WEST COAST
PLASTIC SURGERY

How to Prepare for Breast Augmentation Surgery: A Step-by-Step Guide

Introduction: What to Know Before Breast Augmentation

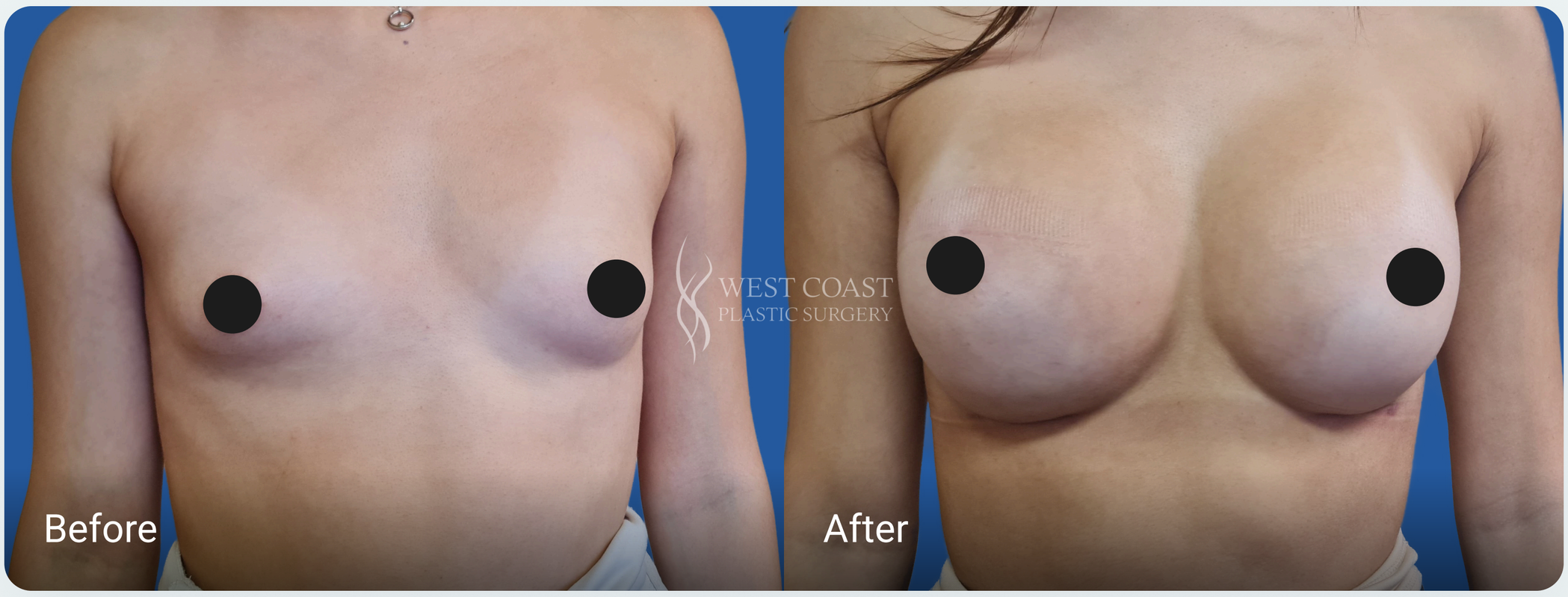
Breast augmentation is one of the most established plastic surgery procedures. Techniques and implant safety have been refined over decades, and it remains a highly individualised procedure, shaped around each person's anatomy, proportions and goals rather than a single ideal.

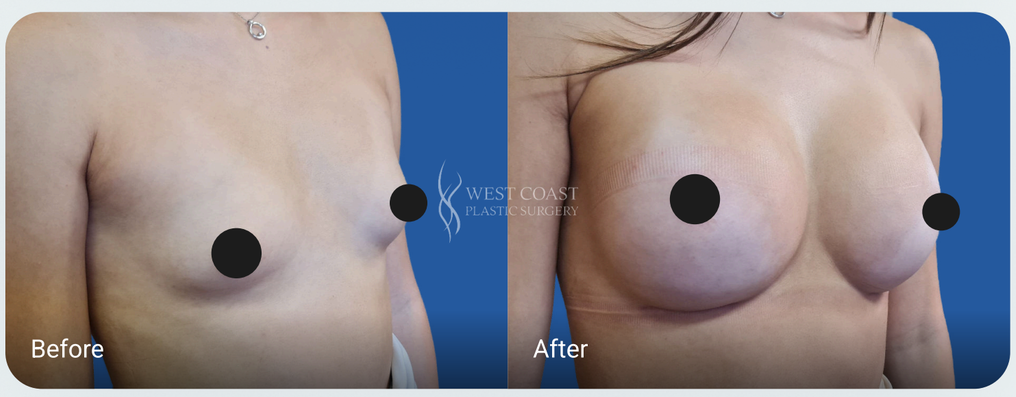
When it comes to choosing breast augmentation surgery, some people do so as they are looking to restore volume after pregnancy or weight change. Others want to address a difference between the two sides, or feel more at ease in their own body. Whatever the reason, the people who tend to feel best about their decision are the ones who go in well-informed, with clear and realistic expectations.

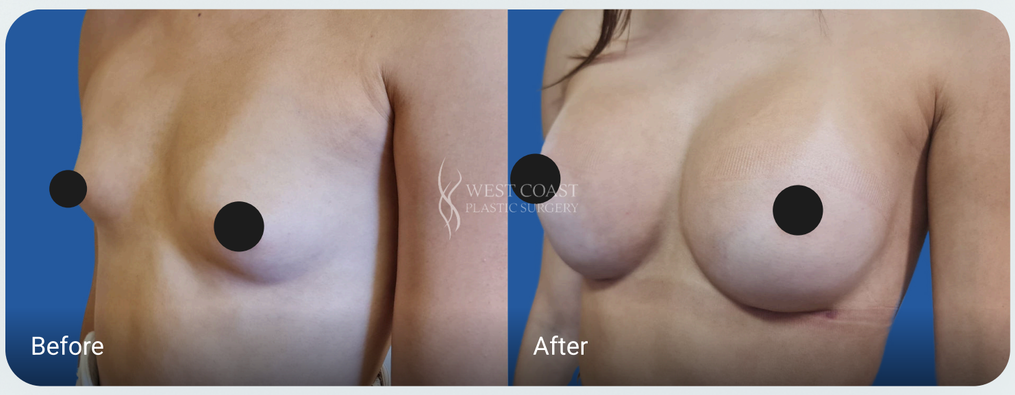
That is what this guide is for. It focuses on the preparation stage, including the weeks and decisions that come before the day of surgery, because this is the part you have the most control over. Good preparation can make the whole experience easier to navigate.

You won't find sweeping promises or one-size-fits-all answers here. Results vary from person to person, and no honest guide can tell you otherwise. What you will find is a practical, step-by-step understanding of what breast augmentation involves. This includes how to choose your surgeon, what happens at your consultations, how to prepare, what the day itself looks like, and what to expect as you heal.

At **West Coast Plastic Surgery** in West Perth, every surgical procedure is performed by Specialist Plastic Surgeon **Dr Qadir Khan**. This guide reflects the way care is structured at the clinic, from your first phone call through to the weeks after your procedure. It is a process built on careful assessment, clear communication, and support at each stage.







Understanding Breast Augmentation

Before you can prepare well, it helps to understand what you are preparing for. Breast augmentation is a surgical procedure that adjusts the volume, shape or symmetry of the breasts, using implants or, in some cases, fat transfer. People choose breast augmentation for different reasons, including increasing breast volume, addressing natural asymmetry, or restoring fullness after pregnancy, breastfeeding or weight change.

What surprises many people is how many decisions go into the procedure. Implant type, implant shape, implant profile, incision location and placement are all important considerations. You don't need to arrive at your consultation with all the answers; that’s what we’re here for. Understanding the options, however, means you can take an informed role in the planning process.

Implant Type

Breast implants are available with either a silicone gel or saline filling:

Silicone implants: Contain a cohesive silicone gel within a silicone shell. They are widely used for breast augmentation and are designed to feel more like natural breast tissue. The cohesive nature of modern silicone gel also helps the implant maintain its shape. It may reduce the visibility of rippling, particularly in patients with less breast tissue covering the implant.

Saline implants: Have a silicone shell that is filled with sterile salt water. They are inserted into the breast pocket before being filled, which can allow for a smaller incision in some cases. Their volume can also be adjusted during surgery, which may be useful when addressing differences between the breasts. If a saline implant ruptures, the body absorbs the saline and the breast will usually lose volume, making the change more noticeable.

Dr Khan will discuss the advantages and considerations of each option and help determine which is appropriate for your individual circumstances.

Implant Shape

Implants are available in different shapes, with the two main options being round and anatomical:

Round implants: Have an even shape and can provide fullness across the upper portion of the breast. As they are symmetrical, rotation of the implant generally does not alter the appearance of the breast.

Anatomical implants: Sometimes called teardrop implants, they are shaped to have more volume towards the lower part of the implant. They are designed to create a more gradual transition from the chest to the breast. As their shape is directional, rotation can affect the appearance of the breast.

Size, Profile and Projection

Implants are also available in different widths and profiles, which determine how the implant sits on the chest and how far it projects forward. Dr Khan will consider your chest width, the amount of existing breast tissue, the quality and elasticity of your skin, and your desired outcome when determining the most appropriate dimensions. Choosing an implant that is proportionate to your individual anatomy is an important part of achieving a balanced result.

Implant Placement

The implant can be positioned either above or partially beneath the chest muscle, depending on your anatomy and the surgical approach recommended by Dr Khan:

Subglandular placement: Positions the implant beneath the breast tissue but above the chest muscle. This may be appropriate for patients who have sufficient breast tissue to provide adequate coverage over the implant.

Submuscular placement: Positions the implant partially beneath the chest muscle. This can provide additional tissue coverage over the upper part of the implant and may be considered for patients with less existing breast tissue.

Step One: Choosing the Right Surgeon and Clinic

Choosing your surgeon is an important part of deciding whether breast augmentation is right for you. In Australia, you can also check specific qualifications and registrations before choosing who will perform your surgery.

Understanding the Difference Between a Specialist Plastic Surgeon and a Cosmetic Surgeon

One of the most important things to understand when researching surgeons is that not everyone who performs cosmetic surgery has the same specialist surgical training.

A Specialist Plastic Surgeon has completed accredited specialist training in plastic and reconstructive surgery and holds specialist registration with the Australian Health Practitioner Regulation Agency (AHPRA). The title "cosmetic surgeon" alone does not indicate that a doctor has completed specialist training in plastic and reconstructive surgery.

Dr Qadir Khan is a Specialist Plastic Surgeon and a Fellow of the Royal Australasian College of Surgeons (FRACS). His qualifications include MBBS and MRCS (Edinburgh), and he is registered with AHPRA (MED0001546567). He is also a Consultant Plastic Surgeon at Fiona Stanley and Rockingham Hospitals and has completed post-fellowship training in head and neck surgery, microsurgery, facial palsy, and sarcoma reconstruction.

You can check a practitioner's registration and qualifications through the AHPRA public register before deciding. Taking the time to understand who will perform your surgery, their qualifications, and their experience with the procedure you are considering can help you make a more informed choice.

Look at How the Clinic Approaches Your Care

When choosing the right clinic, pay attention to how they share information and whether you have enough time to understand your options before deciding. A well-structured consultation should let you discuss your goals, understand the available options, ask questions, and talk openly about the potential risks and limitations of surgery. You should have enough time and information to consider your options before deciding whether to proceed.

At West Coast Plastic Surgery, we offer two consultations, giving you time to discuss your goals, options, and suitability for surgery. The clinic is purpose-built and located in West Perth, with a dedicated surgical liaison available to help coordinate your care and answer questions throughout the process.

Ask About Aftercare

Before choosing a surgeon and clinic, find out what follow-up care is provided and who you can contact with questions or concerns during recovery. At West Coast Plastic Surgery, we provide post-surgery care and follow-up appointments for close monitoring of your progress. Appointments are usually given at 1 & 6 weeks post surgery followed by appointments at 3, 6 & 12 months. Understanding what support is available after your procedure can help you feel more prepared for the weeks ahead.

Step Two: Ask Questions During Your Consultations

West Coast Plastic Surgery uses a two-consultation process for cosmetic patients. The purpose is to give you time to understand your options, ask questions and consider whether breast augmentation is right for you before making a decision.

Your Initial Consultation

Your first consultation with Dr Khan is about understanding what you want to achieve and whether breast augmentation is appropriate for you. You will have an opportunity to discuss your goals, what you would like to change, and any concerns you may have about the procedure.

Dr Khan will also assess your individual anatomy, including your existing breast tissue, chest wall dimensions, skin quality and breast symmetry. These factors influence what is possible, and help determine which implant options and surgical approaches may suit you.

From there, you can discuss the different options available, including implant type, shape, size, profile, placement and incision location. Dr Khan will explain why he may recommend a particular approach for you, as well as the potential benefits, limitations and risks involved.

This is also the right time to ask questions. You might want to ask:

- What type, shape, profile and placement of implant would you recommend for me, and why?
- How often do you perform breast augmentation?
- What are the main risks or complications I should be aware of?
- What can I realistically expect from the result?
- What will recovery look like during the first few days and weeks?
- What happens if I am unhappy with the result or need further surgery?
- What follow-up care will I receive after the procedure?
- Who can I contact if I have questions or concerns during my recovery?
- What is the cost of breast augmentation?

Take Some Time to Consider Your Decision

After your initial consultation, a mandatory cooling-off period applies before surgery can proceed. This gives you time to reflect on the information you have received, consider your options and make sure you feel comfortable with your decision.

It can be useful to revisit your questions during this time and write down anything else that comes to mind. You may also find that having some time away from the consultation helps you think more clearly about whether the procedure and expected outcome are right for you. If you have additional questions or concerns, you can raise them at your second consultation.

Your Second Consultation

Your second consultation gives you an opportunity to review your proposed surgical plan and make sure you understand what has been discussed before proceeding. You can revisit your implant selection and surgical approach and ask any additional questions.

It is also a chance to confirm practical details, including the timing of your surgery, preparation and recovery requirements, costs and what to expect on the day. Before proceeding, you should feel comfortable with your decision and have a clear understanding of your personalised surgical plan and the next steps.

Understanding the Cost

The cost of breast augmentation varies depending on your individual surgical plan, so we can provide a meaningful estimate only after assessing your requirements. Your total costs may include the surgeon's fee, hospital or facility fees, anaesthetic fees, the implant, support garments, and follow-up care. Anaesthetist & hospital fees are charged separately from the surgeon's fee.

During your consultation, Dr Khan will provide a detailed estimate based on your proposed treatment plan. The practice team can also explain the quote and answer any questions you have about the costs involved. Understanding the financial commitment before proceeding is an important part of making an informed decision.

Step Three: Get Ready for Surgery

Once you've decided to proceed, the focus shifts to getting ready for surgery. The preparation in the days and weeks beforehand is an important part of supporting your safety during the procedure and your recovery afterwards.

Pre-Operative Assessment

Before surgery, you'll have a pre-operative assessment. This usually includes a detailed review of your medical history to identify anything that could affect the procedure or your recovery, along with an examination of your breast size, shape, symmetry, skin quality and chest wall characteristics.

Depending on your age, medical history and individual circumstances, you may also need additional tests or investigations, such as imaging or blood tests. These help your surgical team build a complete picture of your health before the day of surgery.

Medications, Smoking and Alcohol

You'll receive specific advice about any medications or supplements you take, as some may need to be paused or adjusted before surgery. You should tell Dr Khan everything you are taking, including over-the-counter medicines and supplements.

If you smoke, you will usually be advised to stop smoking for a period before and after surgery. Smoking can affect blood flow and wound healing, so stopping is one of the most important things you can do to support your recovery. You may also be advised to limit or avoid alcohol in the lead-up to surgery. Dr Khan will provide specific guidance based on your circumstances.

Fasting and Final Instructions

You'll receive clear instructions on when to stop eating and drinking before your procedure. Following these instructions carefully is important for your safety. In the days leading up to surgery, you'll also receive written instructions covering what you need to do, what to bring and when to arrive. Take time to read everything carefully, and if you're unsure about any part of your preparation, contact the clinic for clarification.

Step Four: Make All Necessary Preparations

Preparing for breast augmentation is not just about the medical side of surgery. A little planning at home can make the first few days and weeks much more comfortable. The aim is to make everyday tasks as easy as possible while you recover, particularly those that involve reaching, lifting or stretching your upper body.

- **Arrange time off work**
  Many people need one to two weeks away from work, depending on the nature of their job and how their recovery progresses. Organising this ahead of time means you can focus on recovering without worrying about returning too soon.

- **Arrange some help at home**
  You may have restrictions on lifting and certain arm movements in the early stages of recovery. Having someone available to help with household tasks, meals, and caring for children or pets can make those first few days easier.

- **Set up a comfortable recovery space**
  Choose somewhere you can rest comfortably and keep frequently used items close by. Extra pillows can help you find a comfortable sleeping position, while keeping things such as your phone, charger, water, medications and snacks within easy reach means you won't need to stretch or reach unnecessarily.

- **Have suitable clothing ready**
  Loose, comfortable clothing and tops that fasten at the front can make getting dressed easier while your arm movements are limited. Your clinic will also advise you on any support garments you need to have ready for your recovery.

- **Prepare some meals**
  Having easy meals and snacks available means you will have less to worry about while you're resting. Staying hydrated and eating a balanced diet also supports your body's recovery.

It's also normal to experience a mixture of excitement and nerves as your surgery approaches. Feeling nervous does not necessarily mean you are making the wrong decision. If you have concerns or something is weighing on you, talk to your care team. Being prepared also means feeling comfortable asking questions and raising anything that is on your mind.

Step Five: Know What to Expect on the Day

Knowing what the day of surgery will involve can make the experience feel much more manageable:

Arrival and Admission

You'll arrive at the accredited facility at your scheduled time. Before surgery, your surgical and nursing team will go through your consent and surgical plan with you, confirm the procedure, mark the surgical site and take pre-operative photographs for your confidential medical records.

You'll also meet your anaesthetist, who will talk you through the anaesthetic and give you an opportunity to ask any final questions. These checks are an important part of making sure you understand the plan and that your surgical team has everything they need before the procedure begins.

The Procedure

Breast augmentation is generally performed under general anaesthesia, which means you'll be asleep throughout the procedure. A standard breast augmentation usually takes around two hours, although the duration can vary depending on your individual circumstances and whether another procedure is being performed at the same time.

Once you are under anaesthesia, Dr Khan will make the agreed incision, create a pocket for the implant and position the implant according to the surgical plan. The incision is then closed and dressed.

There are several possible incision locations, including:

- **Inframammary**: in the crease beneath the breast
- **Periareolar**: around the edge of the areola
- **Transaxillary**: in the armpit

The most appropriate incision will depend on your anatomy, implant choice and surgical plan, and will be discussed with you before surgery.

Waking Up and Heading Home

After surgery, you'll be taken to recovery and monitored as you wake from the anaesthetic. It is normal to feel groggy and to experience some swelling, tightness or discomfort across the chest during this early stage.

Before you leave, your team will make sure you are recovering appropriately, fit your recommended support garment and go through your aftercare instructions. You will also be given information about what to expect during the first few days and when to seek help if you have any concerns.

As part of West Coast Plastic Surgery's care process, a member of the team will contact you the day after surgery to check how you are progressing and answer any queries you might have.

Step Six: Understanding Your Recovery and Follow-Up

Recovery is a gradual process, and knowing what to expect can help you prepare for the weeks ahead. Dr Khan will provide detailed post-operative instructions specific to you, as recovery can vary depending on your individual circumstances.

The First Few Days

The first few days are often the most uncomfortable. It is common to experience swelling, bruising, tightness across the chest and some discomfort. Dr Khan will provide guidance on managing discomfort and any medication you have been prescribed.

Rest is particularly important during this early stage. You may be advised to sleep with your upper body slightly elevated and to avoid lifting, strenuous activity and certain arm movements while your body begins to heal.

The First Couple of Weeks

For many people, discomfort eases during the first week. Depending on the nature of your work and how your recovery is progressing, you may be able to return to light, desk-based activities once Dr Khan has cleared you to do so.

Heavy lifting, strenuous exercise and activities that place significant strain on your upper body will generally need to be avoided for longer. Your surgeon will let you know when it is appropriate to gradually return to these activities.

As Your Breasts Settle

Your breasts will continue to change as the swelling subsides and the tissues heal. The implants may initially sit higher or feel firmer than expected before gradually settling into their position.

It can take several weeks or longer for the final appearance to develop, and complete healing takes time. Try not to judge your result too early. Dr Khan will monitor your progress and let you know how your healing is progressing at each follow-up appointment.

Follow-up Care

Follow-up appointments are an important part of your recovery. They allow your surgical team to monitor your healing, check your wounds and address any questions or concerns that arise.

At West Coast Plastic Surgery, we provide post-surgery care and follow-up appointments for one year, with LED light therapy sessions available during recovery. You will also have a point of contact at the clinic if questions or concerns come up between appointments.

The most important thing is to follow your surgeon's individual instructions rather than comparing your recovery with someone else's. Everyone heals differently, and your care team is there to guide you through each stage.

Understanding the Risks

Every surgical procedure carries some degree of risk, and breast augmentation is no exception. While many people recover without significant complications, it is important to understand the potential risks before deciding to proceed.

Your individual level of risk depends on factors such as your health, anatomy, implant choice, and surgical approach. During your consultation, Dr Khan will discuss the risks that are relevant to you, as well as the steps taken to minimise them.

Potential risks and complications of breast augmentation include:

- Infection
- Bleeding or haematoma
- Delayed or problematic wound healing
- Swelling, bruising or seroma, which is a collection of fluid
- Changes in nipple or breast sensation, which may be temporary or, in some cases, permanent
- Scarring, including raised, thickened or uneven scars
- Breast or scar asymmetry
- Implant malposition, where the implant moves from its intended position
- Implant rupture or visible rippling
- Capsular contracture, where scar tissue forms around the implant and becomes tight, potentially affecting the shape or feel of the breast
- Breast Implant Associated Anaplastic Large Cell Lymphoma (BIA ALCL), a rare type of lymphoma associated with certain textured breast implants
- Blood clots, including deep vein thrombosis or pulmonary embolism
- The possibility of further surgery or revision

Your Breast Augmentation Journey at West Coast Plastic Surgery

Deciding to have breast augmentation is a personal choice, and the experience extends well beyond the procedure itself. From your first consultation through recovery and follow-up, each stage should give you the information and support you need to make decisions with confidence.

At West Coast Plastic Surgery in West Perth, breast augmentation is performed by Specialist Plastic Surgeon Dr Qadir Khan. Care is centred around individual assessment, careful surgical planning and clear communication about what can realistically be achieved.

You will have the opportunity to discuss your goals, understand your options, ask questions and take time to consider your decision before proceeding. After surgery, your care continues through follow-up appointments and ongoing support during your recovery.

If you are considering breast augmentation and would like to understand whether it is appropriate for you, the first step is an initial consultation with Dr Khan. This allows you to discuss your goals, ask questions and explore your options based on your individual circumstances.

Our clinic is located at 16 Thelma Street, West Perth and all treatment decisions are made following comprehensive consultation and in accordance with Australian regulatory standards.

AHPRA Registration Number: MED0001546567.

If you require further information about breast augmentation, you may **contact us** directly to arrange a consultation.

Frequently Asked Questions

Below are answers to some of the common questions patients ask when considering breast augmentation, including recovery, results, implants and what to expect after surgery.v

How painful is breast augmentation?

It is common to experience discomfort, tightness, swelling and sensitivity across the chest in the days following breast augmentation. This varies from person to person and depends on factors such as implant placement and individual healing. Dr Khan will guide you on what to expect and provide information about any prescribed medication to help manage discomfort during your recovery.

How long does it take to recover from breast augmentation?

Recovery varies from person to person. The first few days are generally when discomfort and swelling are most noticeable, with many people finding that these symptoms begin to ease during the first week. Returning to work and normal activities depends on the nature of your work and how your recovery is progressing. Your surgeon will advise you when it is appropriate to resume different activities.

When will I see the final result?

Your breasts will change gradually as swelling subsides and the implants settle into position. It is common for the breasts to appear swollen or feel firmer and higher than expected in the early stages. The final appearance develops over the following weeks and months as your tissues continue to heal.

Will I have scars?

Breast augmentation involves an incision, so some degree of scarring is expected. The location of the incision will depend on your individual surgical plan and may be placed in the crease beneath the breast, around the edge of the areola or, in some cases, in the armpit. Scars generally become less noticeable as they mature, although their appearance varies between individuals.

When can I return to work?

The time needed away from work depends on your occupation and how your recovery progresses. People with desk-based jobs may be able to return relatively soon, while those whose work involves lifting, physical activity, or repetitive upper-body movements may need more time. Your surgeon will advise you when it is safe to return to work.

When can I exercise?

Gentle movement such as walking is generally encouraged during recovery, while strenuous exercise, heavy lifting, and activities that strain the chest and upper body should be avoided until your surgeon advises that it is safe to resume them. Your return to exercise will be gradual and will depend on how you are healing.

How long do breast implants last?

Breast implants are not considered lifetime devices. They can remain in place for many years, but the risk of complications or the need for further surgery increases over time. This means that anyone considering breast augmentation should understand that additional surgery may be required at some point in the future. On average, a revision is usually required every 10 years but the implants may last longer or revised sooner in case of any complications,

Can breast augmentation correct asymmetry?

Breast augmentation can help improve differences in breast size and shape, but perfect symmetry cannot always be achieved. Most people have some degree of natural asymmetry, and the extent to which this can be improved depends on your individual anatomy. Dr Khan can discuss what is realistically achievable during your consultation.

Can breast augmentation be combined with another procedure?

In some cases, breast augmentation can be performed alongside another breast procedure, such as a **breast lift or fat grafting**. Whether combining procedures is appropriate depends on your anatomy, overall health and individual goals. Dr Khan can discuss the available options during your consultation.

What happens if I am unhappy with the result?

It is important to allow your body time to heal before judging the final result, as the breasts can continue to change for several months following surgery. If there is an issue with the result or a complication develops, your surgeon can assess the situation and discuss whether any further treatment or revision surgery may be appropriate.