



BREAST AUGMENTATION

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Breast Augmentation

Breast augmentation involves using breast implants or fat transfer to increase the size of your breasts. This procedure can also restore breast volume lost after weight reduction or pregnancy, achieve a more rounded breast shape, or improve natural breast size asymmetry.

Breast augmentation is also referred to as augmentation mammoplasty. When fat from another part of the patient's body is used to create the improved breast volume, the procedure is referred to as fat transfer fat augmentation.

What Breast Augmentation Surgery Can Do

- Increase fullness and projection of your breasts
- Improve balance of breast and hip contours
- Enhance your self-image and self-confidence

What Breast Augmentation Surgery Can't Do

Breast augmentation does not correct severely drooping breasts. A breast lift may be required along with a breast augmentation for sagging breasts to look fuller and lifted.

Breast lifting can often be done at the same time as your augmentation or may require a separate operation. Your plastic surgeon will assist you in making this decision.

Who Is A Good Candidate For Breast Augmentation?

Breast augmentation is a deeply personal procedure, and it's important that you're doing it for yourself and not for someone else. Patient satisfaction is high, specifically when they want the procedure themselves.

You may be a **candidate for breast augmentation** if:

- You are physically healthy and you aren't pregnant or breastfeeding
- You have realistic expectations
- Your breasts are fully developed
- You are bothered by the feeling that your breasts are too small
- You are dissatisfied with your breasts losing shape and volume after pregnancy, weight loss or with aging
- You are unhappy with the upper part of your breast appearing "empty"
- Your breasts are asymmetrical
- One or both breasts failed to develop normally or have an elongated shape

What Should I Expect During A Consultation For Breast Augmentation?

During your **breast augmentation consultation**, be prepared to discuss:

- Why you want breast augmentation surgery, your expectations and the desired outcome
- Medical conditions, drug allergies and previous medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Family history of breast cancer and results of any mammograms or previous biopsies

Your plastic surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine and measure your breasts, including detailed measurements of their size and shape, skin quality and placement of your nipples and areolas
- Take photographs
- Discuss your options and recommend a course of treatment
- Discuss likely outcomes of breast augmentation and any risks or potential complications

What Questions Should I Ask My Plastic Surgeon About Breast Augmentation?

Use this checklist as a guide during your **breast augmentation consultation**:

- Am I a good candidate for breast enhancement or breast enlargement?
- What will be expected of me to get the best results?
- Where and how will you perform my breast augmentation surgery?

- What shape, size, surface texturing, incision site and placement site are recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- How many additional implant-related operations can I expect over my lifetime?
- How will my ability to breastfeed be affected?
- How can I expect my implanted breasts to look over time? After pregnancy? After breastfeeding?
- How will my breasts look if I choose to have the implants removed in the future without replacement?
- Do you have breast augmentation before-and-after photos I can look at for this procedure and what results are reasonable for me?

What Types Of Breast Implants Are Available?



Saline breast implants

- **Saline breast implants** are filled with sterile salt water. Should the implant shell leak, a saline implant will collapse and the saline will be absorbed and naturally expelled by the body.
- Saline breast implants provide a uniform shape, firmness and feel, and are FDA-approved for augmentation in women age 18 or older.

Structured saline breast implants

- **Structured implants** are filled with sterile salt water, and contain an inner structure which aims to make the implant feel more natural.

Silicone breast implants

- **Silicone breast implants** are filled with silicone gel. The gel feels a bit more like natural breast tissue. If the implant leaks, the gel may remain within the implant shell, or may escape into the breast implant pocket. A leaking implant filled with silicone gel will not collapse.
- If you choose silicone implants, you may need to visit your plastic surgeon regularly to make sure the implants are functioning properly. An ultrasound or MRI screening can assess the condition of breast implants.
- Silicone breast implants are FDA-approved for augmentation in women age 22 or older.

Gummy bear breast implants

- Form-stable implants are sometimes referred to as **gummy bear breast implants** because they maintain their shape even when the implant shell is broken.
- The consistency of the silicone gel inside the implant is thicker than traditional silicone gel implants. These implants are also firmer than traditional implants.
- Shaped gummy bear breast implants have more projection at the bottom and are tapered towards the top. If a shaped implant rotates, it may lead to an unusual appearance of the breast that requires a separate procedure to correct.
- Placement of gummy bear implants requires a slightly longer incision in the skin.

Round breast implants

- **Round breast implants** tend to make breasts appear fuller than form-stable implants. Higher profile options can achieve even more projection.
- Because round implants are the same shape all over, there is less concern about them rotating out of place.

Smooth breast implants

- **Smooth breast implants** are the softest feeling. They can move with the breast implant pocket, which may give more natural movement.
- Smooth implants may have some palpable or visible rippling under the skin.

Textured breast implants

- **Textured breast implants** develop scar tissue to stick to the implant, making them less likely to move around inside of the breast and become repositioned.
- Texturing offers some advantage in diminishing the risk of a tight scar capsule.

What Are The Risks Of Breast Augmentation?

The decision to have plastic surgery is extremely personal and you will have to weigh the potential benefits in achieving your goals with the **risks and potential complications of breast augmentation**. Only you can make that decision for yourself.

You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications.

These risks and others will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

Other Important Considerations

- Breast implants are not guaranteed to last a lifetime and future surgery may be required to replace one or both implants
- Breast augmentation requires regular examinations of your breast health and to evaluate the condition of your breast implants
- The FDA recommends that you get your breast implants screened – using an MRI or ultrasound – five to six years after silicone implant placement and every two to three years thereafter
- Pregnancy, weight loss and menopause may influence the appearance of augmented breasts over the course of your lifetime

Even if you do not have concerns about the condition of your implants, it is important to go for your routine exams and screenings, based on the FDA-recommended timeline. Routine screenings can verify your implant is intact and identify complications such as implant rupture or silicone leakage. Although implant rupture can cause various symptoms, some women with ruptured implants experience no symptoms, which is why routine screenings are critical.

How Should I Prepare For Breast Augmentation?

In **preparing for breast augmentation**, you may be asked to:

- Get a blood test
- Take certain medications or adjust your current medications
- Avoid taking aspirin and certain anti-inflammatory drugs as they can increase bleeding

What Are The Steps Of A Breast Augmentation Procedure?

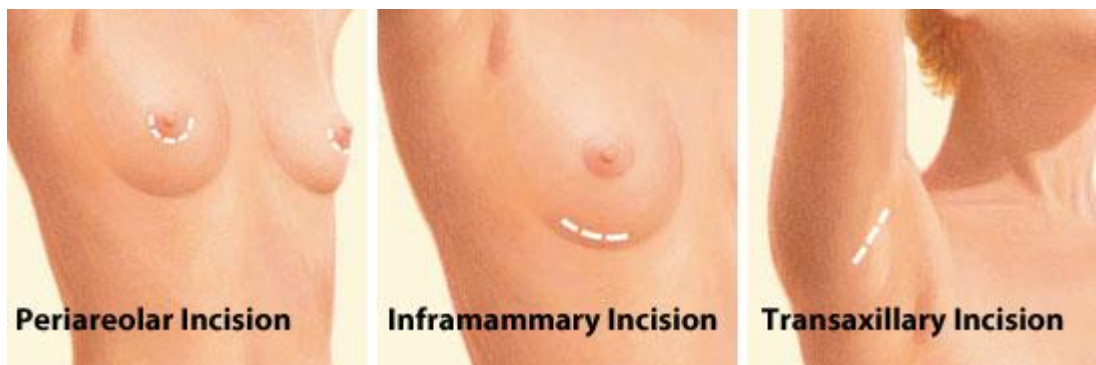
A **breast augmentation procedure** includes the following steps:

Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

Step 2 – The incision

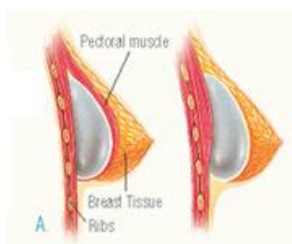
Incisions are made in inconspicuous areas to minimize visible scarring. You and your plastic surgeon will discuss which incision options are appropriate for your desired outcome. Incision options include: along the areolar edge (peri-areolar incision), the fold under the breast (inframammary fold) and in the armpit (axillary incision). A belly-button approach is associated with a higher complication rate.



Incisions vary based on the type of breast implant, degree of enlargement desired, your particular anatomy and patient-surgeon preference.

Step 3 – Inserting and placing the breast implant

After the incision is made, a breast implant is inserted into a pocket either:



A. Under the pectoral muscle (a submuscular placement)

B. Directly behind the breast tissue, over the pectoral muscle (a submammary/ subglandular placement)

The method for inserting and positioning breast implants depends on the type of implant, degree of enlargement desired, your body type and your surgeon's recommendations.

Step 4 – Closing the incisions

Incisions are closed with layered sutures in the breast tissue and with sutures, skin adhesive or surgical tape to close the skin.



Over time the incision lines will fade. The quality of scar depends on many things, including your genetics, exposure of your body to nicotine and infection.

Step 5 – See the results

The results of breast augmentation are immediately visible.

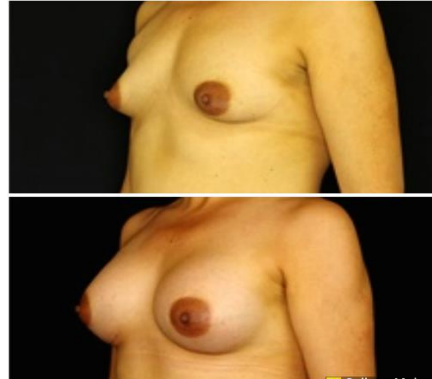
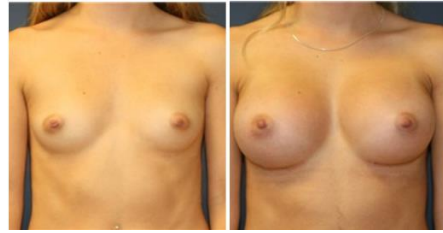
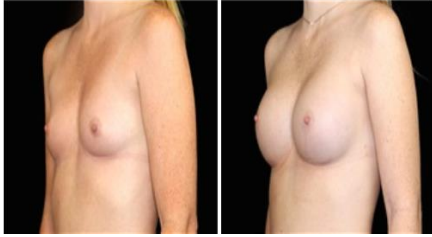
What Should I Expect During My Breast Augmentation Recovery?

During your **breast augmentation recovery**, your breasts will be wrapped in gauze dressings and an elastic bandage or support bra will minimize swelling and support the breasts as they heal.

What Results Should I Expect After Breast Augmentation Surgery?

While a breast augmentation yields larger breasts right away, the final results may take a few weeks as the swelling subsides and the skin stretches. Some patients may need to wear a bandeau to help shape their breasts, especially if they have underlying asymmetry or very small breasts to start with. Incision lines may take several months, even a couple of years, to fade.

Before & After Photo



Visual Animation  [Adi care 007](#)

FOR APPOINTMENT

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