

BREAST AUGMENTATION

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AMERICAN SOCIETY OF
PLASTIC SURGEONS •

What is a Breast Augmentation?

Breast augmentation surgery involves using implants to increase the size of your breasts or restore breast volume that has been lost after weight reduction or pregnancy.

Breast augmentation can:

- Increase the fullness and projection of your breasts
- Improve the balance of your figure
- Enhance your self-image and self-confidence
- Help achieve symmetry in asymmetrical breasts

Breast augmentation is a highly individualized procedure and you should do it for yourself, not for someone else.

Breast augmentation is a good option if:

- You are physically healthy
- You have realistic expectations
- You are bothered by the feeling that your breasts are too small
- You are dissatisfied with loss of breast shape and volume after pregnancy, weight loss, or aging
- You are unhappy with the upper part of your breast appearing “empty” or flat
- Your breasts are asymmetrical
- One or both breasts failed to develop normally or have an elongated shape

What it won't do:

Breast augmentation does not correct severely drooping breasts. If you want your breasts to look fuller and to be lifted due to sagging, a breast lift may be required in conjunction with breast augmentation. 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.

Breast implants placed to correct congenital or developmental breast deformities may require more than a single-stage procedure.



Consultation & Preparing for Surgery

Be prepared to discuss the following during your consultation:

- Your reasons for wanting to have surgery, your expectations, and your desired outcome
- Your medical conditions, and previous medical treatments
- Your current medications and drug allergies; any vitamins or herbal supplements you take; and any alcohol, tobacco, vaping, or drug use
- Breast cancer in the family, as well as the results of any mammograms or previous biopsies
- Any questions or concerns you have about breast augmentation from your own research

Your plastic surgeon will also:

- Evaluate your general health status and any preexisting health conditions or risk factors
- Inspect and evaluate the appearance of your breasts, including the position of the nipples and areolas, the condition of the skin, and the shape of the breasts
- Perform a sizing exercise, including trying on implants or using computer programs, to help visualize your size goal
- Discuss your options and recommend a course of treatment
- Discuss the possible outcomes of breast augmentation, as well as any risks or potential complications
- Discuss the use of anesthesia during your breast augmentation



Breast augmentation surgery may be performed in an accredited outpatient facility or in an ambulatory surgical center or a hospital. Prior to surgery, you may be asked to:

- Have a physical examination, including lab work
- Obtain breast imaging studies depending on your personal or family history or age
- Take certain medications or adjust your current medications
- Stop smoking or vaping*
- Avoid taking aspirin and certain anti-inflammatory drugs, as they can increase bleeding

**Smoking decreases blood flow, which can impede wound healing and increase the risk of infection.*

Be sure to ask your plastic surgeon questions. It's very important to understand all aspects of your breast augmentation surgery, especially regarding your personal health history. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

Implant Options

Saline or silicone?

You and your surgeon will determine the best implant choice for you. Here are some considerations to help make the decision:

	Saline	Silicone
Composition	Silicone shell filled with sterile salt water	Silicone shell filled with cross-linked silicone gel
FDA Approved?	Yes, 18 and older	Yes, 22 and older
Feel	Does not feel like breast tissue	Feels more like breast tissue
Cost	Less expensive option	More expensive option
Durability	Highly durable	Highly durable
If ruptured?	Harmlessly absorbed into the body	Likely remain in scar tissue
Sizes	Ideal for all sizes, especially the largest sizes	Ideal for most sizes

Implant sizes

Breast implants are available in sizes ranging from 100cc to over 800cc. Your breasts will project more if the implant is larger. Each implant size is available in a variety of widths and profiles. As a rough estimate, each 150cc is roughly equivalent to one cup size.

Implant shapes

When it comes to breast implant sizes and types, keep in mind that they are available in both round and teardrop shapes.

Your plastic surgeon will help you decide the implant shape that is right for you.



Smooth or textured?

Smooth implants do not adhere to the surrounding tissue. Some women prefer smooth implants because they make the breasts appear more natural during movement. Textured implants do adhere to the surrounding tissues and are more stable during movement. Teardrop implants are only available as textured implants.

Please know that textured implants have been associated with an increased risk of Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL).

Implant Placement

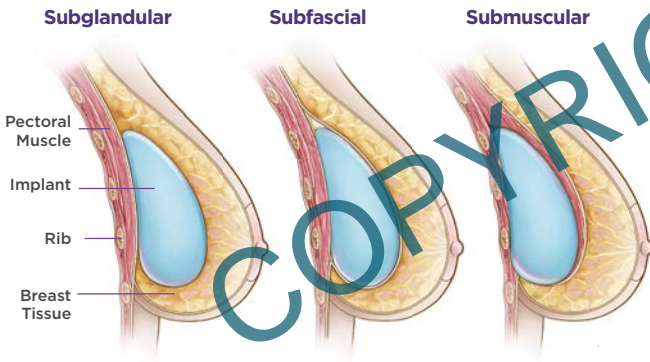
Choosing Your Breast Implant Placement

Many people don't realize that there are different breast implant placement options. The ideal implant placement depends on your body and your goals for surgery. You and your surgeon will make the best decision for you.

Important considerations to determine breast implant placement include:

- Your body type
- The amount of muscle on your chest
- How much existing breast tissue you have
- Your implant size and type
- Your personal goals for the surgery

It's important to discuss this aspect of the procedure with an experienced, board-certified plastic surgeon during your consultation.



Implant Placement Type	Benefits	Disadvantages
Subglandular	<ul style="list-style-type: none"> • More natural-looking outcome • Less postoperative pain compared to other placement types • Avoids animation deformity compared with submuscular* 	<ul style="list-style-type: none"> • Increased risk of capsular contracture** • Increased risk of wrinkling or rippling • May obstruct mammogram imaging
Subfascial	<ul style="list-style-type: none"> • Ideal for many active/athletic women • Faster recovery times compared to other implant placement types • Avoids animation deformity compared with subglandular and submuscular* 	<ul style="list-style-type: none"> • Involves a more invasive surgery • Potentially longer recovery times • Increased risk of capsular contracture compared with submuscular**
Submuscular	<ul style="list-style-type: none"> • Better tissue coverage; edges and rippling less visible • Reduced risk of capsular contracture** • Clearer mammograms 	<ul style="list-style-type: none"> • Potentially more animation deformity* • Increased postoperative pain • Potentially longer recovery times

Implant placement outcomes vary widely between individuals. Please talk to your surgeon to determine the best implant position for you.

*An animation deformity is a motion deformity in which the implant may shift during movement, making the breast look unnatural or misshapen.

**Capsular contracture is a relatively uncommon but possible side effect of breast augmentation with implants. When an implant is placed, the body creates a protective scar tissue capsule around the foreign body. In most cases, the scar tissue is soft and malleable; however, in some cases, the capsules can become firm and painful.

The Procedure

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.

Your incision options are as follows:

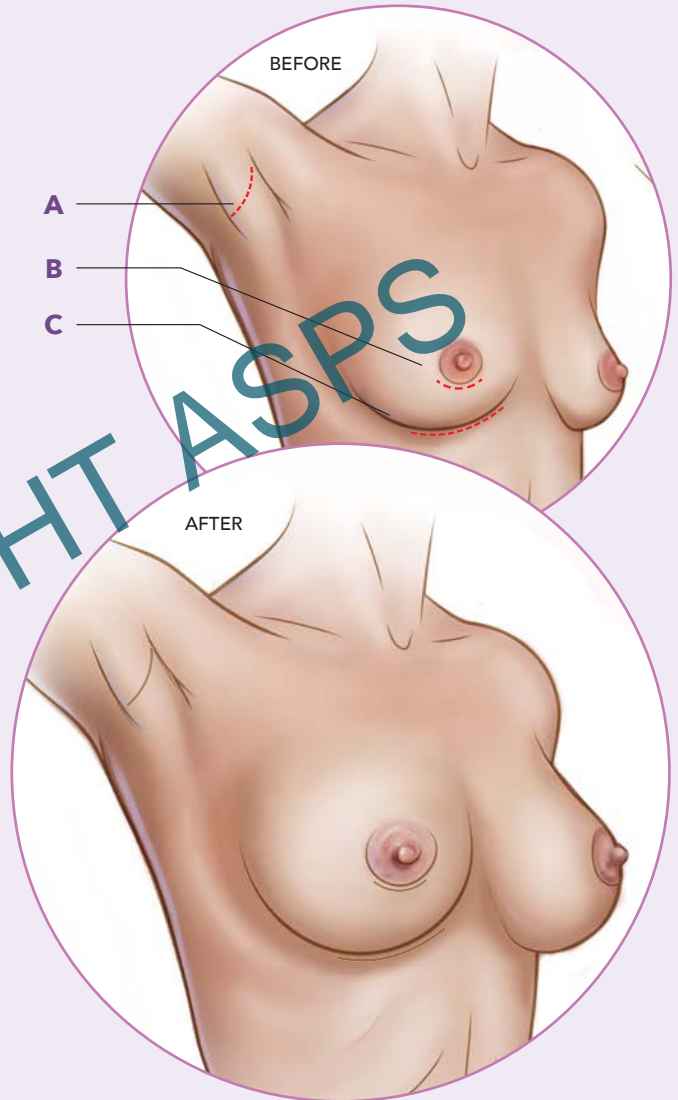
- Transaxillary incision
- Periareolar incision
- Inframammary incision

Step 3 - 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.

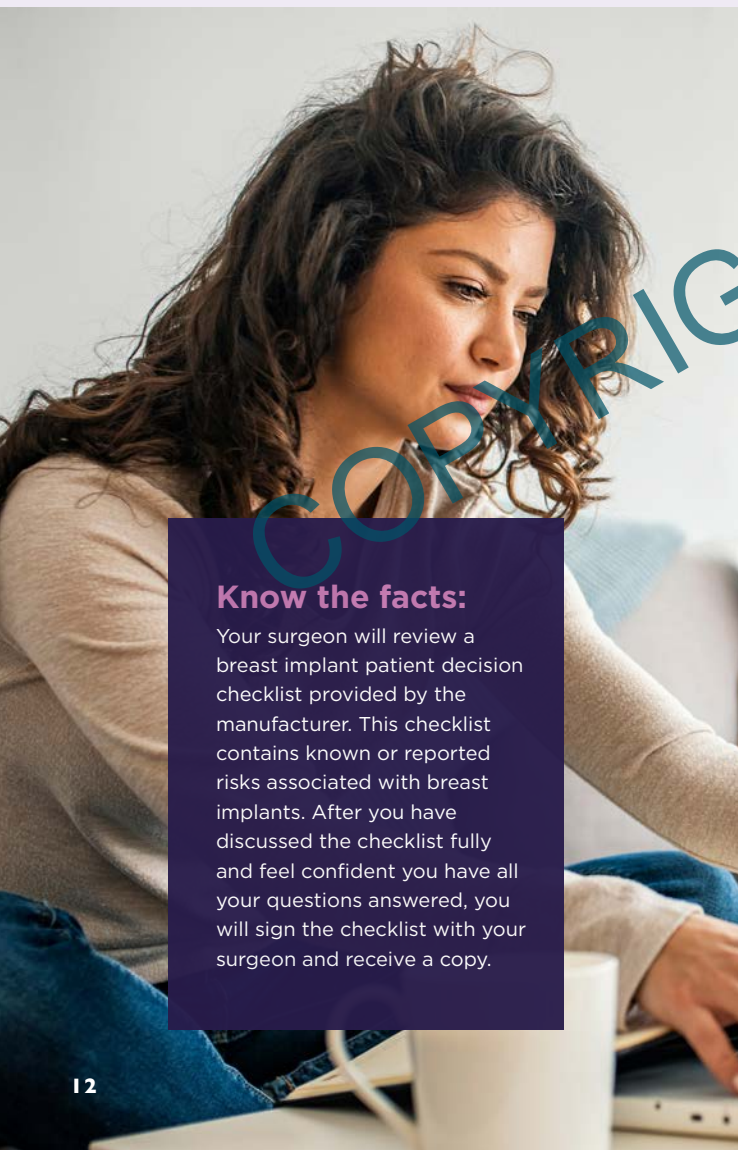
Incisions vary based on the type of implant, degree of enlargement desired, your particular anatomy, and patient-surgeon preference.

- A. Transaxillary incision
- B. Periareolar incision
- C. Inframammary incision



Risks & Safety

The decision to have breast augmentation is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable. Your surgeon should review with you the relevant risks for your specific procedure and implant type. You may be asked to sign a consent form to ensure that you fully understand the procedure and any risks and potential complications. You should feel free to ask any questions to help you understand those risks.



Know the facts:

Your surgeon will review a breast implant patient decision checklist provided by the manufacturer. This checklist contains known or reported risks associated with breast implants. After you have discussed the checklist fully and feel confident you have all your questions answered, you will sign the checklist with your surgeon and receive a copy.

Risks can include:

- Anesthesia risks
- Bleeding
- Infection
- Changes or loss of breast sensation
- Incorrect implant position (malposition)
- Implant leakage or rupture
- Symptomatic scar tissue around the implant (capsular contracture)
- Fluid accumulation (seroma)
- Wrinkling of the skin over the implant
- Pain, which may persist
- The development of Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL), which is primarily associated with textured implants, or Breast Implant-Associated Squamous Cell Carcinoma (BIA-SCC), which are rare types of cancer that develop in the capsule around breast implants.
- Breast implants may be associated with systemic symptoms commonly referred to as breast implant illness (BII), which can include fatigue, "brain fog," muscle or joint pain and rash.

All risks 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, or remove them.
- Pregnancy, weight loss/gain and menopause may change the appearance of augmented breasts over the course of your lifetime.
- Breast augmentation requires regular examinations of your breasts to evaluate the condition of your implants. Radiological assessment through MRI or high-definition ultrasound is recommended by the FDA to ensure implants are intact and stable.

Recovery & Results

Following your surgery, gauze or bandages will be applied to your incisions. An elastic bandage or support bra will minimize swelling and support the reconstructed breast. A small, thin tube may be temporarily placed under the skin to drain any excess blood or fluid. A pain pump may also be used to reduce the need for narcotics.

You will be given specific instructions that may include:

- How to care for your surgical site(s) following surgery
- Medications to apply or take orally to aid healing and reduce the risk of infection
- Specific concerns to look for at the surgical site or in your general health
- When to follow up with your plastic surgeon

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

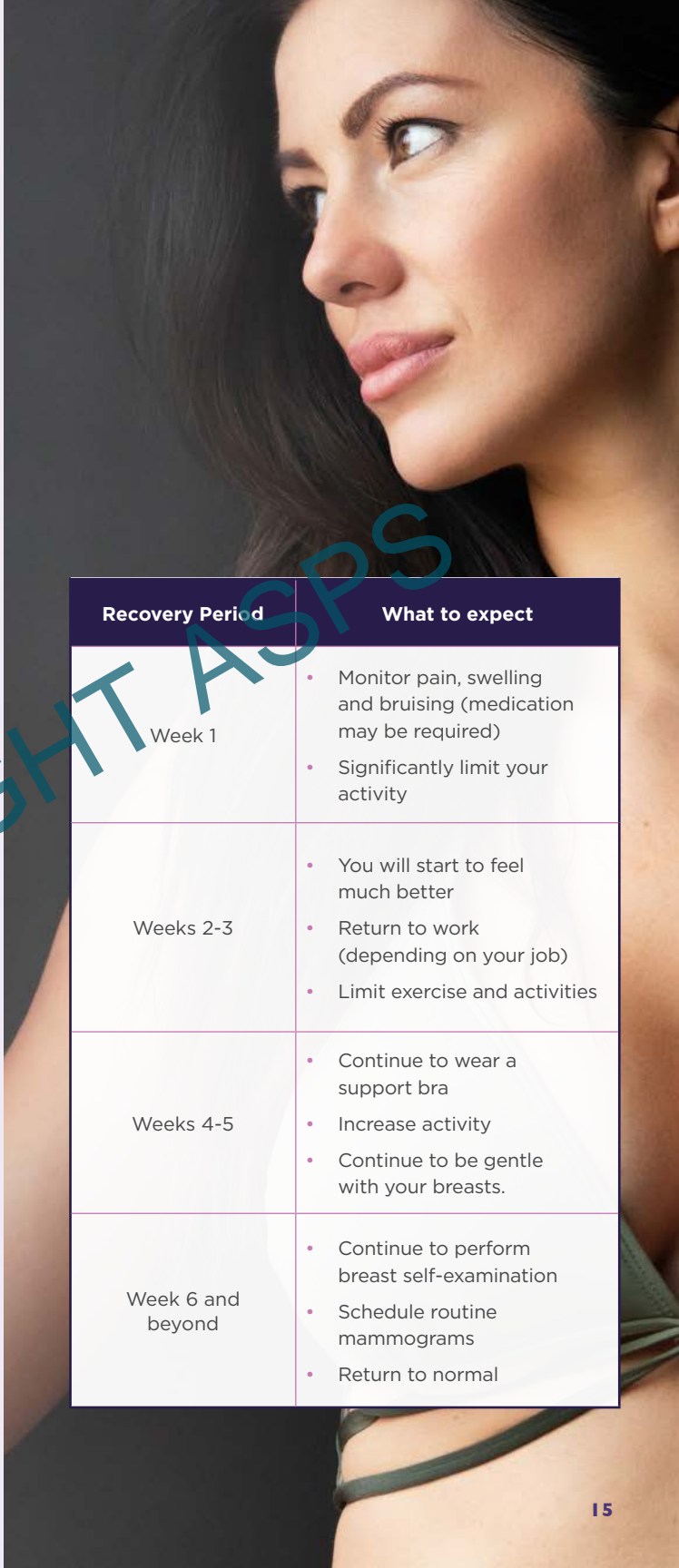
- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

Initial results of breast augmentation surgery may include:

- Swelling and bruising around the incision site
- Tenderness and discomfort in the breasts
- Temporary changes in nipple sensation
- The breasts may appear uneven or sit high on the chest

It is important to note that these initial results are temporary and typically resolve over time as the body heals from surgery. The final results of breast augmentation may take several weeks or months to fully develop.

Be sure to follow the postoperative instructions provided by the surgeon to ensure proper healing and optimal results.



Recovery Period	What to expect
Week 1	<ul style="list-style-type: none">• Monitor pain, swelling and bruising (medication may be required)• Significantly limit your activity
Weeks 2-3	<ul style="list-style-type: none">• You will start to feel much better• Return to work (depending on your job)• Limit exercise and activities
Weeks 4-5	<ul style="list-style-type: none">• Continue to wear a support bra• Increase activity• Continue to be gentle with your breasts.
Week 6 and beyond	<ul style="list-style-type: none">• Continue to perform breast self-examination• Schedule routine mammograms• Return to normal

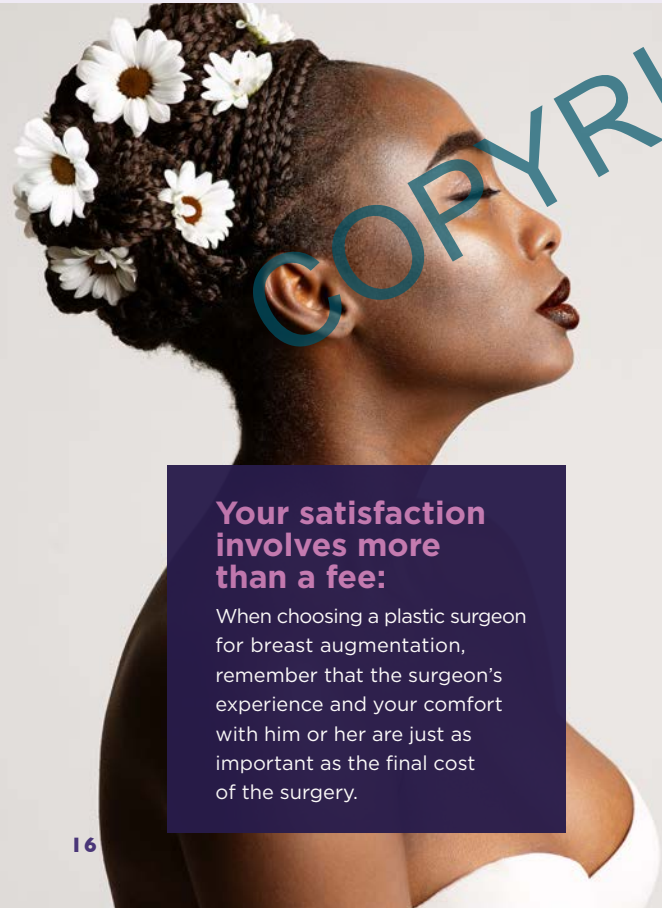
Cost

Prices for breast augmentation can vary. A surgeon's cost may be based on his or her experience, the type of procedure used, and geographic office location.

Cost may include:

- Anesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

Most health insurance plans do not cover breast augmentation surgery, as it is considered cosmetic surgery. Please ask your surgeon for a complete picture of the costs you can expect for your breast augmentation. Many plastic surgeons offer patient financing plans.



Your satisfaction involves more than a fee:

When choosing a plastic surgeon for breast augmentation, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery.

Words to know

- **Areola:** Pigmented skin surrounding the nipple.
- **Breast Augmentation:** Also known as augmentation mammoplasty; breast enlargement by surgery.
- **Breast implants:** Medical devices placed in your body to enhance an existing breast size or to reconstruct your breast. Breast implants can be filled with either salt water (saline) or silicone (elastic gel).
- **Capsular contracture:** A complication of breast implant surgery which occurs when scar tissue that normally forms around the implant tightens and squeezes the implant and becomes firm.
- **General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma:** Blood pooling beneath the skin.
- **Inframammary incision:** An incision made in the fold under the breast.
- **Intravenous sedation:** Sedatives administered by injection into a vein to help you relax.
- **Local anesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain.
- **Mammogram:** An x-ray image of the breast.
- **MRI:** Magnetic Resonance Imaging; a painless test to view tissue similar to an x-ray.
- **Periareolar incision:** An incision made at the edge of the areola.
- **Saline implants:** Breast implants filled with salt water.
- **Silicone implants:** Breast implants filled with an elastic gel.
- **Sutures:** Stitches used by surgeons to hold skin and tissue together.
- **Transaxillary incision:** An incision made in the underarm area.
- **Ultrasound:** A diagnostic procedure that projects high frequency sound waves into the body and records the echoes as pictures.

Questions to ask my plastic surgeon

- Are you certified by the American Board of Plastic Surgery?
- Are you a member of the American Society of Plastic Surgeons?
- Were you trained specifically in the field of plastic surgery?
- How many years of plastic surgery training have you had?
- Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- How are complications handled?
- What are my options if I am dissatisfied with the outcome?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

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Make the Right Choice

Plastic surgery involves many choices. The first and most important is selecting a member of the **American Society of Plastic Surgeons (ASPS)**.

ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery (ABPS)® or in Canada by The Royal College of Physicians and Surgeons of Canada®
- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Pass comprehensive oral and written exams
- Graduate from an accredited medical school
- Complete continuing medical education, including patient safety each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

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. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.



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