

Guide for breast augmentation

BAGATIN
CLINIC



Introduction

Breast augmentation is one of the most desired aesthetic operations in the world. More and more women in the world decide to have this operation. Nowadays, with effective surgical techniques and great quality implants, the correction of small, underdeveloped or asymmetrical breasts does not need to be an unfulfilled dream for many women. We could say that breast augmentation is a safe operation which ultimately represents an investment in the quality of life.

However, a decision about breast augmentation surgery opens a series of justified questions. In order for you to approach this procedure with full confidence and without stress, our expert team has prepared a guide for breast augmentation procedure which will help you make the right decision. Here you will find answers on the importance of consultations, preparation and the procedure itself, choice of implants, easier recovery and realistic expectations.

We wish to make this a positive and fulfilling experience for you.

Destination

Croatia

Croatia is a sovereign state at the crossroads of Central Europe, Southeast Europe, and the Mediterranean. Its capital city is Zagreb, which forms one of the country's primary subdivisions, along with its twenty counties. Croatia's Adriatic Sea coast contains more than a thousand islands. The country's population is 4.28 million, most of whom are Croats, with the most common religious denomination being Roman Catholicism. Croatia has also made a name for itself as a leading destination for health and wellness tourism.

City Zagreb

Zagreb is the capital and the largest city of the Republic of Croatia. It is located in the northwest of the country, along the Sava river, at the southern slopes of the Medvednica mountain. The wider Zagreb metropolitan area includes the City of Zagreb and the separate Zagreb County bringing the total metropolitan area population up to 1,2 million people. It is the biggest metropolitan area in Croatia, and the only one with a population of over one million.

Ban Jelačić is the central square of the city, named after ban Josip Jelačić. Situated just below the hillside settlements of Kaptol and Gradec, it has served as the city's commercial heart ever since 1641. Zagreb is the seat of the central government, administrative bodies and almost all government ministries. Almost all of the largest Croatian companies, media and scientific institutions have their headquarters in the city. Zagreb is the most important transport hub in Croatia where Central Europe, the Mediterranean and Southeast Europe meet, making the Zagreb area the center of the road, rail and air networks of Croatia. It is a city known for its diverse economy, high quality of living, museums, sporting and entertainment events. Its main branches of economy are high-tech industries and the service sector.



Certificates of Excellence and International Recognition

Bagatin Clinic is the International cosmetic surgery clinic of the year in 2017 and 2019, Best dermatology clinic in Europe in 2018 and a proud owner of two international certificates of accreditation for excellence and quality. Patients from all over the world are returning to Bagatin Clinic, delighted with the superior quality of services, the most advanced technology and the doctors and staff who prove their expertise and knowledge on a daily basis.

TEMOS International Healthcare Accreditation

Temos International Healthcare Accreditation assists hospitals, clinics, and medical travel coordinators in achieving their highest levels of activity to provide superior quality to their patients, both domestic and international, as well as medical travelers they serve.

Bagatin Clinic became an official partner of the TEMOS International Healthcare Accreditation organization and received two accreditation certificates - Quality in International Patient Care and Excellence in Medical Tourism.

International Medical Travel Journal

The IMTJ Awards celebrate top achievements, innovation and excellence in medical travel, medical tourism and health tourism industries worldwide.

Bagatin Clinic has been awarded the title of International Cosmetic Surgery Clinic of the year in 2017 and 2019, by this prestigious organization for the promotion of medical tourism.



Global Clinic Rating

Global Clinic Rating (GCR) is an international accreditation organization that rates and grades medical providers based on 4 criteria - Expertise, Facilities, Services, and Feedback.

Bagatin Clinic was awarded certificates of service excellence in the fields of dentistry, dermatology and cosmetic surgery. Receiving such acknowledgments, Bagatin Clinic has made the top 100 GCR Accredited Clinics List worldwide and was pronounced Best dermatology clinic in Europe for 2018.

Medical Tourism Association

Medical Tourism Association is a global non-profit organization, committed to raising consumer awareness of international healthcare options, while working closely with healthcare institutions. Nowadays, due to high cost of healthcare and/or limited access in their home countries, a lot of patients seek alternative options. In order to help them, The MTA works to inform consumers about options for medical treatment, whether they are local or halfway around the world and Bagatin Clinic is their proud partner.



Decision on operation

Breast augmentation with silicone implants is the most popular aesthetic operation amongst women all over the world. Today, models of breast implants offer far better results than previous models, but of course, only in the hands of an experienced surgeon with a specialization in plastic surgery.

One of the first steps is becoming an educated patient. Inquire about how to make a smart choice of surgeon and clinic, search their web site, read all about the procedure and find out which types and models of implants they use. See the before and after photos in order to get a better picture of the enhancements you can achieve by implants. Also see the videos about the procedure and the latest achievements in research.

Prepare a list of questions for the surgeon and the medical staff of the clinic you choose. Some of the most frequently asked questions refer to the number of performed operations, preparation before the procedure, risks and complications, type of implants and time needed for recovery and return to everyday activities.

Experience of surgeon

At the Bagatin Clinic we pay special attention to the experience of our specialists and medical staff as well as their lifelong education and training. Before you decide to have breast augmentation, you need to check how competent your surgeon is, in order to be sure he/she has enough experience to fulfil your dreams.

The first step is choosing a licenced body plastic surgeon with a large number of procedures performed on breasts and setting up a consultation appointment after which you will decide if you are ready to put your trust in him/her. Study the resume of the chosen surgeon thoroughly and check whether his/her specialization is plastic surgery. If it isn't, we recommend you consider another option.



Vectra

Anaesthesiology team

A certified anaesthesiologist should be present in the operating room the whole time, monitoring your vital signs. At the Bagatin Clinic the breast augmentation procedure is performed by a renowned plastic surgeon Dinko Bagatin, MD, in cooperation with top anaesthesiology team lead by award-winning scientist and professor Katarina Šakić, PhD, prim. MD, who is also one of the leading anesthesiologists and reanimatologists in the region.

Are you a candidate?

Women opt for breast augmentation in order to enhance their looks in a way which helps them strengthen their confidence and reduce their self-criticism. One or more mentioned conditions or feelings can be an indicator that you are a good candidate for breast augmentation:

- You are tired of having small breasts
- Clothes that fit your hips are too small for your chest
- You don't feel good in a bathing suit or a sports bra
- Your breasts have decreased and become saggy after one or more pregnancies
- Sudden weight loss changed the size and shape of your breasts
- One breast is noticeably smaller than the other
- You need breast reconstruction after preventive mastectomy

Realistic expectations

It is very important to have realistic expectations and be positive. Healthy women who maintain stable weight with healthy diet and lifestyle are considered eligible candidates. Even though this procedure can enhance one's looks and strengthen confidence, the wish to achieve a perfect look may not necessarily be fulfilled. The result depends on individual factors such as health, body structure and shape, type of surgical procedure, implant size, current state of breasts and of course, skills and experience of the surgical team.

Procedure price

The total cost of breast augmentation in Croatia depends on the type of implant and the complexity of the procedure. The amount includes remuneration for the surgeon and the surgical team, cost of the implant (which is one of the main reasons for the difference in the price) and other costs such as anesthesia, surgical instruments, prescribed drugs, compression band, postoperative control checks and other clinic costs. The prices of the procedure can be found in the official price list of Bagatin Clinic, available on our website.

Consultations with the surgeon

Choosing the right size, type and shape of the implant is the most important joint decision between you and the surgeon. During the consultations talk about your desires and concerns, ask the questions and talk about his experience. Before the surgery, each surgeon needs to know you and assess whether you have realistic expectations and whether you are a candidate for this type of the procedure. Also, talk to the surgeon about preparations for the operation, the procedure itself, type of anesthesia, recovery, risks and complications.

Vectra XT 3D Photosimulator

What distinguishes our Clinic from other is VECTRA XT 3D consultation. With the help of a unique photosimulator doctor can show you how you are going to look after the procedure. The new generation of this device brings many new benefits to both our clients and our doctors.

Consultation with the surgeon is the most important part of any aesthetic procedure, and thanks to the new photosimulator, we are able to achieve desired results together, in accordance with realistic expectations. For breast augmentation procedure VECTRA XT 3D consultation is based on the actual implants we use during the procedure, which are currently the best in the market.

VECTRA XT 3D has extraordinary performances. High resolution capture provides a realistic version of the smallest details, and the actual result will be very similar to the simulation the surgeon did previously. There is no fear of repeating the shooting and losing your precious time since the system is immune to the movement. Namely, the recording time is a fascinating 3.5 millisecond.

The photosimulator greatly contributes to the communication between the surgeon and our patients. World practice has shown that this preoperative simulation in the hands of a professional surgeon has been able to approach the ultimate outcome to the highest extent.

You may not be sure of how much you want to increase your breasts and you currently wear A-bra. By using VECTRA XT 3D, Doctor Bagatin can help you compare different sizes of breast implants and present how would you look with different size of breast implant. We will work together, simulating different options until we find the one that will make you smile.

Although 3D simulations make the potential outcome of the project even more accurate, we can not guarantee that the final result will be completely identical to the computer-generated model, as certain deviations are always possible.

Advantages of VECTRA XT 3D Consultation:

- The most modern tool for projection of real 3D results
- Innovative RBX technology
- Automated measuring with 360° visualization
- Personalized presentation with patient participation
- The ability to show the projection results when combining several different procedures
- Choosing different implant sizes that will be used during the procedure
- Clear visualization and simulation of expected results
- Increased trust and patient satisfaction
- A fully-defined operation goal

Choice of implants

At the Bagatin Clinic we only use implants made by the leading company for production of silicone implants - Mentor implants by company Johnson&Johnson. The mentioned implants are filled with cohesive silicone gel of the latest generation. Our clients can choose between two models of implants: anatomical tear-shaped one or round, depending on the result they wish to achieve.

Silicone implants or implants with saline solution

There are different types of implants, but they all have one trait in common: their outer shell is made of silicone elastomer. The main difference is in the surface of the implant and the filling material.

Silicone breast implants are implants with thick, flexible silicone outer shell filled with cohesive silicone gel. Advantages of these implants are: soft (smooth) texture which greatly reminds of breast tissue, less visible edges, especially when leaning forward, minimal or slight skin rippling above the implant when moving and general look which most resembles natural breasts (mostly due to placing the implant above the chest muscles).

Silicone implants filled with cohesive gel have become a gold standard for breast augmentation procedures in Europe, while implants filled with saline solution are more used in the US, mostly in breast reconstructive surgeries.



Volume

During consultations the surgeon will recommend several sizes of implants and together you will decide which shape and size will fulfil your wishes the best. If you can describe the look you want to achieve in more details, it will be easier for the surgeon to narrow the choice of sizes suitable for you. While you are watching the before and after photos with your surgeon, do not talk only about the cup size you see on yourself.

The exact volume of breasts is measured in cubic centimetres (CC) but you can express your wishes at consultations in cup size. For example, C cup is very popular but you must take your body type into account when making a decision. You could wear a padded bra for a couple of weeks to help you realize which cup size makes you feel comfortable and confident about your looks.

Shape

Round breast implants are the most common and the most convenient shapes of breast implants. They are perfectly spherical so there is lower possibility of sliding or turning around compared to contoured implants. There is also a lower possibility of complications and problems. However, in some women, their perfectly spherical shape can create an "artificial" look.

Anatomic breast implants imitate the natural look of breasts with their wider lower portion and narrower top - tear shape. At first such implants were created for breast reconstruction in women who have had mastectomy, but they are also a good choice for women who simply want to enlarge their breasts. Unlike round implants, anatomic implants maintain their tear shape regardless of whether you are standing up or lying down, which makes them more noticeable.



Region of placement

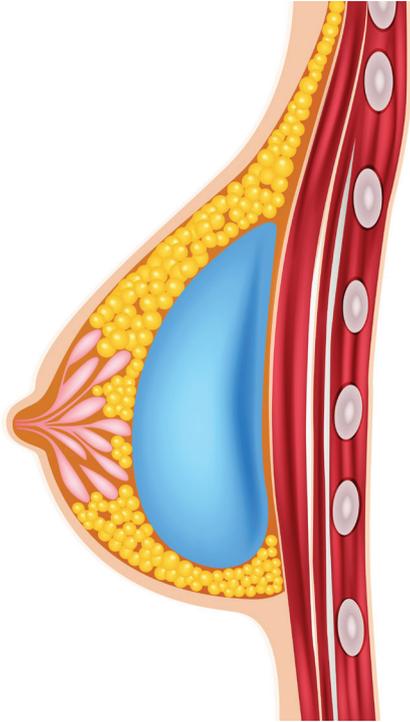
There are three ways of implant placement. Each method has its advantages and the criteria for choosing the most suitable type of implant are: the surface of the mammary gland, the quality of skin and subcutaneous tissue and the strength and quality of muscles.

The first option is subpectoral placement (under the chest muscle) when the implant is placed deep under the pectoralis major muscle. This option is ideal for women with underdeveloped breasts who need more volume in their breasts. The second option is subglandular placement (under the mammary gland) where the implant is placed above the muscle and under the breast tissue. This is the best option in case the patient has enough breast tissue and fatty tissue which can cover the implant.

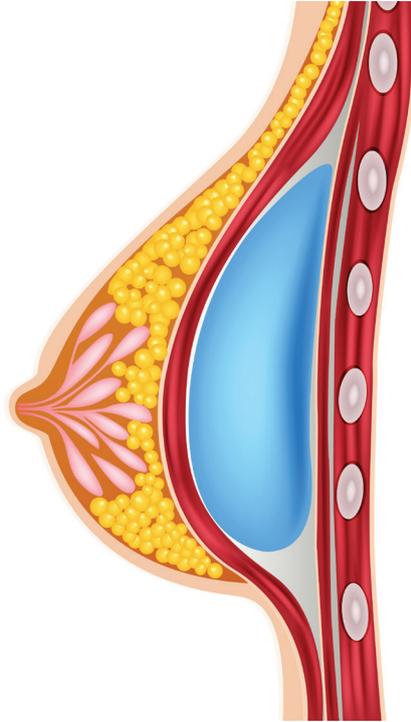
The third option is dual placement of implant, a newer technique with substantial advantages. The implant is placed partly under the muscle and partly under the gland. With this technique the top of the implant is covered with pectoral muscle, and the lower portion of the implant with breast tissue. Dual approach is also useful with women who want to correct the sagginess of breasts but who are slim and don't have enough fatty breast tissue to cover the implant.

Implant guarantee

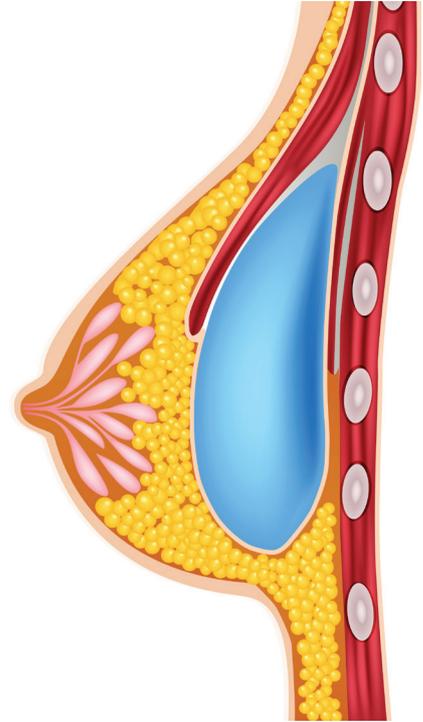
Mark the details of your implants, such as the manufacturer, type, serial number and lot number. If the surgeon does not share these details with you, ask for them and store them in a safe place. Check the manufacturer of the implants used by your surgeon of choice. Currently, there are many implant manufactures and implant types on the market, but one thing is for sure - you only want the best for yourself. As we only use Mentor and implants at our Clinic, you can be sure that you have chosen the product that is a result of a yearlong research and professional design. Also, our concern for your health and safety does not stop at the end of your surgical procedure.



Inserting implant under chest muscle



Inserting implant under mammary gland



Inserting implants by part of the muscle, and a part below the gland

Preparation and procedure

Good preparation is important for easier recovery

If you are well prepared for the procedure, your recovery will surely be easier and safer. In this guide you can find plenty of advice from our surgeon on how to prepare for breast augmentation.

- It is necessary to do the blood tests determined by your doctor at consultations. With the results of those tests you will have a meeting with our anaesthesiologist a few days before the operation.
- Two weeks before the operation it is necessary to quit taking nonsteroidal anti-inflammatory painkillers which contain acetylsalicylic acid, such as Aspirin, Andol or Acisal.
- It is also necessary to quit taking any herbal remedies or any other supplements which have an impact on coagulation of blood as well as any anti-inflammatory drugs because they can cause heavy bleeding.
- Make sure someone is there to drive you before and after the procedure.
- Make sure someone is there to meet you after the procedure.
- If the operation is scheduled in the morning, the night before you must come in for an injection of low-molecular-weight heparin, and if the operation is scheduled for afternoon, you must take that injection in the morning.
- The day before the procedure use antibacterial soap and leave the soap foam on your breasts and armpits for about 10 minutes.
- Repeat in the morning on the day of the operation. Do not apply any lotions, creams or oils afterwards.
- Remove all jewellery and piercings the day before the operation.
- Do not eat or drink eight hours before the operation.
- Do not apply any makeup on the day of the operation.
- Wear comfortable, light clothes which are not put on over your head.
- If you are menstruating on the day of the operation wear pads instead of tampons because tampons can cause toxic shock syndrome.

Course of the procedure

Breast augmentation operations normally last about 2 to 3 hours and are done under general anaesthesia, which means that you will be asleep throughout the operation.

During the procedure at our clinic the surgeon usually makes an incision under the breast (breast fold). In some cases the incision can be done around the lower edge of the nipple or in underarm area. Implants filled with silicone gel are then placed under the mammary gland or under the muscle, but most often partly under the gland and partly under the muscle, depending on the desired size or shape.

The incision is then closed with stiches. The surgeon can insert temporary drainage tubes before closing the incision in order to prevent fluid or blood building up. After the procedure you will be transferred to a recovery room where your recovery will be monitored during your stay at the clinic. The discharge is usually in the late afternoon hours.

Postoperative period

Recovery

Immediately after the procedure you will experience pain, swelling, haematomas and chest pressure. You might also have breathing difficulties. That is normal and your symptoms will be less prominent in the next two weeks. If you need them, you will be given painkillers. After the operation your breasts will seem hard and you might feel a painful twinge and uneasiness. Those symptoms can last up to 2 to 3 weeks. After the breast augmentation procedure it is recommended not to expose stitches to water for a week, not to sleep on your stomach, avoid physical activity for four weeks and not to lift heavy objects for 3 to 4 weeks.

After the procedure it is necessary to wear a soft, comfortable compression bra for four weeks to reduce the swelling and keep the implant in its place. At the Bagatin Clinic we closely monitor our patients' recovery after the operation through a series of postoperative check-ups with our surgeon. With such an approach we have ensured mutual satisfaction and excellent results.

Potential complications and precautions

Every surgical procedure has its risks, such as risks related to anaesthesia, infections, bleeding and swelling. Those complications rarely occur and can normally be avoided. Even though the pain after the procedure is normally negligible, if present, it can easily be managed with appropriate medication.

When the implants are inserted into the body, capsular contracture can sometimes occur. It can cause hardness of breasts, uneasiness, occasional pain in breasts and change of breast shape. Capsular contracture occurs when the tissue heals with a strong scar around a foreign body such as an implant. Large-cell Anaplastic Lymphoma (BIA -ALCL) disease is also commonly discussed. According to the FDA, from 2011. to 2017., on more than 7 million operations around the world, 359 cases have been reported, making this disease an extremely rare and with regular check-up, the disease risk is reduced to a minimum. Also, the appearance of this disease is associated with a specific implant texture, and it is important to note that we do not use this type of implant at the Bagatin Clinic.

Emotions

Breast enlargement can cause a wide range of emotions from enthusiasm to depression. In days and weeks before the procedure, excitement and anticipation as you imagine yourself with your new body can be expected. But after you have your breasts enlarged you might realise your emotions are not quite as positive. As the recovery reaches its end, positive feelings such as pride and joy will become stronger.

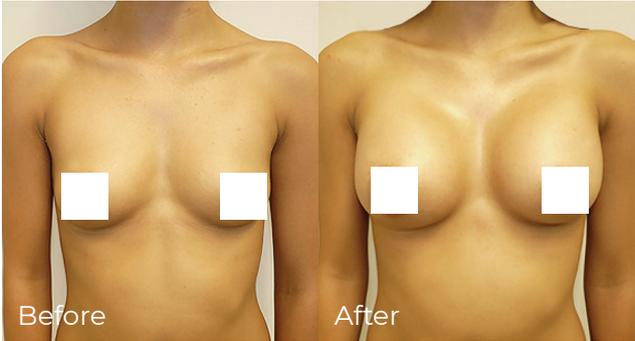
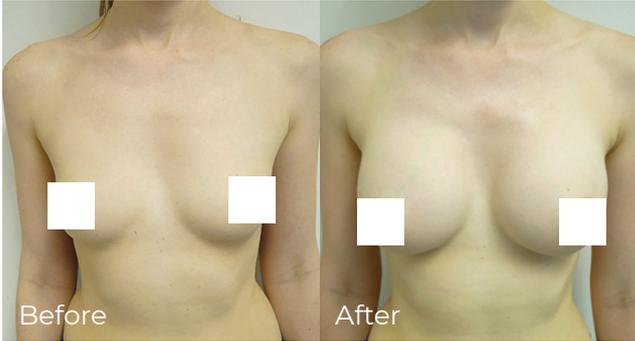
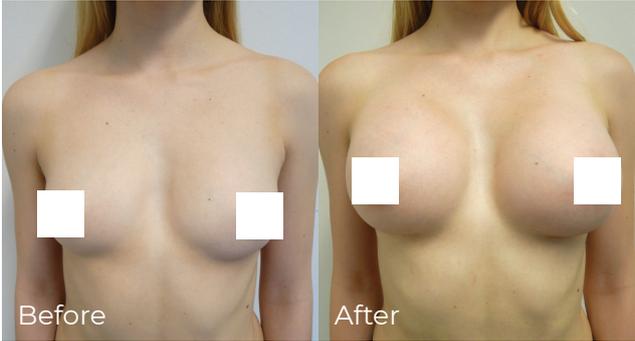
Pregnancy and breastfeeding

The implants do not have adverse effects on fertility, pregnancy or breastfeeding. Breastfeeding with implants is possible, especially because the implants are mostly placed under the muscle and have no contact with the mammary gland. Breastfeeding ability mostly depends on the development of the mammary gland, which of course, has nothing to do with breast enlargement. In case you are planning to get pregnant or breastfeed in the near future, you should inform the plastic surgeon of your plans during the first consultation in order to plan an enlargement technique which will not affect the breastfeeding process.

Implant lifetime

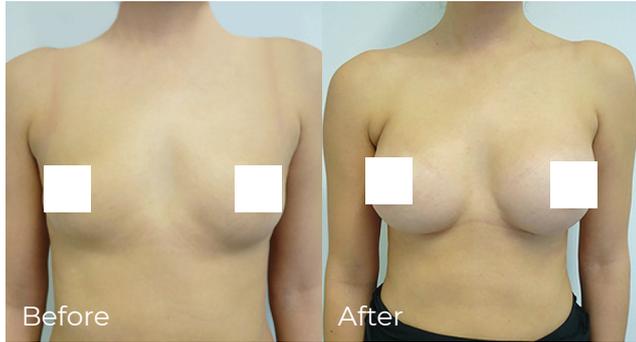
The average lifetime of gel filled implants is ten or more years. If there are no changes in the shape of your breasts and the implant hasn't ruptured, there is no need to replace the implants regardless of the date of their insertion. The implant lifetime mostly depends on how your body accepts the implant and your lifestyle.

Results of procedure



The photographs show the actual state of change before and after the surgery in question. The results of each procedure are individual and vary from person to person, and as a result, Bagatin Clinic / Bagatin Med cannot guarantee the same results for each individual client.

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FAQ

Am I a good candidate for a breast augmentation?

If you think your breasts are asymmetrical or too small, you are a good candidate for the procedure. Women who have lost a lot of weight and had children are also good candidates. Underage girls must first finish growing first before they can plan a breast augmentation procedure.

What size is the best for me?

This is one of the most important questions. We always try to please our patients if their wishes are within realistic limits. The beauty of breast is not determined by size but by the position of the nipple, tissue tension and fullness in all directions. At our clinic we offer the possibility of consultations with the VECTRA XT 3D device which enables the simulation of augmentation outcome. High imaging resolution ensures a realistic demonstration of the smallest details, and the end result will be very similar to the simulation we make together. With breast augmentation, simulations are based on real implants we use during the procedure, which are currently the best quality implants on the market. VECTRA XT 3D gives confidence in the end result and to us is a great indicator of what you want.

How is breast augmentation performed?

During the procedure the incision is mostly done under the breast, where the breast naturally folds. Silicone filled implants are then placed under the mammary gland or muscle, but most often partly under the gland and partly under the muscle, depending on the desired size or shape.

How long does the recovery last?

The necessary recovery time depends on the procedure performed on the patient. Patients normally need help during the first and second day. After that they can take care of themselves, but they might need help in caring for small children. The patients can function normally the second day after the procedure, but that depends on the patient and her condition. Full recovery is expected after 3 to 4 weeks, and in that period it is necessary to avoid vigorous physical activities.

Who takes care of me after the procedure?

While you are at the clinic, our medical staff will take care of you. After you are discharged we will still be at your service. In case of an emergency, you can contact us at any time.

What are the possible complications?

Every surgical procedure has its risks, such as risks related to anaesthesia, infections, bleeding, and swelling. Those complications rarely occur and can normally be avoided. At Bagatin Clinic we have the most modern anaesthesiology device which drastically reduces the risk of this operation. Thousands of women have breast augmentation every year and are very satisfied with the results. Our team takes every precaution possible to reduce the risk to a minimum. However, the responsibility for avoiding the risks lies within you too. Dr. Bagatin will explain in detail all risks connected to this operation during consultations.



BAGATIN

Your beauty destination

Highly - specialized clinic for aesthetic surgery, dentistry and dermatology

Founded as a practice in 1995, Bagatin Clinic is now a leading clinic for aesthetic surgery, dentistry and dermatology in Croatia. We have almost 25 years of tradition and experience in providing high quality health and aesthetic services to our clients with the help of our expert and dedicated medical staff.

In Zagreb, our facilities are situated in two prime locations. Our Green Gold Tower location offers a wide range of aesthetic facial and body treatments with a focus on body rejuvenation and body shaping. Our, and at the same time, the best dermatology department in Europe for 2018, offers examinations, treatments and laser treatments with 9 top-notch medical lasers used to remove almost all aesthetic skin changes including unwanted hairs, capillaries, wrinkles and other skin changes such as moles or scars.

In the most modern dental center in Zagreb and the region, we offer the highest level of dental services and a comprehensive care for the health of your teeth and the beauty of your smile. The emphasis of our dental services is on aesthetic dentistry, oral surgery, implantology and 3D diagnostics

The second location in Zagreb is our surgical department with over twenty years of experience in offering services in the field of maxillofacial, general and plastic surgery. Doctor Dinko Bagatin, whose specialty is general and plastic surgery, and doctor Tomica Bagatin, a maxillofacial surgeon and a plastic surgeon of head and neck, continued the practice of their father, prof.dr.sc. Marijo Bagatin, a renowned maxillofacial surgeon. Today, thanks to aesthetic surgery, they improve the quality of life of people who need it.

Our third location is in Split, in Dioklecijan Hotel & Residence, within Splitska kuća zdravlja where we provide top quality five-star service in the field of dentistry, cosmetology and aesthetic dermatology. By combining the latest technologies available on the market and our highly educated medical staff, we achieve outstanding results with the highest levels of customer satisfaction.



Dinko Bagatin, MD

Specialist for general surgery, subspecialist for plastic, reconstructive and aesthetic surgery

Dr. Dinko Bagatin deals mostly with aesthetic and reconstructive surgery. His goal is to enable our patients to achieve the best possible looks and life with the help of surgery. Dr. Bagatin earned his MD title at the School of Medicine at the University of Zagreb. He did his internship at Clinical Hospital "Merkur" and his specialization in general and plastic surgery at the Clinic for Surgery of the Clinical Hospital Centre "Rebro".

He has been working at Poliklinika Bagatin since it was established in 2002. He is an active member of the Croatian Society of Plastic, Reconstructive, and Aesthetic Surgery. He is licenced by the Croatian Medical Chamber.

He is also a member of the Croatian Society of Surgery. He actively participated in numerous international congresses and courses in Vienna, Glasgow, Frankfurt, Istanbul, Chicago, Atlanta, Bangkok and many others. He completed the most advanced course of the English language. At McGill University in Montreal

Other guides of Poliklinika Bagatin



Handbook for dental implants



Guide through VASERlipo liposuction



Destination Guide



Nose surgery guide

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