

隆胸

隆胸手術是香港最常見的整形外科手術之一。適用於發育不理想或因生育後出現乳房萎縮的女士。現時，市面上的隆胸方法五花八門，療效成疑，不適當的隆胸甚至會引致嚴重的併發症。在醫學上確定有效及安全的方法只有假體植入及自體脂肪移植。

假體隆胸

假體可分為鹽水袋或矽膠袋，而形狀有圓形或水滴形。想隆胸的女士可因應自己的身形及個人喜好來決定假體用料、形狀和大小。現時所採用的第五代高凝聚力矽膠假體，不但有助減少假體破裂及滲漏的機會，而且矽膠袋的質感較近似乳房組織，所以一般也較常用作植入的材料。

隆胸手術通常在全身麻醉下進行，需時兩小時。切口可選擇在乳暈、腋窩下、或乳房下方摺痕。由於切口不大，所以疤痕並不明顯。視乎乳房本身的厚度，假體可植於胸大肌之上或之下。手術後可於當天或翌日出院並於數天後回復工作。瘀腫可於一至兩星期內消退並於三數個月後回復自然。

除個別的發炎或出血情況外，隆胸手術極為安全。所用的假體不會引起自體免疫等毛病，亦不影響乳房造影或超聲波等檢查。隆胸也不會妨礙體育活動或母乳的餵哺。罕有副作用有間變性大細胞淋巴瘤，但成因不明，病發率為百萬份之一。在正常情況下，手術的效果是持久的，假體破裂的機會是大約每年1%，而整體的纖維包膜攣縮的機會為5%。如有此情況，只需將包膜切除及更換新假體便可。

自體脂肪移植

手術除了可達到豐胸目的外，也可同時改善體態。手術須在全身麻醉下進行，需時兩至三個小時。醫生會利用水刀在病人身體，如：下腹、大腿等有多餘脂肪的位置抽出脂肪。脂肪經處理後，利用導管注射入胸部，使胸部變得豐滿。由於部分注入的脂肪會被吸收，有需要時，可於四至六個月後作補充注射，效果可維持多年。手術副作用包括：傷口發炎、脂肪油化、腫塊、不對稱或在乳房造影出現鈣化點等，但情況並不常見。

乳房下垂

正常的乳房，乳暈應該在胸下摺痕之上。若乳暈在胸下摺痕之下，這便是乳房下垂。因生育或年長形成的乳房退化或過度減肥都能造成的乳房下垂，使乳房失去美感。

輕微的乳房下垂可透過單極射頻或高能量聚焦超聲波 (HIFU)，收緊皮膚或將乳暈週邊鬆弛的皮膚切除，以達到提升乳房的目的。

中度致嚴重的乳房下垂，需要將切除的鬆弛皮膚的範圍伸展到乳房下半部及胸下摺痕。視乎個別的情況，亦需考慮植入假體，以助提升乳房。乳房提升手術須在全身麻醉下進行。需時兩至三小時，術後須留院兩至三天，病人可於五至七天後回復正常工作。

縮胸手術

乳房並非越大越好，過大的乳房會導致頸背痛、胸下摺皮膚癢及乳房下垂等問題。如過大的乳房引致上述的症狀或生活上的不便，便可考慮縮胸手術。縮胸手術的目的是要將過剩的乳房組織及皮膚切除，使乳房回復適當的大小。手術須在全身麻醉下進行，需時三至四小時，術後須留院兩至三天，病人可於一至兩星期後回復正常工作。

乳房重建

乳癌是香港女性最常見的癌症。雖然局部乳房切除可根治乳癌，但在某些情況下亦需要將整個乳房切除。乳房是女性的象徵，乳房的重建，有助減低病人在切除乳房後的心理負擔及生活的不便。

乳房的重建可在切除乳房時同時進行，亦可待完成化療及電療後才進行。重建時可選用自體組織或乳房假體。選用那種方法重建，則視乎個人的喜好、身體的狀況、乳房的大小、乳癌的種類等來決定。

自體組織乳房重建

利用皮瓣手術，將下腹的皮膚、脂肪及一組腹肌轉移到胸部已切除乳房的皮膚內，造出自然及對稱程度的乳房。手術成功率高，效果永久，同時也可收腹，但有可能出現皮瓣壞死、疝氣等併發症。

假體乳房重建

假體乳房重建手術可於切除乳房時同時進行，亦可待完成化療及電療等輔助治療後進行。視乎假體的選擇及輔助治療的情況，假體乳房重建手術可以是一次性或分階段進行。如在切除乳房後傾向不需輔助治療，可選擇一次性假體及在切乳房時同時進行重建。

由於電療會增加假體的纖維包膜攣縮的機會，所以假體乳房重建一般會在完成電療後才進行。手術分為兩期，醫生會先在切除乳房的胸部放進扁平的鹽水袋，然後定期注入鹽水，令胸部皮膚澎漲，最後放進水滴形的假體，完成重建。假體乳房重建不需在身體其他地方造出新的傷口，所以康復時間較短，但有可能出現假體移位、滲漏、纖維包膜攣縮等問題。

BREAST AUGMENTATION AND RECONSTRUCTION

乳房整形及重建手術

HKSH Plastic & Reconstructive Surgery Centre
養和整形外科中心

HKSH Plastic & Reconstructive Surgery Centre 養和整形外科中心

CONSULTATION HOURS	診症時間
Monday to Friday 10:00am – 6:00pm	星期一至五 上午 10 時至下午 6 時
Saturday 9:00am – 1:00pm	星期六 上午 9 時至下午 1 時
Closed Sundays and Public Holidays Consultation by Appointment	星期日及公眾假期休息 敬請預約

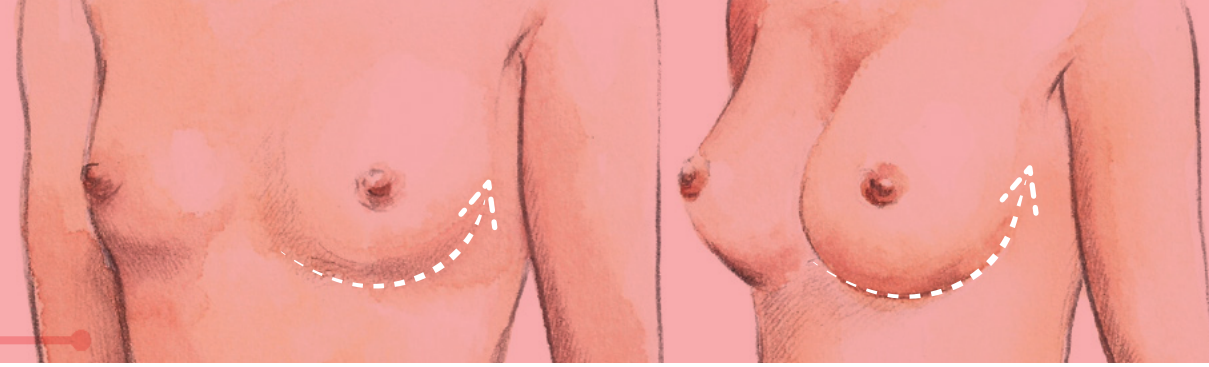
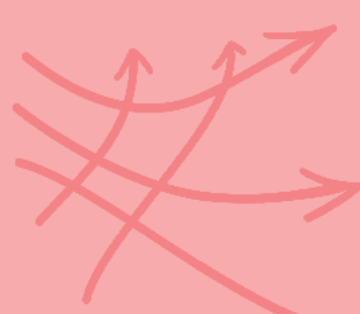
HKSH Healthcare Medical Centre 養和醫健專科中心

Level 23, One Pacific Place
88 Queensway, Hong Kong
香港金鐘道 88 號
太古廣場一座 23 樓
www.hksh-healthcare.com

(852) 2855 6633
prsc@hksh-healthcare.com

BREAST AUGMENTATION AND RECONSTRUCTION

乳房整形及重建手術



BREAST AUGMENTATION

Breast Augmentation is one of the most common plastic surgeries in Hong Kong. It is suitable for women with breasts that are underdeveloped or decreased in size after childbirth. In recent years, various breast enlargement methods have appeared, but results are not guaranteed. Improper procedure methods may lead to serious complications. Methods that have been medically proven to be safe and effective are by breast implants or fat transfer.

Breast Implant

Patients can choose from saline or silicone implants, in round or teardrop shape and in a size that best fits their bodies. Breast implants currently use the 5th generation of silicone gel implant that is soft, durable and has a texture similar to breast tissue. The cohesiveness of the silicone gel also has very low leakage rate and will stick together in event of rupture; therefore, the use of silicone gel implant is very popular nowadays.

Breast augmentation with implant surgery usually lasts for two hours and is performed under general anaesthesia. Incision for the breast implant is usually made at the areola, under the armpit or at the inframammary fold. The scar is small and barely noticeable. The implant is placed under the chest muscles or directly under the breasts depending on breast volume. Bruising and swelling will gradually subside in one to two weeks and breasts will recover to look more natural in about three months.

Breast augmentation via implants is safe. Implants should not lead to any adverse reaction in the body, and will not affect results of mammogram or ultrasound checkup. Breast implants should not impede any sports activity or breast-feeding function. In most cases, breast augmentation results are long-lasting. Implant rupture rate is about 1% per year and 5% for capsular contracture. If such incidents occur, capsule removal or implant change is necessary. While complications are rare, haematoma or wound infection may happen. In extremely rare cases, anaplastic large cell lymphoma may occur with unknown reason.

Fat Transfer

Fat transfer surgery is not only done for breast augmentation but also for improvement of body shape. The surgery lasts for two to

three hours under general anaesthesia. Doctors will need to remove excess fat from donor sites such as the abdomen, upper arms or thighs. The fat is then purified and injected into the breasts to increase volume. Some of the injected fat may be absorbed by the body and diminish the outcome. Some patients may need to repeat the procedure after four to six months to achieve a lasting result. Scars are minimal and bruising will generally subside within one to two weeks, with full recovery expected in three to four weeks. Side effects may include wound infection, oil cyst, lumpiness, asymmetry and microcalcification, but these complications are rare.

BREAST DROOPING

A pair of proportional breasts should have nipples positioned above the inframammary folds. Breast drooping occurs when the nipples appear lower than the inframammary folds and usually happens as part of the ageing processes or when breasts shrink after weight loss.

Mild breast drooping can be improved by radiofrequency or high-intensity focused ultrasound (HIFU), skin tightening or removal of sagging skin around the areola. For breast drooping with more severe sagging, the plastic surgeon will need to extend the skin removal to the lower breast or inframammary fold. Careful consideration is given to each case and implantation may be needed to lift the breast. Breast lifting surgery lasts for two to three hours and is usually performed under general anaesthesia. Patients will need to stay in the hospital for two to three days, and will be able to return to work in five to seven days.

BREAST REDUCTION

Bigger is not always better for breasts, as large breasts can cause physical symptoms such as back pain, neck pain, shoulder pain and postural problems. If breasts are oversized and bring inconvenience, a breast reduction surgery can be considered. The purpose of the surgery is to restore the breast to more normal size by removing excessive breast tissue and skin. The surgery is usually done under general anaesthesia in three to four hours. Patients will need to stay in the hospital for two to three days, and will be able to return to work in one to two weeks.

BREAST RECONSTRUCTION

Breast cancer is common in Hong Kong females. Although breast cancer can be removed by lumpectomy, the entire breast might have to be removed in some cases. Breasts are naturally important feminine features and breast reconstruction surgery can help restore breast loss to ease patient concerns physically and psychologically. Breast cancer patients can restore their original body shape at the time of mastectomy or later after the completion of all cancer treatments. Breast reconstruction can rebuild and reshape with either autologous tissue or breast implant. Patients can choose their preferred surgery method according to their preferences, health conditions, type of breast cancer and size of the normal breast.

Breast Reconstruction with TRAM Flap

Excess fat and skin in the abdomen is transformed into a breast pocket by flap surgery. The flap is shaped to form a new breast and the abdomen can be tightened at the same time. The success rate of the surgery is high. Rare complications include flap necrosis and hernia.

Breast Reconstruction with Implant

Breast reconstruction surgery with implant can be done at the time of mastectomy or later after the completion of all cancer treatments. Depending on the implant or type of cancer, breast reconstruction surgery can be performed in one or two stages. An immediate reconstruction is only suitable for patients who do not need radiotherapy after mastectomy.

Since radiotherapy increases the chance of capsular contracture, the plastic surgeon may delay the reconstruction operation until after all adjuvant treatments. During the reconstruction, the doctor will create a breast shape by using a tissue expander. Saline is injected regularly for a period of time until the breast area is big enough to insert the permanent implant. No new incision is required for breast reconstruction. Recovery time is short. Some rare complications may include displacement of the implant, leakage or capsular contracture.

