

Understanding Breast Augmentation

Breast augmentation is now the most common cosmetic surgery performed annually by members of the American Society for Aesthetic Plastic Surgery. In fact, 318,000 women underwent this procedure in 2010. Cosmetic surgery increased 9% nationwide last year and it is certainly on the rise again here in Illinois, in particular when it comes to breast augmentation surgery.

It is important for the public to be educated about the risks and benefits of plastic surgery. I have compiled a list of the most common questions asked by my patients about breast augmentation surgery.

Am I a good candidate for breast augmentation?

One or more of the following feelings or conditions may indicate that you are a good candidate for breast augmentation:

- you are bothered by the feeling that your breasts are too small
- clothes that fit well around your hips are often too large at the bustline
- you feel self-conscious wearing a swimsuit or form-fitting top

- your breasts have become smaller and lost their firmness after having children
- weight loss has changed the size and shape of your breasts
- one of your breasts is noticeably smaller than the other

What type of breast implants can be used for breast augmentation?

The size, pocket of dissection, and type of breast implant recommended for you will be determined by your desired goals, existing body frame, mass, and breast tissue.

Options include:

- Saline implants: Filled with sterile salt water. Saline implants may be filled at the time of surgery to allow for minor modifications in implant size. Because it is filled with saltwater after being inserted, only a small incision is needed (usually about an inch.)
- Silicone implants: Filled with soft, elastic gel. Silicone breast implants are pre-filled and may require a longer incision. The availability of FDA-approved silicone gel implants has created options for women considering breast surgery

for the first time and for those seeking replacements or revisions.

Where are the incisions made for the placement of breast implants?

Incisions can be made underneath the breast, around the lower edge of the areola or within the armpit. The most common approach is an incision in the fold underneath the breast. This typically heals well and becomes hidden in a natural breast crease over time. The lower edge of the areola is also an option to hide a scar because this is where pigmented skin abuts non-pigmented skin. The armpit is a sophisticated way of performing breast surgery from a remote location and leaves the augmented breast scarless. Endoscopic equipment and special training is usually necessary to perform this technique.

What should I expect during the recovery process?

You should be ambulatory immediately after breast augmentation surgery. It is important to walk a few minutes every few hours after surgery to reduce the risk of blood clots.

Two to five days following your surgery you may feel stiff and sore in the chest region. Your breasts may feel tight and sensitive to the touch, and your skin may feel warm or itchy. You may experience difficulty raising your arms. Lifting, pushing, pulling or engaging in strenuous activity is discouraged for a few weeks after surgery. It is possible to return to work within a few days or a week, depending on the type of physical activities required at your job. Twin City Plastic surgery performs several sophisticated techniques that ease patient comfort throughout the entire process and allow breast augmentation patients to get back to their normal activities very quickly.

Remember that the relationship with your plastic surgeon doesn't end when you leave the operating room. If you have questions or concerns during your recovery, or need additional information, you should contact your surgeon.

For more information, you may contact Dr. Chad Tattini or Dr. Laura Randolph at Twin City Plastic Surgery 309-667-1007 or 309-6646222 www.twincityplasticsurgery.com. Their office is located at 2502 E. Empire in Bloomington. They provide educational sessions throughout central Illinois and will be a featured speaker at the upcoming "What Women Want Now" expo, September 17th.

By Dr. Chad Tattini,
Twin City Plastic Surgery

parks and rec

martins furniture