

## **Breast Augmentation/ Augmentation Mammoplasty**

Breast Augmentation can enhance the natural appearing female breast, balance a size discrepancy between the breasts, restore the volume lost in the breast following pregnancy or be utilized as part of the reconstructive techniques following the treatments for breast cancer.

Most patients considering breast augmentation desire to enhance their self appearance which can lead to an improvement in self esteem. The best candidates for breast augmentation are women who are looking for improvement, not perfection, in the way they look. If you're physically healthy and realistic in your expectations, you may be a good candidate.

There are two natural components to the appealing breast. One is the size of the breast in relationship to your body size and the second is the position of the nipple. A low or drooping nipple is referred to as breast ptosis. Correction of breast ptosis should be done at or before breast augmentation and is referred to as a mastopexy or breast lift. There are various types of mastopexy's from minor to major. A mastopexy is an additional surgical procedure. It can add additional costs and scars to your procedure. If your nipple position appears low which commonly occurs following pregnancy consult your plastic surgeon for the need for a mastopexy at the time of your augmentation to maximize your outcome and appearance.

Breast implants come in several different styles and fills. But, in general a breast implant is a silicone shell filled with either silicone gel or a salt-water solution known as saline. They have been around for decades and are one of the most studied man made medical devices in history. Consult with your plastic surgeon on which breast implant is best for you.

The method of inserting and positioning your implant will depend on your anatomy. The incision can be made either in the crease where the breast meets the chest (inframammary fold), around the areola (periareolar), in the armpit (axillary) or even the umbilicus (belly button). Efforts are made to assure that the incision is placed so resulting scars will be as inconspicuous as possible.

Through the incision, the surgeon will lift your breast tissue and skin to create a pocket, either directly behind the breast tissue or underneath your chest wall muscle (the pectoral muscle). The implants are then centered beneath your nipple and breast mound. The implant may interfere with breast examination by mammogram in the future. Consult with your plastic surgeon for the proper location of your breast implant.

Plan for some time off after surgery. You may have to be off work for a week. Do not resume heavy physical activity until your wounds are completely healed and it is OK with your plastic surgeon.

For many women, the result of breast augmentation can be very satisfying, even exhilarating, as they learn to appreciate their fuller appearance. Regular examination by your plastic surgeon and routine mammograms for those in the appropriate age groups at regular intervals will help assure that any complications, if they occur, can be detected early and treated. Your decision to have breast augmentation is a highly personal one that not everyone will understand. The important thing is how you feel about it. Not what someone else wants you to be.