

Not all breasts are created equal

Rozina Ali is a highly trained consultant plastic surgeon. She's creative, innovative and approachable, with a passion for breast aesthetics. One of only very few female plastic surgeons in the UK, she's a respected and sought after key opinion leader in the fields of aesthetics and breast surgery.

Her relaxed personality and forthright style has become widely known since presenting the BBC2 *Horizon* documentary, *The Truth About Looking Younger*, and more recently, the Channel 4 series *How Not to Get Old*.

Rozina's passion lies in raising patient self-esteem and optimising the natural aesthetics of the body. Radical or unnatural results are not in her repertoire, nor are fashion fads. She believes every woman's body is beautiful and appealing, with curves and proportions to be enhanced, accentuated or restored — never opposed or distorted.

Rozina advocates empowerment of the patient through knowledge, offering up-to-date information combined with surgical excellence, high-performance products, innovative techniques and excellent service to enhance satisfaction and outcome.

"True beauty is the glow of inner confidence that comes from living life on your own terms," says the surgeon.

Miss Ali's guide to successful breast augmentation surgery

When it comes to breast surgery, there are a lot of things to consider and Rozina's expert tips will help enhance your experience. She says:

"Choose wisely. Your choice of surgeon reveals how seriously you take the experience and how high you set your standards. I'd always advise a certified FRCS (Plast) surgeon — this signifies a fully-trained practitioner in plastic surgery who's been awarded the only UK qualification in aesthetic surgery.

Professional affiliations

British Association of Aesthetic Plastic Surgeons (BAAPS)

British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS)

Fellow of the Royal College of Surgeons of England (FRCS Eng)

General Medical Council (GMC)

Independent Doctors Federation (IDF)

International Association of Aesthetic Plastic Surgeons (ISAPS)

Royal Society of Medicine (RSM)

United Kingdom Association of Aesthetic Plastic Surgeons (UKAAPS)

World Society of Reconstructive Microsurgery (WSRM)

"There's much more to beautiful breasts than augmentation. Rozina Ali applies her keen eye and aesthetic sensibility to reducing, reshaping, lifting, matching or reconstructing breasts. She's a true aficionado of the subject"

"Select a surgeon you trust, respect and like. Take your time and be sure you're heard and understood. I offer written information, multiple consultations and plenty of time to my patients to ensure they're as well-informed as it's possible to be.

"One size does not fit all. There are scores of breast implants, with different sizes, shapes, projections, dimensions, profiles, gel consistencies, shell textures and coatings. A specialist breast aesthetician will evaluate your tissues, expectations and lifestyle to better optimise your final result.

"Pert, full, natural-looking breasts are my goal. Sometimes this requires soft, malleable, round implants; other times, the amazing technology behind the lovely shapes achieved by the Polytech Diagon Gel implants from Q Medical Technologies..

"Consider microthane-coated implants to prevent rotation or malposition and to minimise long-term complications. For me, the future of breast augmentation has been revitalised with the advent of high-calibre implants, the growing availability of comprehensive surgical warranties and, at last, discussion among manufacturers, regarding catastrophic event cover.

"Enhance, don't overfill. I recommend using minimum-size implants to achieve the look you want. This allows the new breast to feel and move more naturally. Obviously, there are plenty of additional tactics up my scrub sleeves! These include lipofilling, lifting and redraping tissues and adding a matrix to prevent 'bottoming out'.

"The benefits of support garments are crucial. I favour MACOM bras for their wide side-panels and adjustable hooks that allow for comfortable sleep without pinching or rubbing."

Rozina Ali says, "To me, surgery is an alchemy of science, skill and empathy."



Rozina Ali