

Breast Augmentation (Augmentation Mammoplasty)

Written by

Tuesday, 21 December 2010 02:51 - Last Updated Tuesday, 21 December 2010 09:39

If you are considering breast augmentation, you probably already know that it is a procedure to enhance the size of your breasts using breast implants. While breast augmentation is not the answer for everyone, many women find that the procedure has helped improve their appearance, and even their self-confidence. The first step is deciding if it's right for you.

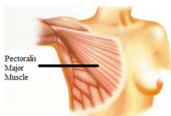


Illustration 1

Taking this step means thoroughly understanding how breast augmentation surgery works and thinking carefully about your own expectations. The information here will introduce you to the basics of breast augmentation surgery, including how the procedure is performed and what options are available. Please keep in mind that this information is only an introduction. You should still seek the personal evaluation and advice of from a reputable Cosmetic Surgeon like Dr. Percival T. De Leon.

What gives the breast its shape?

The breast consists of milk ducts and glands surrounded by fatty tissue, and covered by skin. The fatty tissue gives the breast its soft feel and shape. Skin elasticity also affects breast shape. Pregnancy (**during which the milk glands are temporarily enlarged**) and the inevitable effects of gravity over time stretch the skin envelope and change breast shape.

The pectoralis major muscle lies beneath the breast, and indirectly affects breast projection. The pectoralis major muscle helps with flexing and rotation of the arm at the shoulder joint. (See *Illustration 1*)

What is a breast implant?

A breast implant consists of a silicone elastomer (**rubber**) shell now most commonly filled with saline solution (**salt water**) and other one is the Silicon



Illustrator 2

gel filled implants. (See *Illustration 2*)

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How does a breast implant work?

The breast implant is placed either under your breast tissue (**subglandular position**) or under your pectoralis muscle (**submuscular position**).

(See *Illustration 3*)

Are all implants alike?

Most gel-filled or saline-filled breast implants share some standard features, like a silicone rubber shell and a valve for filling with saline solution. However, to better meet each individual woman's needs, breast implants come in different shapes and sizes.

Some implants are round, and some are anatomical. The shape of the implants you choose can affect the shape of your augmented breasts.



Round implants are more likely to give you a round curve in the upper part of your breasts.

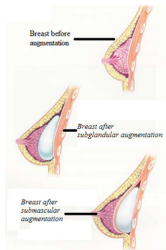


Anatomical implants are more likely to give you a gentle slope in this area, because the top of the implant is shaped more like a natural breast.

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Illustrator 3

Both types of implants can increase your breast size. Depending on the look you want to achieve, you may prefer one type of implant over the other.

Determining implant size

Many women tend to think of their breasts in terms of bra cup size. For instance, if you're a 34 A now, you may know you would like to be about a 34 C after your augmentation. At the same time, you may have concerns about breast shape and proportions that bra cup size alone can't describe.

You may know that you'd like to have a certain amount of cleavage, or more of an "hourglass" figure. You should discuss your personal preferences with your surgeon; so that he can take that into account in choosing the right implant size and shape for you.

An implant will add volume to your total breast tissue. For this reason, the larger you want your cup size to be, the larger the volume (measured in "ccs") of the implant. However, cup size may not be your only consideration.

Dimensions like breast width, height, and projection describe breast shape, and may help both you and your surgeon think more specifically about the individual results that you want. For this reason, implant size can also be chosen based on dimensions.

Breast width is an especially important dimension, because it determines how much cleavage there is between your breasts. Breast width also determines the outside curve of your breasts, which you may want to increase to balance better with your hips.

Your surgeon will also evaluate your existing breast tissue coverage. If you do not have much

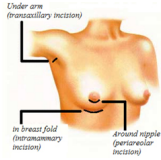
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breast tissue for coverage of the implant, your doctor may warn you that if you go as large (in breast width) as you'd ideally like to, you may risk having visible or palpable implant edges. You may even risk significant surgical complications.

What about the surgery itself?



Illustrator 4

Beyond any discussion of breast shape and size, your surgeon will want to evaluate your current physical health and health history before scheduling you for surgery. Breast augmentation is elective surgery. Before you proceed, you and your surgeon will have to decide whether the benefits of breast augmentation surgery outweigh the risks in your case.

If you have any condition that could compromise the healing process, or if surgery could jeopardize your condition, your surgeon may prefer not to operate until the condition is resolved. Infections, a history of poor wound healing, some medications, and even smoking may be reasons not to operate.

The surgery may be performed in the Hospital or in our own outpatient surgery center. The surgery is usually performed on an outpatient basis, not requiring an overnight hospital stay. General anesthesia or a is most commonly used, although local anesthesia may also be an option. Your surgeon can discuss the choice of anesthesia with you in more detail.

The surgery usually lasts one to two hours. Your cosmetic surgeon will make an incision and create a pocket. Then, the implant will be placed in the pocket, filled and positioned. Finally, the incision will be closed with dissolving stitches, and possibly taped.

How will I feel after surgery?

You'll probably feel somewhat tired and sore for several days following the operation, and your breasts may remain swollen and sensitive to physical contact for as long as a month. You may also experience a feeling of tightness in the breast area as your skin adjusts to your new breast size. The full results of your augmentation may not be visible until your breast tissue (and muscle, if the implant has been placed submuscularly) adjusts.



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