



A Girlfriend's Guide
to **Breast Augmentation**

RENAISSANCE

PLASTIC SURGERY

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Your Breast Augmentation Surgery:

This is an important decision that you are considering. Have you always thought about increasing the size of your breasts, but you weren't sure who to ask, where to go, or what to do about it?

That's why we're here.

We made this guide to give you all the information you need before going forward with a breast augmentation: How To Choose a Plastic Surgeon, Breast Implant Sizes and Types, Breast Incision Placement, Risks, Recovery and more.

We're here to help through your journey.





At Renaissance Plastic Surgery and Renaissance Surgical Centre, our Board Certified Plastic Surgeons are dedicated to providing the highest standard of cosmetic and reconstructive surgery and associated medical care in a positive environment. Our team, including staff and mid-level providers, are sensitive to the mental and physical needs of our patients.

Who are **we**?

[Christopher L. Mclendon, M.D.](#)

Dr. Mclendon has been in practice in Macon since 1989. He is boarded by the American Board of Plastic Surgery, and he is a member of the American Society of Plastic Surgery and the American Society of Aesthetic Plastic Surgery.

[Dr. Roy Powell, M.D. F.A.C.S](#)

Dr. Powell has been double-board certified by the American Board of Plastic Surgery and the American Board of Surgery for more than 25 years.

[Paul John Syribey, M.D. F.A.C.S](#)

Dr. Syribey is Middle Georgia's leading microvascular surgeon. He is double-board certified by the American Board of Plastic Surgeons, the American Board of Surgery, and he is a Fellow of the American College of Surgeons.



What is breast augmentation?

Breast augmentation involves the placement of implants to create larger breasts with a pleasing shape. This highly customized procedure allows women to feel more self-confident and to achieve a more proportionate figure. Women who have had breast implants find that clothing fits them better, and they feel more attractive.

Most women over the age of 18 are good candidates for breast implants, but the procedure is not advised for women with active cancer or women who are pregnant or breastfeeding.

Prior to your appointment for implants, we will consult with you to understand fully how you wish to look. We will provide our recommendations and tell you everything you can expect during and after your surgery. After a thorough examination, we will devise a surgical plan to achieve your desired result with the most discreet incisions possible.

Using our state-of-the-art Vectra 3D imaging, you will be able to see how you would look with various types and sizes of implants.



How to Choose Your Plastic Surgeon

The first important decision you have to make regarding your breasts is choosing the right plastic surgeon for the procedure. Take all the time you need to make an educated selection; don't feel pressured to pick anyone. Before going into a consultation, do some research at home on the surgeon's training and experience. With the appropriate information, you will feel more comfortable and confident about the process and procedure.

What you need to [research and verify](#) about your surgeon:

- Plastic surgery specialty
- Plastic surgery board-certification
- Years of experience and training
- Hospital privileges
- Surgical facility/office and accreditation by a national or state agency

Plastic Surgery Certification

There are many ways for you to identify a qualified plastic surgeon. Ask your friends or family members, who've had breast augmentations, for referrals. Find plastic surgeons in your area, and on their website, read testimonials from their past patients.

For more information, please contact any of the following [distinguished professional organizations](#):

- The American Society of Plastic Surgeons (ASPS)
- American College of Surgeons
- International Society of Aesthetic Plastic Surgeons





Questions for Your Plastic Surgeon

Asking the following questions during your initial consultation will help you better understand the procedure so that you can feel more confident. Your surgeon should listen to your concerns in a patient, respectful manner. Assess your surgeon in his or her response so that you can determine how comfortable you feel with him or her.

- 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 breast enhancement or breast enlargement?
- What will be expected of me to get the best results?
- Where and how will you perform my breast augmentation surgery?
- What shape, size, incision site and placement site are recommended for me?
- How long of a recovery period can I expect, and what help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- How are complications handled?
- How many additional implant-related operations can I expect over my lifetime?
- How will my ability to breastfeed be affected?
- How can I expect my implanted breasts to look over time?
- What are my options if I am dissatisfied with the cosmetic outcome?
- How will my breasts look if I choose to have the implants removed without replacement?
- Do you have breast augmentation before-and-after photos I can look at for this procedure and what results are reasonable for me?

The Breast Augmentation Procedure

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VECTRA 3D Camera

Renaissance Plastic Surgery uses Canfield's VECTRA 3D camera to capture a three dimensional photograph of each patient. Using multiple cameras, the VECTRA 3D Camera takes several photographs simultaneously from different points of view, which are used to build a three dimensional virtual model of the subject. With Vectra 3D, you can Sculpt Your Dream and visualize results.

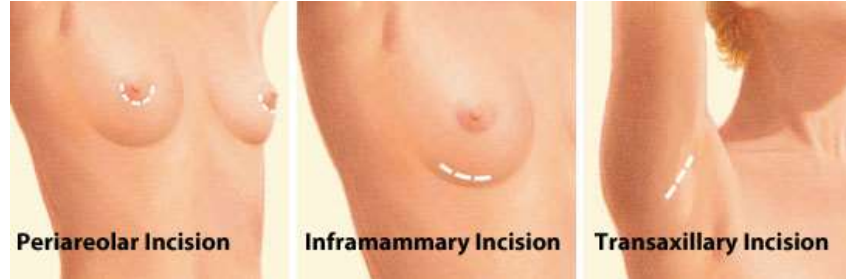


Step 1: Anesthesia

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. We will recommend the best choice for you.

Step 2: Incisions

Incisions for breast augmentation can usually be placed in areas that are largely hidden. We will discuss which options are appropriate for your desired outcome. The three most common placements are:



*Image provided by ASPS

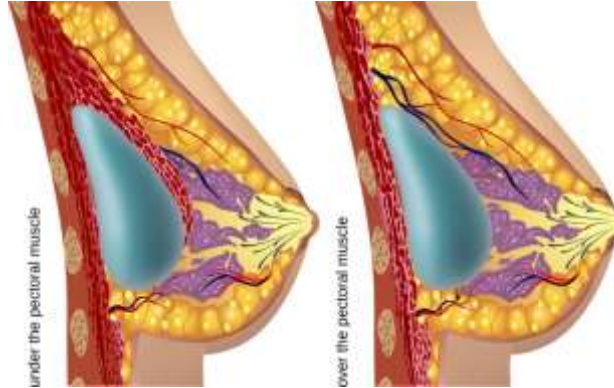
- **Periareolar** (under the nipple) – scar blends well, but it is difficult to place certain types of implants, and there is a higher risk of difficulty breast-feeding
- **Inframammary** (bottom of breast) – space for implant can be seen clearly, scar will be easily concealed, and there is a lower risk of difficulty breast feeding
- **Transaxillary** (crease of armpit) – no scar on breast, but there is the risk of injury to vital nerves and vessels in the arm, and larger implants cannot be placed

Breast Augmentation Surgery

Step 3: Placement of the Implant

Besides incision placement, the implants can be inserted in one of two areas – under or over the chest muscle. Placing the implant between the chest muscle and breast tissue allows for a shorter surgery and faster recovery time with less post-surgical pain. This is called “**sub-glandular**” placement. The implants may be easier to see and feel through the skin, however. “**sub-muscular**” placement under the chest muscle allows the implants to be less easily seen and felt, but recovery takes slightly longer. This placement may also allow for more accurate mammogram imaging and may decrease the chance of scar contracture.

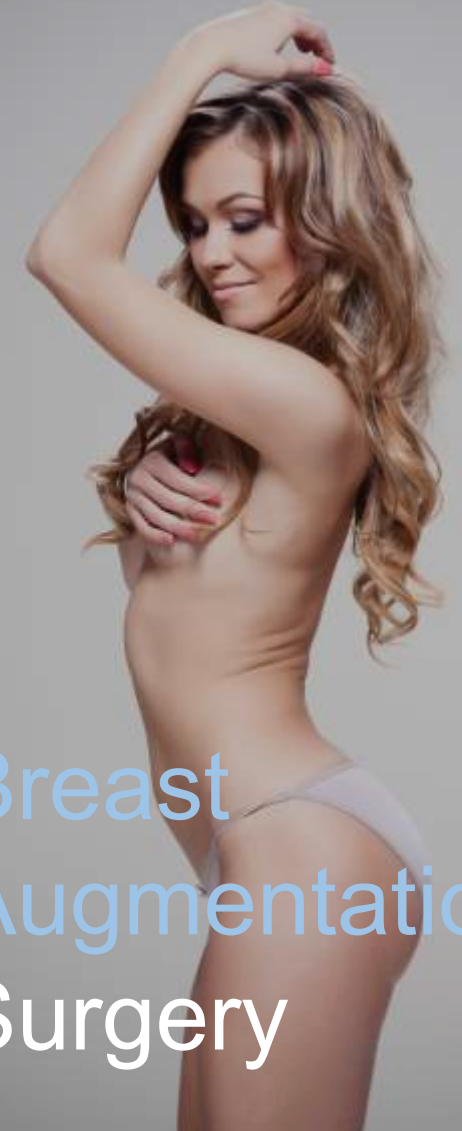
Our surgeons will help you make the best implant placement decision for you.



Step 4: Following the Procedure

Incisions are closed with layered sutures in the breast tissue and with sutures, skin adhesive or surgical tape. Drains, pumps, and support bras cannot be used. If desired, a soft bra without an underwire can be worn the next day. Swelling will subside within one month, and the breasts will adhere to their final shape and size within six months. You should not work for three to four days, depending on your job. After surgery, light physical activity, like walking, is permitted and encouraged. However, heavy exercise, lifting and sexual activity should be avoided for two weeks.

Breast Augmentation Surgery



Types of Implants

There are different types of implants. When you decide to get breast implants, you have a lot of specific choices, not only in terms of the size and type of material, but also in terms of shape. We will thoroughly discuss the advantages and disadvantages of each with you so that you can make the optimal choice for your needs.

Saline Implants are filled after they have been placed in the breast, which means that a smaller incision is required. The ability to fill the implant after insertion also allows the doctor to adjust the size during surgery. These implants are FDA-approved for women of age 18 and older.

Silicone Implants are generally believed to have a softer, more natural feel than saline. They are especially recommended for women with thin tissue and/or little breast tissue. Silicone implants require a larger incision, however, because they are filled prior to insertion. These implants are FDA-approved for women of age 22 and older, although younger women often qualify for their use.

While breast implant ruptures are not a frequent occurrence, both saline and silicone implants can rupture. The FDA recommends that women with silicone implants have an MRI every two years to determine if a rupture has occurred. This is because silicone implant ruptures may not be readily detected. Saline, on the other hand, simply deflates if a rupture occurs, so it is easily detected.

Cohesive Gel Implants, also known as form stable or “gummy bear” implants, can be divided in half, and the contents will not spill out. The gel of these implants is similar in consistency to gummy bear candies, they are less prone to leakage, and they will not lose their shape if the outer shell is disrupted. These implants also have a natural, teardrop shape.



Recovery Timeline

1st Week

- You are allowed to shower the day after surgery.
- Light activity, including walking, is permitted and encouraged immediately following surgery.
- You may be able to return to work 3-4 days after surgery, depending on the nature of your job.
- You should not lift, pull or push anything that causes pain and limit strenuous activity for 2 weeks.
- You will need to set up an appointment with your surgeon to check on your recovery process.

2nd and 3rd Weeks

- You should minimize excessive physical or sexual activity for at least 2 weeks after surgery.
- Most swelling will resolve within 1 month.

Long-term

- Return to your surgeon's office for follow-ups at the recommended times and if you notice any abnormal changes in your breasts.
- Contact your plastic surgeon with any questions or concerns.

Potential Risks

Every surgery has its specific benefits as well as risks. Below some potential risks of breast augmentation:

- **Rupture** – A breast implant may rupture at any time after surgery, but this is more likely to happen after 10 years. MRI screening is recommended by the FDA for silicone implants at 3 years after your initial surgery and every 2 years thereafter in order to check for a silent rupture. If a rupture is found, removal with or without replacement is recommended.
- **Capsular contracture** – Capsular contracture is the tightening of the scar tissue around an implant. This may result in firmness or hardness of the breast as well as pain. Additional surgery may be required if these symptoms are severe.
- **Infection** – Most infections occur within several days following the procedure, but they are still possible at any time. If an infection requires removal, replacement may not be feasible until 3 months later.
- **Hematoma/Seroma** – A hematoma is a collection of blood in the area surrounding the implant. A seroma is a pocket of clear fluid that can develop in the body after surgery. Both can result in an infection or capsular contracture. While small collections may resolve on their own, larger amounts of fluid or blood require additional surgery and scars.
- **Mammography** – Breast implants make mammography more difficult. Although techniques have been developed to move your implants during a mammography, complete visualization of the breast tissue is not possible. You should alert your mammography center that you have breast implants, and you should continue to perform monthly self-examination of your breasts.



Before & After

Here are a few actual images of Renaissance Plastic Surgery's past patients, so you can see the satisfactory results of breast augmentations done by their doctors. Before and after photographs are vital tools that give you the opportunity to visualize what your breasts could potentially look like after the procedure.

If you are interested in viewing more and maybe finding something similar to your desired body, please visit our [Breast Augmentation Photo Gallery](#)



Helpful Resources

Your journey is just beginning, and the following websites will help you gain a deeper understanding of surgery and recovery. Connect with the plastic surgery community through these resources, so you can be better informed and prepared.

- American Society of Plastic Surgeons (ASPS)
<http://www.plasticsurgery.org/>
- RealSelf
<http://www.realself.com/>
- American Society of Aesthetic Plastic Surgery (ASAPS)
<http://www.surgery.org/>