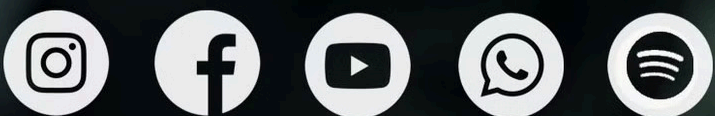


e-book

SILICONE e x p l a n t

By *Mucio Porto*





Introduction

Throughout my 32 years of practice as a plastic surgeon, I have noticed a significant increase in the number of patients who opt for silicone explantation. This decision, in many cases, is driven by a variety of reasons that involve both physical and emotional aspects. The goal of this eBook is to clarify how explantation can be performed safely, what the aesthetic challenges are and the reconstruction options available after implant removal.

"Yes, there is life after silicone. And, as I always say, it is important that each patient understands the implications of this procedure, from the reasons for removal to the final aesthetic result."

Throughout this eBook, I will address the most common reasons for explantation, the necessary care and treatment options to ensure that the patient's self-esteem and appearance are preserved.

The desire to remove implants can arise for various reasons. Some patients tire of the look of their breasts over the years, while others begin to worry about health issues, such as complications or chronic inflammation. Another common reason is a change in lifestyle. What once seemed important, such as increased breast volume, may cease to be a priority over time.





What is Silicone Explantation?

Silicone explantation is basically the removal of the breast implant, commonly known as silicone prosthesis. While many patients initially place the prostheses in search of greater volume or definition of the breasts, there are several situations where implant removal becomes necessary.

"The first thing we need to understand is that silicone is not a villain. In the vast majority, implants are safe, but there are situations where their removal is necessary, whether due to complications or simply the patient's choice."

The reasons for explantation can vary, from surgical complications, such as infections, to dissatisfaction with the size or shape of the breasts over time. There are also cases where emotional or health issues, such as Silicone Syndrome, make the patient choose to remove the implants.

"The most important thing, however, is that the patient feels that her health comes first. Silicone, like any foreign material in the body, can generate adverse reactions in some people, and it is our role, as surgeons, to provide the safest and most appropriate options for each case."

Furthermore, another aspect that cannot be ignored is the importance of proper recovery after the procedure.





The Main Reasons for Explantation!

In rare cases, infection may occur after surgery, requiring implant removal. "Unfortunately, in some situations, an infection can develop, and in these cases, the best option is to remove the implant to avoid serious complications."

Over the years, the patient's body can change, resulting in dissatisfaction with the shape or size of the breasts. This can lead to the decision to remove or replace the implant.

"I have seen many cases where the patient, years after the placement of silicone, realized that the body has changed. Pregnancy, weight fluctuations and even aging can alter the shape of the breasts and, in many cases, this creates discomfort."

Some patients may develop reactions to silicone, leading to symptoms such as insomnia, hair loss or joint pain. In these cases, explantation may be the best solution, especially if there is suspicion of chronic inflammatory reaction.

"The famous 'silicone disease' is still a controversial topic, but it is a fact that some women report significant improvements after implant removal."

A rare condition, silicone implant-associated lymphoma, although extremely uncommon, is a legitimate reason for explantation. "If you have an Allergan brand implant, I recommend removal, even if you are not experiencing symptoms."

In addition to these four main reasons, there are also personal reasons, such as the desire to return to a more natural appearance, that have led many women to reconsider the permanence of silicone. explantation is done in a conscious and safe way, based on realistic expectations and clear objectives.





The Impact of Explants on the Breasts.

After silicone removal, the appearance of the breasts can change significantly. This happens because, over time, the implant affects the surrounding breast tissue, reducing the amount of fat and skin elasticity.

"The breast after explantation may, in some cases, appear devoid of volume or shape, especially if the patient has little body fat. That's why we discuss reconstruction options in detail during the consultation."

Each case is unique, and the final result depends on factors such as the amount of fat available, the condition of the skin, and the patient's expectations. The good news is that there are several options to improve the aesthetics of the breasts after explantation, including fat grafting.

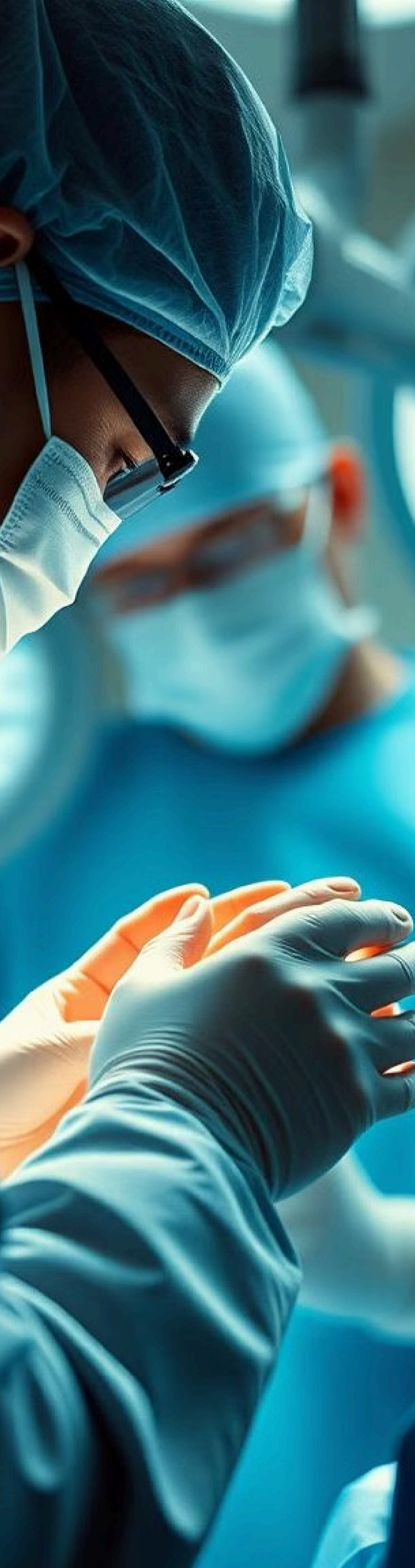
The process of restoring the shape of the breasts also depends heavily on postoperative care. Many patients expect their breasts to quickly return to their pre-implant state, but it takes time for the body to adjust to the absence of silicone. The degree of skin retraction and the return of some natural firmness may vary.

Planning and Expectations

"When we plan an explantation, we always discuss all possible aesthetic consequences, and patients should be aware that removing silicone may require more than one step to achieve the desired result."

Skin retraction and breast tissue reorganization is a process that can take months. In many cases, it is possible to improve the contour of the breasts with additional techniques, such as autologous fat grafting, which can provide volume and shape without the need for another implant.





Breast Reconstruction Techniques After Explants

One of the most common questions I get is: "How will my breasts look after explantation?" The answer varies from patient to patient, but there are techniques that can help restore shape and volume.

"In many cases, we can use your own body's fat to reshape the breasts after explantation. This procedure is called fat grafting and can be combined with liposuction to remove fat from other areas of the body."

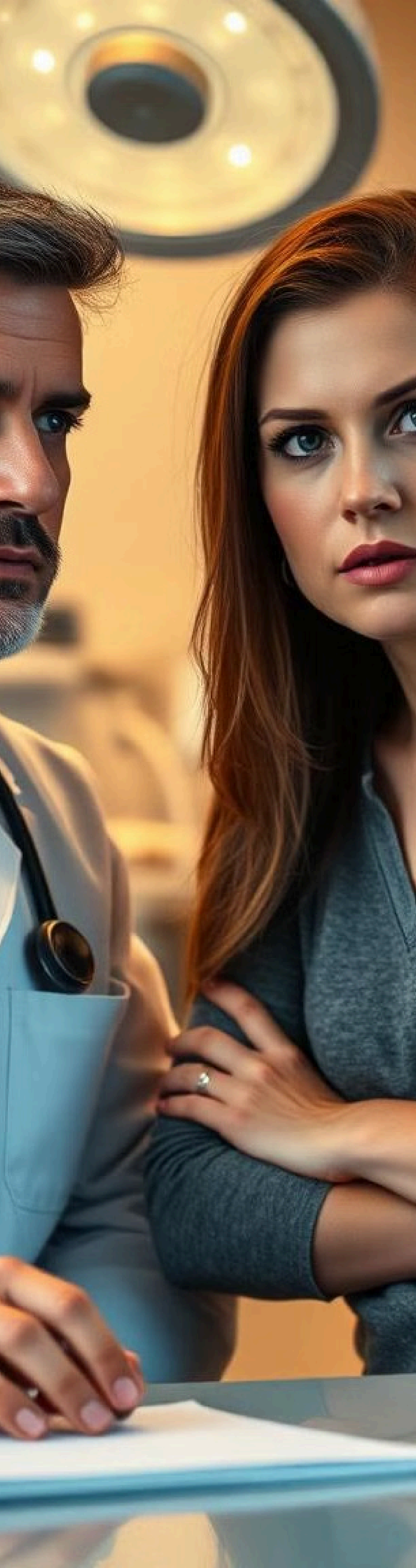
Fat grafting offers a natural solution to add volume to the breasts without the need for another implant. However, not all patients have enough fat for this technique, and in some cases, other reconstruction options may need to be considered.

This technique is called "lipotransfer" and involves removing fat from areas like the abdomen, flanks or thighs, which is then purified and injected into the breasts. The procedure can be performed in conjunction with the explantation or at a later date, depending on the patient's needs.

"The success of lipotransfer depends on several factors, such as the amount of fat available and the body's ability to retain this fat in the breasts. While it is a very effective technique, it is important that the patient is aware that some of the injected fat may be reabsorbed."

Additionally, for patients who prefer not to use fat grafting, other options such as mastopexy (breast lift) can be considered to restore breast contour and improve overall appearance.





The Importance of Pre-Operative Evaluation

Before performing an explant, a comprehensive evaluation of the patient is crucial. This involves both physical and emotional aspects. Some patients may be going through emotionally vulnerable times, and in these cases, plastic surgery may not be the best immediate solution.

"If I notice that the patient is emotionally unstable or seeking surgery as a solution for problems that are not physical, it is important to stop and assess whether the time is right for the procedure."

In addition to emotional health, it is necessary to consider the physical state of the breasts and the body as a whole. The patient must undergo examinations that analyze the condition of the skin, the amount of breast tissue, the presence of scars, and any possible complications associated with the implant. Laboratory and imaging tests are also essential to ensure that the patient's overall health is in good condition for surgery.

Expectations and Limitations

It is essential that the patient has a clear understanding of the limitations of the procedure, both aesthetically and in terms of recovery. "The success of plastic surgery lies not only in the surgeon's skill, but also in the patient's collaboration in following all post-operative instructions."

The pre-operative consultation is the time to align expectations. It is important to discuss surgical techniques and reconstruction options that can be used after explantation, such as fat grafting or mastopexy.

"When expectations are aligned, satisfaction with the final outcome tends to be much higher. That is why I place so much importance on open dialogue with my patients."





The Explantion Procedure

The explantion procedure is relatively simple, but may vary depending on the individual circumstances of each patient. In most cases, in addition to removing the implant, it is also necessary to remove the fibrous capsule that forms around the silicone.

"I always remove the capsule around the implant, as this structure may contain cells that react to the silicone and, in some cases, may be associated with the development of complications."

Removing the capsule is essential to ensure that the body is free from any adverse reactions. Each patient must understand that this capsule, formed by the body as a reaction to the silicone, may, in rare cases, contain inflammatory cells that need to be evaluated.

The surgical procedure lasts between one and two hours, depending on factors such as the presence of complications and the position of the implant. In addition to the removal of the implant and the capsule, the surgery may involve mastopexy techniques (lifting) to reposition the breasts and improve contour.

"If there is significant sagging, it may be necessary to remove excess skin to ensure that the breasts are aesthetically pleasing."

After surgery, wearing a compression mesh helps reduce swelling and speed up tissue healing. The patient should strictly follow medical guidelines in the postoperative period, avoiding physical exertion for a few weeks. The success of recovery depends directly on these care.





Post-Operative Care

After explants, post-operative care is fundamental for a good recovery. The patient must follow medical recommendations strictly, avoiding excessive efforts and keeping the operated area clean and protected.

"I always tell my patients: the success of your surgery depends not only on what I do in the operating room, but also on the care you will have in the postoperative period."

The first weeks after explantation are crucial. During this period, it is important for the patient to avoid raising their arms, carrying weight or engaging in intense physical activity. The body needs time to adjust and recover from surgery. In addition, follow-up visits with the surgeon are essential to monitor the healing process.

"Following medical instructions strictly avoids complications and speeds up the healing process."

The use of compression garments is recommended to help with tissue adaptation and prevent fluid buildup. In addition, a healthy and balanced diet also contributes to good healing. Proper scar treatment is also fundamental. Scar creams and massages can help smooth out marks, ensuring a more aesthetic result.

In the postoperative period, patience is essential. It may take a few months for the breasts to adjust completely to the new reality without silicone. The body is in the process of regeneration, and the patient must have patience during this time.



Realistic Expectations

It is crucial to have realistic expectations about the outcome of explantation. While the aesthetics of the breasts may be restored, the final result may not be identical to that prior to implant placement.

"Explantation is a journey of accepting your body as it is, without the need for an implant to define your femininity. My goal is always to provide the best possible outcome, respecting the natural limitations of the body."

The aesthetic result depends on factors such as the amount of residual breast tissue, skin elasticity, and sagging. In some cases, a lift may be necessary to correct the shape of the breasts.

"There are patients who are very happy with the natural results of explantation. The most important thing is to understand that self-esteem does not depend on the size of your breasts or the presence of an implant."

The important thing is that you feel comfortable with your body. Confidence comes from within, plastic surgery simply helps in this process of acceptance.

- Results may not be identical to those before implant placement
- The aesthetic result depends on individual factors
- An additional lift may be necessary in some cases
- The recovery and adaptation process takes time
- Confidence and acceptance of one's own body are fundamental





Final Considerations

Silicone explantation is a personal and often emotional decision. Each patient has their own reasons for choosing to remove the implant, and my role as a surgeon is to ensure that this choice is made consciously and informed.

"There are many myths and misinformation about silicone and explantation, which is why I always encourage my patients to seek reliable information and discuss every detail before making their decision."

Over the years, I've noticed that many women have questions about silicone. While most patients don't experience problems, some may feel it's time to remove the implant.

"I always say that, whatever the reason for the decision to have the explant, the most important thing is that the patient is safe and aware of all the implications."

Making the decision to remove the implant is the first step in a journey involving acceptance and self-discovery. It's not just surgery, but a process that can bring significant changes in how the patient views herself.

During consultations, I aim to clarify all doubts and provide as much information as possible so the patient feels confident with her choice. Knowing that the patient understands the next steps and is prepared for recovery is essential for the success of the entire process.

To conclude, the most important thing is that each patient understands that explantation is an opportunity to take care of herself, respecting her own body and accepting its changes. Whether for health reasons or a change in perspective, silicone removal can be a liberating decision, as long as it's made informed.

