

## **Breast Augmentation**

Thousands of women have enhanced their figures and improved their self confidence with breast augmentation. In fact, breast augmentation is the most popular cosmetic surgical procedure in the United States (2006 ASPS statistic).

**Who needs it?**

**Decisions to make?**

**Risks and long term considerations?**

**Recovery?**

**Other procedures to consider?**

### **Who needs it?**

Dr. Butterfield's patients elect to undergo breast augmentation for many different medical and aesthetic reasons, including balancing breast size, compensating for reduced breast mass after pregnancy or surgery, and correcting a congenital breast defect. Some women desire breast augmentation to obtain a shapelier, fuller bust, and better-proportioned appearance. Under Dr. Butterfield's expert care, patients enjoy great-looking, natural-feeling breasts that are one or more cup sizes larger after the operation.

### **Decisions to make?**

#### 1. Implant size

This is an individual decision for each patient. Dr. Butterfield will help guide you in regards to what will look the most natural and will fit your goals and your particular body type. One very helpful website is [www.implantinfo.com](http://www.implantinfo.com).

#### 2. Implant type

Breast augmentation can be performed with either saline or silicone implants. Saline implants are implants which contain saline or salt water. They are available in various shapes and sizes. Silicone implants are implants which contain a viscous silicone gel. The FDA approved silicone implants for women considering breast augmentation in November of 2006, and since then they have become a very popular alternative to saline implants, because of their softer and more natural feel.

#### 3. Incision location

There are two options for incision placement, either beneath the breast (inframammary) or around the nipple (peri-areolar).

#### 4. Implant position

The implants can be placed either on top of (subglandular placement) or beneath (submuscular placement) the pectoralis muscle.

The method for inserting and positioning implants depends on the type of implant, degree of enlargement desired, your body type, and Dr. Butterfield's recommendations.

### **Risks and long term considerations?**

Any surgical procedure comes with inherent risk, such as the effects of anesthesia, infection, bleeding and swelling. These and other complications rarely occur.

Long term considerations include the possibility of rupture of the implants. Implants will probably need to be replaced in 15 to 20 years. The other long term risk is that of scar tissue forming around the implant. This is called capsular contracture and is usually removed surgically if it becomes painful.

### **Recovery?**

The length of time it takes to recuperate after breast augmentation varies depending on the procedure performed and the patient. Most patients will require assistance for the first day or two, then most are able to care for themselves, but may still need assistance if they have small children. Breast augmentation patients can usually get around independently by the second day following surgery. Many return to work within 5 to 7 days.

### **Other procedures to consider?**

It is important to be aware that breast augmentation does not correct severely drooping breasts. If you want your breasts to look fuller and to be lifted due to sagging, a [breast lift](#) may be required in conjunction with breast augmentation. Breast lifting can often be done at the same time as your augmentation or may require a separate operation. Dr. Butterfield will assist you in making this decision.