

# BREAST AUGMENTATION

Enhance and Empower



## Knowledge is Beautiful

If you are considering Breast Augmentation, there are several things to consider to ensure you are making an informed decision. Breast Augmentation (also known as Augmentation Mammoplasty or Breast Enlargement) can help your breasts to become more shapely, increasing their fullness and stature. For many women, this enhanced appearance leads to a boost in their self-esteem and confidence.

### A BREAST AUGMENTATION MAY BE RIGHT FOR YOU IF:

- You are bothered by the feeling that your breasts are too small
- Clothes that fit well around your hips are often too large at the bust line
- You feel self-conscious wearing a swimsuit or form-fitting top
- Your breasts have changed their shape or volume after weight loss, pregnancy, or due to aging
- You are healthy
- You have realistic expectations

### A MEMBER OF THE AESTHETIC SOCIETY

There is nothing more important than choosing the right plastic surgeon. With a member of The Aesthetic Society, you can rest easy, knowing you are in good hands.



### BEYOND BOARD CERTIFIED

Unlike some plastic surgeons, members of The Aesthetic Society are board-certified by accredited boards, like the American Board of Plastic Surgery (ABPS) in the US, which require the highest level of education, training, and experience.

Do not be confused by other official-sounding boards and certifications. The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name.



\*If you live outside the United States or Canada, check your surgeon's affiliation with the International Society of Aesthetic Plastic Surgery (ISAPS). Canadian plastic surgeons are certified by the Royal College of Physicians and Surgeons of Canada.

## Preparing For Surgery

You may be asked to undergo a medical evaluation or to have lab tests prior to surgery. In some instances, your plastic surgeon may recommend that you lose weight, engage in exercises to strengthen your abdominal muscles, or make other lifestyle changes before surgery to help improve your results and minimize possible complications. Drinking lots of water before and after the procedure is essential for safe recovery and optimal outcomes.

### **BEFORE YOUR PROCEDURE, YOUR SURGEON WILL DISCUSS WITH YOU:**

- The impact that smoking and tobacco products have on your surgery. Your surgeon may recommend that you stop smoking and using other tobacco products, including nicotine patches, gum, and nicotine-containing electronic cigarettes before surgery.
- The importance of avoiding aspirin, nonsteroidal anti-inflammatory medications (NSAIDs: Advil, Motrin, Aleve), and vitamins or homeopathic regimens before surgery, since these products can increase bleeding.

Breast Augmentation is usually performed on an outpatient basis. If this is the case, be sure to arrange for someone to drive you home after surgery and to stay with you at least the first night following your procedure.



Your surgeon will provide complete instructions on preoperative and postoperative care. Read the instructions carefully to ensure that you fully understand them and know what to expect before, during, and after your procedure.

# Procedural Steps

## STEP 1 | ANESTHESIA

Medications are administered for your comfort during the surgical procedure, which your surgeon will discuss. Possible choices may include general anesthesia or local anesthesia with intravenous sedation.

## STEP 2 | THE INCISIONS

A consultation with your surgeon will help determine the best incision and placement option, based on the type of implant selected, the desired breast size, and your body type. The incisions will be designed to be as inconspicuous as possible. An incision can be made in one of four places:

- Inframammary: underneath the breast, just above the crease
- Transaxillary: near armpit, where the arm meets the chest area
- Transumbilical: in the belly button (saline implants only)
- Periareolar: around the edge of the areola (the dark area surrounding the nipple)



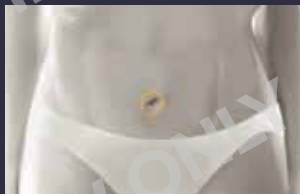
Inframammary Incision



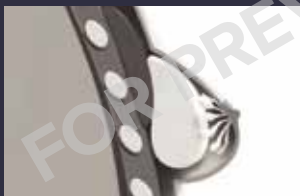
Periareolar Incision



Transaxillary Incision



Transumbilical Incision



Submammary/Subglandular Implant Placement



Submuscular Implant Placement

## STEP 3 | BREAST IMPLANTS

Before undergoing surgery, your plastic surgeon will present you with a variety of suitable breast implants that may differ in type, shape, style, and size.

**SALINE FILLED BREAST IMPLANTS** are filled with sterile saltwater. They may be pre-filled to a predetermined size, or they may be filled at the time of surgery to allow for minor modifications in implant size.

**SILICONE FILLED BREAST IMPLANTS** are filled with soft, elastic gel and can come in a variety of shapes. All silicone breast implants are pre-filled and may require a longer incision for implant placement.

**COHESIVE GEL BREAST IMPLANTS**, also known as “gummy bear” or “form stable” implants, are filled with a cohesive gel made of crosslinked molecules of silicone, which makes it a bit thicker and firmer than traditional silicone implants and enables it to maintain its shape. Typically, these implants are inserted through an inframammary incision, just under the breast.

**FAT TRANSFER** takes fat out of an area of your body where there are abundant fat cells (thighs, abdomen, and hip) by liposuction, and then through a process of careful preparation and refinement, the fat cells are re-injected into the breast. This procedure is currently considered experimental, due to a limited history of data, but the process has shown promise. Your plastic surgeon can tell you more about its benefits and limitations.

## STEP 4 | INSERTING THE IMPLANT

Following the incision, the implant is inserted into a pocket, either A) behind the breast tissue, over the pectoral muscle (submammary/subglandular placement) or B) under the pectoral muscle (submuscular placement), and the incision closed.

## STEP 5 | THE RESULTS

Your results following Breast Augmentation will be visible immediately. Some discoloration and swelling may occur initially, but this should disappear quickly. Most residual swelling will resolve within a month.



## Recovery, Safety and Risks

After your surgery, you and your caregiver will be given detailed instructions about your post-surgical care, including drains (if they have been placed), normal symptoms you may experience, and signs of potential complications.

Typically, the greatest amount of discomfort is experienced within the first forty-eight hours following breast augmentation surgery. The level of discomfort typically reduces day-by-day and may be effectively treated by various pain medications.

### SURGERY RISKS

All surgery has risks and potential complications. Your surgeon will review this information with you. Be sure you understand these potential complications before proceeding with any surgical procedure because no surgeon can offer risk-free surgery or guarantee a perfect result.

### EXAMINATIONS

If you are in the appropriate age group for mammographic screening, having breast implants will not change your recommended exam schedule. However, your surgeon may recommend some additional tests or discuss how some choices affect mammograms. Be sure to select a radiologic technician who has experience in performing mammography in women with breast implants, as implants require modified mammographic techniques and additional x-ray views.

## Final Results

Breast Augmentation will make your breasts fuller and enhance their shape. You will find it easier to wear certain styles of clothing. Like many women who have had Breast Augmentation, you may have a boost in self-confidence.

### HOW LONG WILL THE RESULTS LAST AFTER A BREAST AUGMENTATION?

The results of Breast Augmentation can be long-lasting, though a revision may be necessary should an issue arise with your implants. Silicone breast implants, for example, are not lifetime devices and should be removed and replaced at your surgeon's recommendation. Make sure to keep in contact with your plastic surgeon on a yearly basis.

### MAINTAINING A RELATIONSHIP WITH YOUR PLASTIC SURGEON

You will return to your plastic surgeon's office for follow-up care at prescribed intervals, at which time your progress will be evaluated. Your surgeon will encourage you to schedule routine mammographic evaluations at the frequency recommended for your age group.

Please remember that the relationship with your plastic surgeon does not end when you leave the operating room. If you have questions or concerns during your recovery or need additional information at a later time, you should contact your plastic surgeon.

# Questions to Ask My Surgeon



## FEEDBACK ABOUT MY CASE, GOALS, AND PROCEDURE

1. Am I a good candidate for Breast Augmentation?
2. Are my desired results reasonable and realistic?
3. Will you be combining a Breast Lift with Breast Augmentation?
4. Do you have Breast Augmentation before-and-after photos I can look at?
5. In my case, will the breast implants be implanted beneath the pectoral muscle or over the pectoral muscle?
6. Where do you plan to make the incision and will the scars be visible?
7. What type of implants do you recommend for me?
8. What kind of anesthesia do you recommend for me?
9. What is the cost associated with my Breast Augmentation?
10. What can I do to help get the best results?

## POSTOPERATIVE QUESTIONS

1. What kind of recovery period can I expect and when can I resume normal activities?
2. How can I expect my implanted breasts to look over time? After pregnancy? After breastfeeding?
3. What are the risks and complications associated with my procedure?
4. What are my options if the cosmetic outcome of my Breast Augmentation does not meet the goals we agreed upon?
5. How will my breasts look if I choose to have the implants removed in the future and not have them replaced?

## Your Next Step

After reading about Breast Augmentation, you understand more about what this procedure is and what it can do for you. Your plastic surgeon will tell you if you are a good candidate for the procedures that interest you and the kind of results you can expect. Further, your surgeon will provide additional, detailed information about risks, possible complications, and potential benefits.

Advances are constantly being made in the field of cosmetic plastic surgery, and your plastic surgeon may also present their preferred variations to the surgical techniques described in this booklet. If there is a cosmetic procedure that you have heard about from another source, such as a magazine article, TV program, or on social media, ask your plastic surgeon if it will benefit you. If there are any problems or safety concerns, your surgeon will alert you to those issues.

Above all, confide in your plastic surgeon by thoroughly discussing your goals, expectations, and concerns. Your plastic surgeon's most important job is to help you safely and comfortably achieve both physical well-being and satisfaction with your appearance.

For more information about aesthetic medical procedures, visit [theaestheticsociety.org](http://theaestheticsociety.org), the most comprehensive collection of information online.



With a member of  
The Aesthetic Society,  
you can rest easy,  
knowing you are  
in good hands.

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