Breast surgery has come a long way over the past 10 years. Now women can change the size or shape of their breasts – and still look natural.

your breasts

Breast implants

Breast lift and breast reduction

MEDICAL NAME

Augmentation mammoplasty

Much has changed since the late '80s and early '90s, when multiple lawsuits against a silicone breast implant manufacturer in the US scared many women away from breast augmentation.

Today's implants are safer than ever, and the silicone ones now contain a cohesive gel rather than a liquid, so they can't leak like their predecessors.

"Implants used for breast augmentation have come ahead in leaps and bounds in the past 10 years," says Sydney plastic, reconstructive and aesthetic surgeon Dr Benjamin Norris.

"The current generation is very well made and their complication rate is very low."