

BOUNCE BACK

BREAST ENLARGEMENT: MR ANDREA MARANDO, ONE OF THE LEADING COSMETIC SURGEONS IN THE NORTH WEST, LOOKS AT WHETHER A SHORTER RECOVERY IS ACHIEVABLE

Breast enlargement is still one of the most requested and performed cosmetic operations around the world.

Many articles and interviews have already focused on breast enlargement, emphasizing on fullness, shape, incision and scarring. Mr. Marando, one of the leading plastic and cosmetic surgeons in the North West, has focused his experience in achieving a shorter and more acceptable recovery following breast enlargement without sacrificing quality and precision.

We have asked him to tell us more about it.

“One of the most frequently asked questions after having discussed the surgical procedure, is about the length of recovery and overall downtime.

This specific aspect has become increasingly important in consideration of the average age of patients undergoing breast surgery; work commitments and family life impact on many patients decision in going ahead with surgery.

Swelling, bruising, pain and limitation of daily activities have always been considered an unavoidable part of surgery. When in 2002 an American colleague published two articles on a 24 hours predictable recovery following breast enlargement, I decided to explore more this avenue.

In the past my patients used to be off work for a couple of weeks following breast enlargement, but now I have been able to reduce this time significantly in the majority of cases.

The shorter recovery is a combination of well informed and prepared patients, meticulous planning of the operation leading to shortening of surgical and anesthetic time (hence reducing the total amount of medications required and the possible side effects) careful handling of the tissues to reduce surgical trauma and therefore pain, swelling, bandages, drains. All is aimed to provide an excellent surgical performance and more pleasant experience for patients.

In the vast majority of cases, the patients are able to resume daily activities (nearly full mobility of the arms above the head, light lifting, shopping, “cooking” when appropriate or desirable) within the first few days after their breast enlargement.

As an example, one of my patients who recently underwent a breast enlargement has been able to attend the Christmas party 48 hours after surgery!

The amount and strength of medications the patients have to take after surgery is kept to a minimum. As already mentioned the patient has to be very committed to follow my instructions to the letter and one of my team at Star Clinic and myself are always available should any doubt arise.

What a competent plastic surgeon wants to provide his patients is a cosmetic result to be proud of, minimal risk of complications (and I would add a good management should they occur), a surgical experience to be as pleasant as possible. This can often be achieved with an adequate training, wide experience and constant commitment to the pursuit of excellence.

Treatment: Breast Enlargement

Price: from £4300

Time Taken: 45 minutes to one hour

Anaesthetic Type: general anesthetic

Hospital stay: Day case if performed in the morning; overnight if performed in the afternoon or if otherwise appropriate

Available from: for more information on Mr. Marando and the treatments he offers at Star Clinic, call 0871 705 4565 or visit www.starclinic.co.uk