

Calf implants

Calf implants have become more and more popular over the years. If you consider having this surgery, you need to know a few things about it.

1) What happens during the initial consultation?

- You will meet your surgeon and will tell him exactly what you want, why you want it and for how long.
- You will be asked to give information about your previous operations (cosmetic and non cosmetic), your health condition, your current medications, your allergies to medications, if you are a smoker or not..
- Your surgeon will examine you, and will take some measurements.
- Then, the whole operation will be explained to you in details, including:
 - the type of anesthesia (general)
 - the different surgical options (fat transfer or implants)

If you want to go ahead with implants:

-the incisions (length (5 cms), location (behind the knees), and outcome)

-the type of implants used (cohesive gel of silicone/ specific shape of muscles, surface of the shell (textured or smooth), /different sizes, different projections)

-the type of pockets (,subfascial, intra muscular,)

-the surgical options combined to the implants (liposuction / lipostructure or fat transfer)

-the muscle you want to make bigger (generally, just the medial gastrocnemius muscle, sometimes, the medial and the lateral muscles)

-the type of sutures used, the type of dressing, support stockings

As you are usually going to stay 1 night in the hospital, your big dressing will be changed the next morning, before being discharged. Then, you are supposed to keep your support stockings for 3 weeks, day and night)

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2)What happens when you decide to go ahead with your surgery?

You call the office ;we book the hospital for you.

you will have to do a blood test(usually in a private lab),mostly to check your red and white cells and your coagulation.

Before the operation, you are not supposed to take aspirin or similar tablets.

You will have to stop eating, drinking and smoking 6 hours before the operation.

You will see your surgeon before going to theater and have time to ask him any question you forgot to ask before.He will ask you to sign a consent form,where all the possible risks are mentioned.He will then do some markings on your skin and take some before photographs (they will stay in your file and are totally confidential)

-Then, you will meet the anesthetist and you will be taken to theater.
Your operation takes about 1 and a half hour. You will spend half an hour in recovery, before being taken back to your room.

You will be discharged the next day before 12 noon

3)How do we decide the size of my implants,..?

The surgeon will take in consideration your current size, your wish , your measurements and the quality of your skin.You can try different implants sizes in the consultation room, but this will only give you a rough idea.
There is obviously a limit to what can be done ,and ,remember that plastic surgery is not magic.

4)What happens after the surgery?

-Back home you are supposed to take it easy: no sport, no heavy lifting for 6 weeks.You will ,probably, be in pain, for a couple of weeks and will need to take pain killers.

-You cannot shower this area for 2-3 weeks, but you need to keep it very clean.

-You are supposed to come back to the clinic after 2 weeks for the first wound check (but you can contact the office anytime in between), After this first post operative consultation, you will see your surgeon,one month ,3 months and 6 months after the surgery.Then, it will only be once a year

Your stitches will be trimmed after 2 weeks.

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The initial swelling will disappear within 3 weeks, which is the time you need ,before seeing how big you are going to be

5)What are the risks of this operation?

Apart from the usual side effects (pain(2 weeks), swelling, numbness), there are some potential risks ,which are still very rare:

-bleeding: This is quite rare but,if it happens, you will have to go back to surgery to have it stopped.This is why it is so important to stop smoking before the surgery

-bruising

-infection (this is why you have the antibiotics)

-asymmetry

-displacement of the implant(s):can happen if you do not take it easy ,long enough, after the surgery.Sport , climbing the stairs should be avoided for at least, 6 weeks

-seroma: it is a collection of lymphatic fluid that needs to be aspirated

-wound opening:

-capsule contracture: rare condition, when the implants get hard (due to the building of inside scar tissue)

-life expectancy of implants :about 15 years

-nerve compression: (motor and/or sensitive)Also called compartment syndrome ,this rare complication, usually ,happens when the implants are too big.

Again all these risks of complications are rare, but remember that surgery is not an exact science and there is no magic in surgery.

Would you have more questions, do not hesitate to ask your surgeon,who will be always pleased to see you again during a second consultation