



Renuue

Plastic Surgery

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Photo shows model,
not an actual patient.

Breast Surgery Demystified

People have breast surgery for a variety of reasons. Some patients desire relief from the discomfort caused by large, heavy breasts. Others express a lack of confidence because they feel their breasts are too small, saggy or asymmetrical. Breast reconstruction after cancer can be physically and emotionally fulfilling after losing a breast due to cancer or other condition. There are many considerations and options for those who are dissatisfied with the shape, size or appearance of their breasts.

Silicone vs. saline - Each implant has its own set of advantages and disadvantages, but both are safe (FDA approved) and commonly used. Saline implants consist of an implant shell filled with a sterile saltwater solution similar to the fluid that makes up the human body. Saline implants are placed deflated, then inflated once they are inserted, allowing the surgeon to use a smaller incision and adjust the volume during the procedure.

Silicone implants are filled with a cohesive gel that holds together uniformly and has a natural give. They are slightly softer than saline and thought by some to have a more natural feel. Because they have a set fill volume, the surgeon uses a

slightly larger incision size. Silicone implants cost about \$1,000 more than saline implants.

To lift or not to lift? Severely drooping breasts are not corrected with breast augmentation. If you desire fuller, more lifted breasts, your surgeon will help you decide whether you need a lift in conjunction with breast augmentation.

Mini lift vs. full lift - A mini-lift will correct slightly sagging nipples. A full lift is necessary to correct droopy breasts.

Breast reduction and breast lift are very similar procedures. Both involve moving the nipple back to its appropriate position on the body and then remaking a nice looking breast out of the surrounding tissue. A breast lift typically involves removing a lot of excess skin, whereas in a breast reduction there is enough excess fat and breast tissue that is removed that it becomes a truly reconstructive procedure. For example, after a breast reduction there is often an improvement in neck pain, back pain, and shoulder pain. Insurance companies frequently cover breast reduction under certain circumstances, whereas breast lift surgery is considered cosmetic (not covered).

Breast reconstruction often involves multiple procedures performed in stages to restore a breast to near normal shape, appearance, and size following mastectomy. It can be done at the same time as a mastectomy or delayed until a later date.



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