

SIMPLY THE BEST BREAST

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There are few procedures in cosmetic surgery which can so dramatically and positively affect a woman's self-image as breast augmentation. Clothes fit better, body proportion is restored and confidence improves. Choosing the right surgeon can produce an excellent result with breast augmentation.

A woman should choose a surgeon who has extensive experience with all types of breast surgery, especially augmentation. He or she should be able to offer many options to you at the time of consultation. They should take into account your age, lifestyle, previous breast surgery, cancer history, childbirth, as well as your goals and expectations. I recommend telling your surgeon specifically what you want to change about your breasts. Remember, breast augmentation makes bigger what you already have; it does not change the shape of your breasts.

TYPES OF IMPLANTS:

Smooth round saline implants are the most commonly used, followed by textured implants. Advantages of a smooth surfaced implant include a softer feel and a more natural movement of the breast since the implant slides around more freely.

Textured implants are used to minimize scarring around the implant, but there are trade off's. Texturizing the implant requires a thicker implant shell, which may feel less realistic than a smooth implant. In addition, there is a higher likelihood of visible ripples on the overlying skin of the breast.

Teardrop implants offer a natural shape to a woman with very little breast tissue. This is an excellent choice for very small-breasted women, for women with youthful breasts, or for women with very little or no ptosis (droop). This choice is not for everyone, since most women are seeking

a fuller appearance in the upper portion of their breasts.

Postoperatively adjustable implants allow you to add or remove volume from your implants after surgery. This is great for the woman who is not sure what cup size she wants to be at the time of surgery. The compromise is that you need repeated needle injections into a port under the skin in order to add or remove fluid after surgery. There will be a palpable port under your skin until you decide to have a second small operation to remove the port.

Silicone implants provide the most natural appearance and feel, but they are not available to all practitioners, or every patient. One should also be aware that teardrop, textured, and silicone implants are much more expensive than smooth round saline implants.

LOCATION OF IMPLANTS:

Breast implants placed directly underneath the breast are on top of the muscle and are referred to as (subglandular). In women whose priority is creating dramatic cleavage, placing the implants on top of the muscle may better deliver the desired result.

Some believe that the breasts have a more natural appearance in this position. This placement results in only minor discomfort and has a very rapid recovery period. There are compromises. Implants on top of the muscle have a higher likelihood of becoming firm from the body's production of scar tissue around the implant, and less of the breast tissue is visible during mammograms. If a woman has very thin chest wall skin with little breast tissue, then placing the implant under the muscle (sub-muscular) will help disguise the implant. Advantages under the muscle include, less visible surface ripples superiorly, lower likelihood of breast firmness due to scar formation, and greater breast visibility with



mammograms. The trade off's include a longer, more painful post operative course, unnatural movement of the breast when the chest muscle is contracted, and a wider space between the breasts resulting in less cleavage in some women.

Questions regarding the safety of breast augmentation have been resolved by extensive research at some of the world's most prestigious medical centers. With the knowledge that breast implants are safe, the demand for breast augmentation is great. In fact, breast surgery is currently the number one cosmetic procedure in my practice followed by liposuction. ♦

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