

THE BODY BEAUTIFUL

Spring is nature's time for renewal and the perfect time to reassess health, our appearance and lifestyle options.

Few people are perfectly happy with their body shape and breast size. Older women may notice their breasts are smaller or less firm. Many young women are dissatisfied with the size or shape of their breasts. Cosmetic and surgical procedures can help solve the problems but it is essential to consult a qualified, experienced, and respected practitioner. Plastic surgery is intensely personal, it is important to know the surgeon's qualifications and reputation and be assessed as an individual.

Dr Craig Layt – a fully qualified and accredited plastic surgeon – has an excellent reputation and more than 15 years surgical experience. Dr Layt is a member of the Royal Australasian College of Surgeons (RACS), the Australian Society of Plastic Surgeons (ASPS), the Australasian Society of Aesthetic Plastic Surgeons (ASAPS), the International Society of Aesthetic Plastic Surgeons (ISAPS) and a corresponding member of the American Society of Plastic Surgeons.

Dr Layt works with his patients to ensure maximum result with minimum risk. He says modern surgery is safe but there is no such thing as risk free surgery.

"It is important to understand potential risks and minimise the occurrence. Patients are fully briefed on pre and post-operative procedures to ensure the best possible surgical experience, recovery and result," he says.

Dr Layt takes an individual approach to surgical and non-surgical procedures. He explains every element of the process.

Dr Layt says patient concerns are as varied as the individual but one of the



THE QUEST FOR ETERNAL YOUTH IS AS OLD AS TIME. IT IS IMPOSSIBLE TO TURN THE CLOCK BACK BUT A SKILLED SURGEON CAN HELP MOST PEOPLE LOOK AND FEEL MORE YOUTHFUL

most frequently requested procedures is breast augmentation. "Breast augmentation enhances the breast size and shape.

"It involves the placement of an implant filled with either silicone or saline behind the breast or chest wall muscles. It is performed under general anaesthetic, usually as a day procedure.

"This procedure suits women who want larger breasts, those with a moderate degree of breast sagging and women with one breast that is noticeably smaller than the other.

"Pre-operative consultations establish the most appropriate procedure for each patient. Everyone is different, we work with patients to ensure they understand what is possible, how much it will cost, the likely recovery time and result.

"Decisions must be made about the size and shape of the implant, the surface of the implant, positioning behind or in front of the muscle and the incision site," he says.

Dr Layt is one of few surgeons able to offer

all techniques for breast augmentation including the keyhole endoscopic axillary (armpit) approach.

He says breast size after augmentation is a result of natural breast tissue plus the implant. "The same implant size gives different results in different people. I discuss the preferred breast size with the patient and we make a decision on the best implant. Breast shape is largely determined by nature but shaped implants can be an advantage.

"The position of the incision is crucial; this is where the inevitable small scar will be. It is not a case of one size fits all. No two women are the same, it is essential to consider the variations and personal preferences before any procedure," Dr Layt says. A skilled surgeon ensures the best result with a natural look and minimal discomfort. For information about Dr Layt's individual surgical approach visit www.drlyt.com or telephone Dr Layt's surgery on (07) 5597 4100.