

A woman with long blonde hair is lying on a sandy beach. She is wearing a light blue bikini top with a patterned design and a matching bottom piece. She is looking towards the camera with a slight smile. Water is splashing around her, creating a dynamic and refreshing scene. The background shows the ocean waves and a clear sky.

Aura

ADVANCED SKIN CARE
& PLASTIC SURGERY

BREAST AUGMENTATION WITH IMPLANTS

BREAST ENLARGEMENT SURGERY

What is a Breast Augmentation?

Breast augmentation is a surgical procedure that increases or enhances the size of breasts. It is one of the most commonly performed plastic surgery procedures and is also known as an augmentation mammoplasty.

Breast augmentation is accomplished by either using breast implants or transferring fat from other parts of one's own body to the breast.

Why choose a Breast Augmentation?

- **To increase the size** of naturally small breasts
- **Restore volume** depleted by pregnancy, age or weight loss
- **To correct** uneven or oddly shaped breasts

Who is a Good Candidate for Breast Augmentation Surgery?

If you are unsatisfied with the size or shape of your breast and in overall good health, you are likely a good candidate for breast augmentation. Candidates often have a variety of reasons why they choose breast augmentation.

HOW IS BREAST AUGMENTATION WITH IMPLANTS DONE?

Before the Procedure

Meet with a Surgeon

First, you will need to meet with a board certified plastic surgeon. This is important because board certified plastic surgeons must meet rigorous qualifications and standards to receive their certification after completing four years of medical school and several more years of residency. Be wary of physicians who are certified by medical boards other than plastic surgery as they do not have the same extensive training.

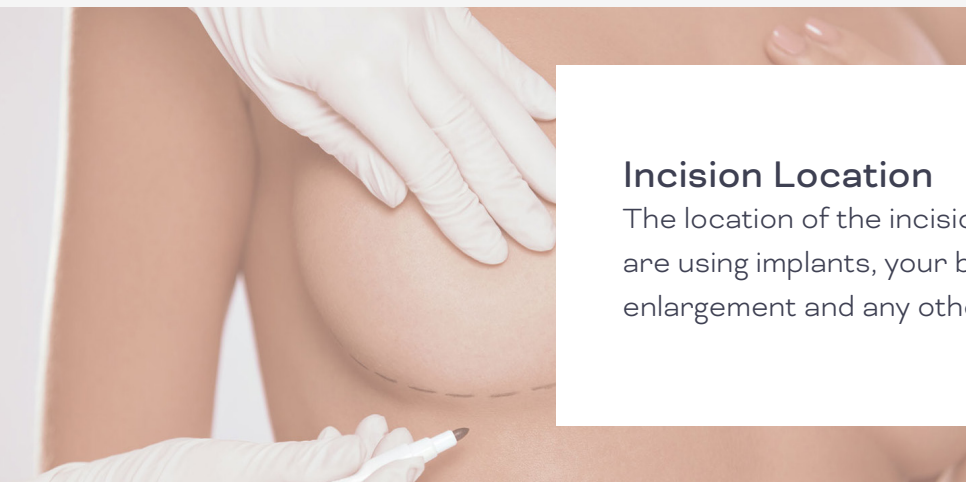
During your surgeon visit

During your visit with the surgeon, you will discuss your issues and concerns. A good surgeon will carefully listen to your desired outcome and help you know if breast augmentation surgery is the right procedure for you.

The Procedure

Anesthesia & Sedation

For your comfort during the procedure anesthesia or sedation will be administered. The choices include intravenous sedation and general anesthesia. During the pre-op visits you and the surgeon will decide which will be the best option for you.



Incision Location

The location of the incisions depend on whether or not you are using implants, your body shape and the desired amount of enlargement and any other preferences.

Placement & Technique

Once an incision has been made, breast implant can be placed either under the pectoral muscle (known as a submuscular placement) or over the muscle but under the normal breast tissue (known as a submammary/subglandular placement).

The placement and technique will depend on certain preferences and conditions which you and your surgeon will discuss prior to making a decision. Incisions are then expertly closed with layered sutures in the breast tissue and with sutures. Occasionally, skin adhesive or tape will be used for complete closure and optimal healing. Plastic surgeons are skilled at leaving barely visible scars however, other factors such as genetics, smoking and infections also play a role in scarring.

WHAT IS RECOVERY FROM BREAST AUGMENTATION LIKE?

After the Surgery is Complete

After the surgery is complete, the chest is wrapped in gauze dressings, an elastic bandage, or support bra for comfort, support and to minimize swelling. Your surgeon will give you specific post-operative care instruction so be sure to follow them closely. Follow up appointments are usually scheduled within a few days to monitor your healing. Medications may be prescribed to help with pain and inflammation.

As you Recover over time

Plan to wear the support bandage (a bra or elastic band, called a bandeau) at all times or as instructed by your plastic surgeon.

Rest and avoidance of any activities that use your chest muscles such as lifting or pushing is strongly recommended for optimal healing and prevention of pain.

Pain typically subsides within the first week, but soreness and swelling may be present for a few weeks.

Do not resume exercise or other physical activity until cleared by your surgeon.

WHAT ARE THE RESULTS & BENEFITS OF BREAST AUGMENTATION?

Results & Benefits

After the bandages come off

After the bandages have been removed, a noticeable difference in breast size can be seen. Final results, however, may not be fully visible until after all the swelling has resolved, usually after a few weeks.

For achieve optimal breast augmentation results, follow all post-operative instructions and keep follow-up visits.

Benefits from Breast Augmentation with implants

- Larger more aesthetically pleasing breasts
- Enhanced fullness and profile of the chest
- Improved self-confidence & body image
- Sensual and balanced body contour



BEFORE

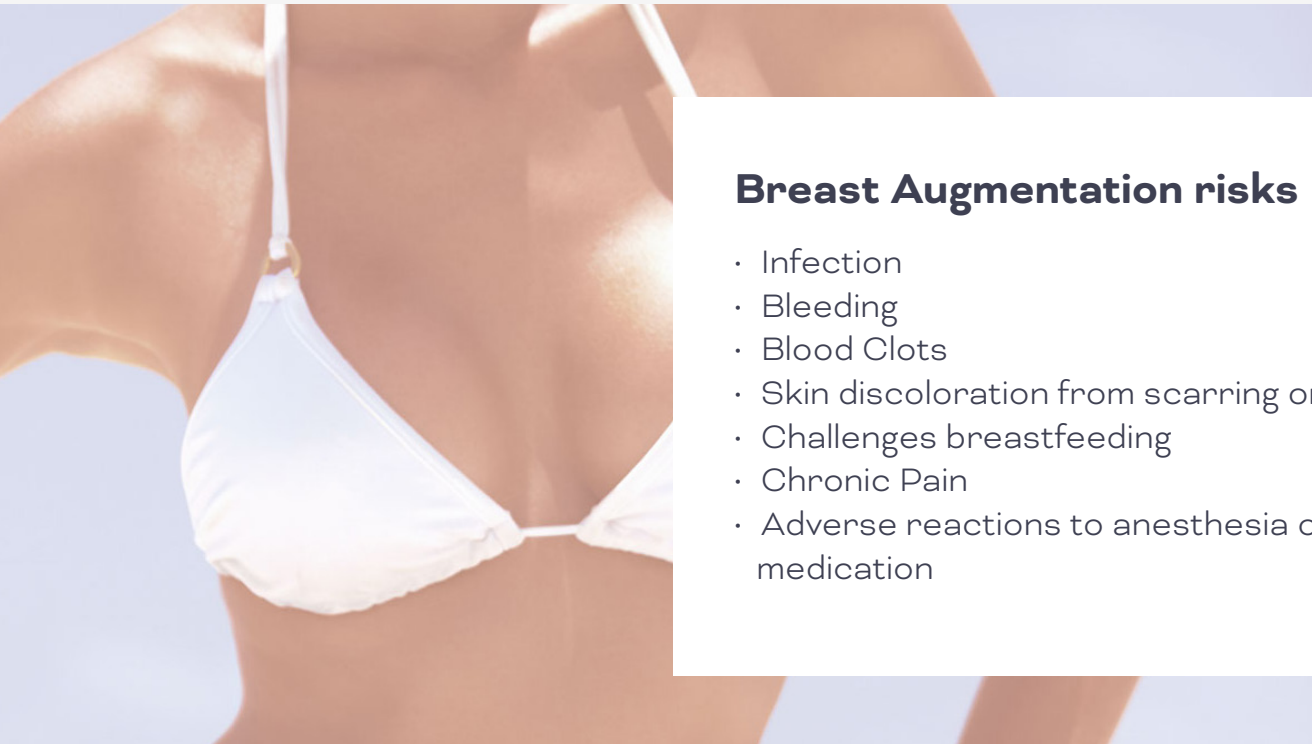


AFTER

WHAT RISKS COME WITH BREAST AUGMENTATION?

Risks are present with any procedure or medical treatment. Knowing what risks you may face will help you weigh the pros and cons so you can make the right decision for you.

Your surgeon will go over risks that may be more specific to you but in general here are some risks associated with breast augmentation surgery on the list to the right.



Breast Augmentation risks

- Infection
- Bleeding
- Blood Clots
- Skin discoloration from scarring or bruising
- Challenges breastfeeding
- Chronic Pain
- Adverse reactions to anesthesia or sedation medication

LIST OF QUESTIONS TO ASK DURING CONSULTATION

- ❓ Is the surgeon a Board Certified Plastic Surgeon?
- ❓ Are there any steps I can take to help me prepare for my surgery?
- ❓ What surgical technique would be best for me?
- ❓ Are there breast augmentation before-and-after photos of individuals with a similar body type as mine so I can see what a similar outcome might be for me?
- ❓ Are there any risks and complications specifically associated with my breast augmentation procedure?
- ❓ Will I be going home afterward or staying overnight?
- ❓ Will I be given any medication after the surgery?
- ❓ How should I expect to feel immediately following and for the first few days after the procedure?
- ❓ What will the bandages and dressings be like and for how long will I have to wear them?
- ❓ What is the typical time-frame for recovery?
- ❓ What daily activities should I avoid during recovery and for how long?
- ❓ Will I need help during my recovery? What kind and for how long?
- ❓ Is there a number I can call in case complications arise?
- ❓ Will this surgery affect my ability to breastfeed?
- ❓ How often will follow up visits be?
- ❓ Will stitches need to be removed? If so, when?
- ❓ What's the expected time-frame for healing? When can I expect to see the final results?
- ❓ Where will the surgery be performed?
- ❓ If it is a hospital, is it accredited by the Joint Commission? You can check at www.qualitycheck.org
- ❓ If it is an office-based surgical facility and not a hospital, is it accredited by a nationally or state-recognized accrediting agency? Specifically, the Accreditation Association for Ambulatory Health Care (AAAHC) and The Joint Commission? You can check at <http://www.aaahc.org/>