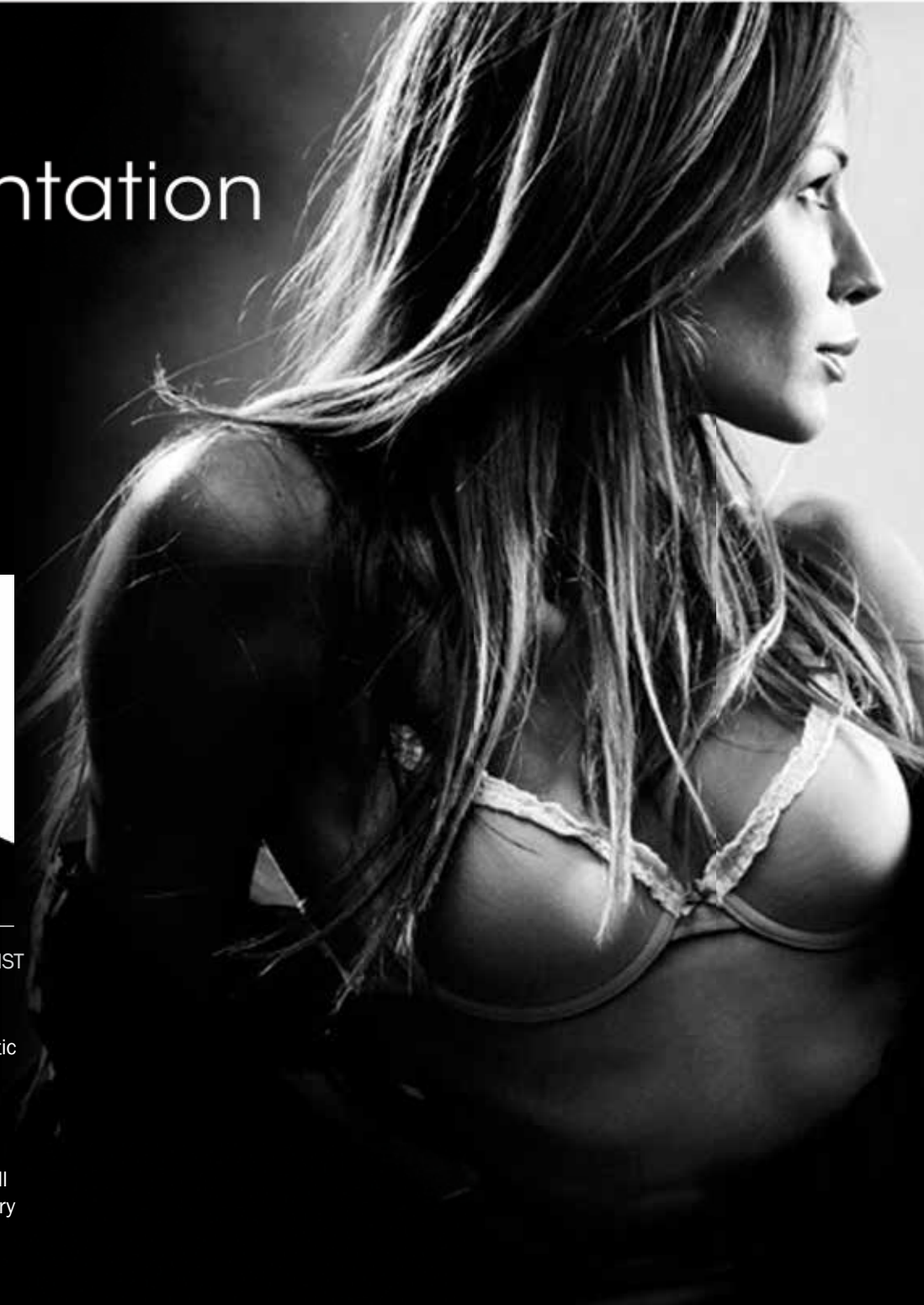
Dr Kouros Tavakoli  
cosmetic plastic surgeon



# Breast Augmentation



BREAST AUGMENTATION SPECIALIST  
MBBS, BSc (MED), MS (UNSW),  
FRACS (PLAST)

Dr Tavakoli is a renowned cosmetic plastic surgeon who is a Fellow of the Royal Australasian College of Surgeons and a Member of the Australian Society of Plastic Surgeons. He subspecialises in all aspects of cosmetic breast surgery and is considered an industry leader in primary and corrective breast augmentation surgery.



Follow DrTavakoli on  

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