



CENTER FOR
AESTHETICS
— AND —
PLASTIC SURGERY

FAQ's concerning Breast Augmentation

What is breast augmentation? Breast augmentation enhances breast size and shape with a surgically placed breast implant. Desired breast shape, size and projection in addition to a woman's natural breast tissue, frame and body size are all evaluated to establish enhanced, natural, proportional and beautiful breasts.

Who is a candidate for breast augmentation? Although the mean age is about 35, women of various ages from 18-60 elect breast augmentation for many different reasons: Breast asymmetry from birth, lack of proportional development, loss of volume after babies and sagginess that may develop from gravity may all be reasons for choosing breast enhancement. These factors generally define good candidates for breast augmentation procedures:

- You can clearly define why you would like a breast augmentation
- You understand what breast augmentation surgery can and cannot accomplish
- You accept the risks of breast surgery and your responsibilities as a patient
- You are healthy, emotionally secure and stable
- You accept that you will need to make healthy lifestyle choices to maintain the results achieved by breast surgery
- You accept that implants are not for life and that you may need follow-up and eventual implant exchange
- You are looking for a proportional, natural and restored breast result
- You have realistic expectations and are willing to accept minor asymmetries

What should I know about breast augmentation surgery?

- Breast augmentation is performed on an out-patient basis
- The placement of your implants may be beneath your breast tissue, partially beneath the pectoral or chest muscle, or a combination of the two
- The incision pattern for your surgery will be discussed with you during your consultation. Scars are a normal outcome of surgery and are generally concealed in the breast crease, around the nipple/areola or in the underarm area
- Breast augmentation is performed under general anesthesia
- Return to normal activities of daily living is usually between 24-48 hours with minimal restrictions. Full sports activity - running, jogging, high impact aerobics is usually 4 weeks
- You will need a capable adult with you for 24 hours after surgery
- Weight loss/gain or pregnancy can change your results and normal aging and gravity may affect your results over time
- All surgeries carry the potential for risks
- There are decisions you will make and trade-offs based on the type of implant type, incision approaches and implant selection which will be fully discussed with you during your consultation

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