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The Secret to BEAUTY

In the right hands, breast augmentation is all about looking natural, but better. Dr Tan Ying Chien of **THE SLOANE CLINIC PLASTIC SURGERY CENTRE** highlights the critical considerations

There is no reason not to pursue beauty, especially if it can be easily and safely achieved. Feeling beautiful is, after all, a key ingredient to feeling confident and happy.

Breast augmentation, a topic close to many women's hearts, is often deemed too sensitive for open discussion. Dr Tan Ying Chien, consultant plastic surgeon at The Sloane Clinic Plastic Surgery Centre, shares an insider view of this highly popular cosmetic procedure that many ladies opt for today.

The current most sought-after shape in breast implants is the teardrop, as compared to conventional round breast implants. Teardrop implants follow the natural contour of the breasts to ensure a smooth transition from the chest wall, fulfilling a natural-looking bustline.

Cohesive gel silicone implant, otherwise known as "gummy bear implant", is the latest advancement in breast implant technology when it comes to silicone breast implants. These teddies lend a very soft and natural feel to their owners and are self-healing as well – in the unlikely event that

the implant shell breaks, the cohesive gel silicone will stay together instead of leaking out to the surrounding tissues.

Silicone breast implants have been used in more than 60 countries around the world for the past 25 years. In fact, silicone breast implants are among the most studied medical devices that are proven safe over and over again, and they do not increase the risk of breast cancer.

Detailed pre-operative planning and measurements are crucial for the "right fit", with each person's body shape being unique. Implants of the ideal size and consistency can then be customised. Model implants of various widths, volumes and projections are also available for the patient to try on to simulate the final result.

Surprising to many, breast augmentation surgery has a relatively short downtime with advancements in surgical techniques. Most ladies are able to resume daily activities after two to three days' rest.

The Sloane Clinic is a chain of aesthetic clinics offering total beauty solutions from cosmetic surgery to non-invasive aesthetics in Singapore and Malaysia.

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