

Pectoral Implants

General procedure information

Pectoral implants are becoming an ever more popular choice to increase the appearance of chest muscles. Many candidates have tried through diet and exercise to increase chest muscle mass but are unable to develop the desired size and shape.

Likewise, some people are attempting to correct a birth defect or the results from injury. Pectoral implants add volume to the chest because the solid silicone material is inserted behind the real muscle.

Male pectoral implants are usually made out of a firm, yet soft and flexible silicone, as opposed to female silicone implants which are spongy and filled with a silicone gel. The implants themselves are designed to last a lifetime.

Your consultation

During your consultation, your surgeon will inform you about surgery, ask about your goals for the procedure and discuss what you should expect; also you will receive all the details about the pectoral implants.

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Prior to the actual procedure, the surgeon may show you the different shapes and sizes of implants that are available. Together, you will pick one that forms naturally to the curves and shape of your existing muscles.

Preparing for surgery

At your initial consultation, your surgeon will take a complete medical history. Having your surgeon know about your medical background is very important, so please be sure to provide all the information you can.

If you decide to proceed with treatment, your surgeon will give you specific instructions, including guidelines on eating, drinking and taking certain vitamins and medications.

Because smoking decreases circulation and interferes with proper healing, your surgeon will also instruct you to stop smoking for a minimum of one to two weeks before your surgery and during your recovery.

The operation

Pectoral implant surgery usually takes between one and two hours to complete and is typically done under general anaesthesia. Endoscopic techniques sometimes take longer. You will be able to go home if you choose, once the effects of your anaesthetic or sedation have worn off.

Your doctor will begin pectoral implant surgery by making a small incision in the armpit, and then insert the implant endoscopically. Endoscopic surgery involves using a thin tube with a very small camera on the end in order to guide the doctor through the patient's body with a great amount of precision. This method reduces incision size as well as bleeding. Non-endoscopic methods are sometimes preferred.

Following the path of the incision, the surgeon places the implants under the pectoral muscle. The incisions are then sutured and the surgery is complete. The implants are held in place by the overlying chest muscle or by sutures that are temporarily visible through the skin.

Recovery

After surgery, most patients will wear an elastic bandage or vest to reduce swelling.

Patients who undergo pectoral implant surgery usually experience mild to moderate amount of pain in the days following the procedure. Soreness and bruising are common and should fade within a week or so.

You will be prescribed oral medication to lessen the pain. Aspirin should be avoided as it may promote more bleeding and bruising. By the second week after the procedure, most individuals will be able to resume normal, everyday activities.

Full recovery from pectoral implant surgery can take as long as six weeks. However, most patients are able to resume all activities within a month.

Most people are pleased with the results of pectoral implants. The implants themselves are designed to last a lifetime.

Risks and complications

Pectoral implants do not carry the risk of breaking and/or leaking. The silicone implant used for men is soft but solid (not filled with liquid).

Bleeding from the cut tissues, leading to bruising and possible accumulations of blood under the skin, is unavoidable in any surgery.

In some cases, extensive bleeding and infection may occur.

There is also a slight risk of implant displacement. If the implant moves or is not held in place correctly by the pectoral muscle, further surgery may be required. In extreme cases, the implant may need to be removed permanently.



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While pectoral implants affect the way that your chest muscles look, they do not affect the function. Movement and activity should not be restricted or hindered after full recovery. On the other hand, the silicone implants in no way add strength or power to the existing muscles.