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Your guide to BREAST Augmentation



WHAT IS BREAST AUGMENTATION?

Breast enhancements are performed to enhance the size and shape of a woman's breasts. This is done primarily and traditionally with implants.

There are lots of reasons why women opt for this treatment, including when they have significant asymmetry or have experienced loss of breast volume due to weight loss or pregnancy, or generally to enhance their breast shape and volume and create more balance with the rest of their body.

WHAT TYPES OF BREAST IMPLANTS ARE AVAILABLE?

Breast implants are composed of a silicone shell that is either filled with a cohesive silicone gel or saline (salt water). Ultimately the decision on which implant to use will come down to aesthetic goals and personal preference.

Aside from the material, implants also come in different shapes and sizes. Round implants are quite popular and are generally chosen by women who want substantial lift, cleavage and fullness, and teardrop-shaped implants can in some cases give a more natural projection and fullness to the breasts.

HOW DO THE TYPES OF IMPLANTS DIFFER?

Saline implants are silicone shells filled with sterile salt water or saline. If saline implants leak the saline will be absorbed by the body. This leak can occur but is an uncommon event. Silicone implants are filled with a special, medical-grade gel that is intended to create a more natural feel and look to the breast as compared to saline implants, in particular in thinner women.

WHO IS AN IDEAL CANDIDATE?

For saline implants, any healthy patient 18 or older is eligible for this surgery. To receive silicone implants, the FDA deems that only patients 22 or older are eligible. Ideal candidates are:

- Nonsmokers
- Not pregnant or breastfeeding
- Fully informed with realistic expectations
- Living at a healthy and stable weight

WHAT TO EXPECT DURING THE PROCEDURE

The surgery is usually performed under general anesthesia, which means the patient is either asleep for the procedure. During surgery, the surgeon uses small incisions to create a "pocket" to make room for the implant. Once the implant is positioned, the incisions will be closed and bandaged. In general, the entire procedure usually lasts two hours or less, and patients can go the same day.

WHAT ARE THE RISKS OF THIS PROCEDURE?

As with any surgery, there are potential risks to be aware of, including:

- Infection
- Implant leaks
- Pain and tenderness
- Excessive scar tissue
- Cosmetic dissatisfaction
- Asymmetry

Speaking to your surgeon about these and preparing in advance can greatly help alleviate any concerns and minimize risks.



After choosing a plastic surgeon, patients should be sure to ask questions such as:

- What realistic results can I expect?
 Why are you recommending this size and style of breast implant for me?
 Are there risks for future breastfeeding or mammograms?
 What should I expect my implants to look like over time?
 How long will the procedure last?
 What can I expect during each step of the procedure?
 Will there be scarring?
 Are revisions possible?
 What is the cost of revision surgery?
 Will I need post-surgical assistance at home?
 What is my estimated recovery time?

Recovery varies from one patient to the next, so each person's total recovery time may be substantially improved within one week of surgery, but doctors generally recommend sticking to light activity and no strenuous exercise until a patient is fully healed.

All skin incisions are permanent and will leave some type of scar, but in most cases they heal very well and become harder to see with time. Most surgeons can leave minimal scarring in an inconspicuous place, such as underneath the breast, but patients should always ask about size and placement of scars before surgery.

- Improve breast fullness
- Improve asymmetry or volume loss
 Increase the projection, size and shape of the breasts
 Create a more balanced hip-to-breast ratio

Augmentation does have some limitations, and in the case of severe drooping or sagging, many women will need a supplementary breast lift as well. This is normal and can easily be performed alongside augmentation.



CAN YOU DO BREAST AUGMENTATION WITH LIFT?

You might be wondering if you should combine your breast augmentation with a breast lift (or vice versa) if you're planning to have either of these procedures. Let's explore some of the main benefits of combining these two forms of breast surgery:

IMPROVED BREAST VOLUME

One of the most significant benefits of combining augmentation with a lift is improved breast volume. As women age, their breasts can lose volume and shape due to factors such as pregnancy, breastfeeding, weight loss and aging. Breast augmentation can restore breast volume via the insertion of breast implants, while a breast lift can reshape and reposition the existing breast tissue. The combination of both procedures can result in fuller, more youthful-looking breasts that have a more natural appearance.

ENHANCED BREAST SHAPE

Breast augmentation alone can enhance breast size, but it does not address issues such as sagging, uneven breast position or stretched-out nipples. A breast lift, on the other hand, can address these issues by removing excess skin and tightening the breast tissue while also repositioning the nipple and areola.

A lift done on its own won't significantly alter the size of the breasts, but augmentation on its own isn't enough to address sagging breasts. By combining breast augmentation with a breast lift, patients can achieve the best of both worlds – an improved breast shape with increased fullness and perkiness.

INCREASED CONFIDENCE

Breast augmentation with a breast lift can also boost patients' confidence in their appearance. Women who feel self-conscious about sagging, asymmetrical or small breasts can benefit from the combination of both procedures. The improved breast size and shape can give patients a more proportionate and attractive figure, which can boost their self-esteem and improve their quality of life.

🕪 LESS TIME SPENT ON PLANNING AND RECOVERY

Another advantage of combining breast augmentation with a breast lift is that patients can enjoy a shorter recovery time compared to having each procedure performed separately. Combining both procedures means that patients only have to undergo one surgery and one recovery period, reducing the time and expense associated with multiple surgeries.

THE BENEFITS

Combining breast augmentation with a breast lift offers numerous benefits to patients. The procedure can improve breast volume, enhance breast shape, increase confidence and reduce downtime.



Our staff will give you a specific list of pre-operative instructions, but in general:

- No smoking for a prescribed amount of time before the surgery

- Follow any medication guidelines Dress comfortably and warmly Ask someone to accompany you and drive you home post-surgery ō

When choosing a plastic surgeon, patients should consider the following questions:

- Is this person board certified by the American Board of Plastic Surgery? How much experience does this person have with this procedure? Does the staff make me feel comfortable? Is the surgeon up-front about risks and expectations? Does the staff promptly and professionally respond to my questions? Does the surgeon have hospital privileges?
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- Us the practice transparent about cost and fees? Who will assist during the procedure? Will the surgeon use sedation? What measures are taken to ensure a safe surgery?
- Is the facility certified?

Any type of doctor, even an ER doctor, OB-GYN, Dentist, or Pediatrician, can hold a medical degree and may be board certified to practice a specific type of medicine, but NOT plastic surgery. Cosmetic Surgeons are often self taught in aesthetic procedures.

VS

PLASTIC SURGEON

Board-certified means properly certified by the American Board of Plastic Surgery (ABPS); additionally having undergone the setting and demonstrated best practices







COSMETIC SURGEON

OB-GYN, or pediatrician, can hold a medical degree and may be board certified to practice a specific type of medicine, but NOT plastic surgery. Cosmetic Surgeons are often self taught in aesthetic procedures.

"COSMETIC SURGEON" RATHER THAN PLASTIC SURGEON "AMERICAN BOARD OF COSMETIC SURGERY" ANY BOARD WITH THE WORD "COSMETIC" IN IT



HOW MUCH DOES THIS SURGERY TYPICALLY COST?

Exact cost should always be discussed in detail with your doctor because it can differ greatly depending on your specific needs.

CAN I USE INSURANCE TO PAY FOR PLASTIC SURGERY?

Unfortunately, most insurance companies in the United States do not cover cosmetic surgery unless deemed to be a medical necessity. We extend our care to our patients by offering a number of plastic surgery financing and payment options to meet all their needs.

CAN YOU FINANCE PLASTIC SURGERY?

Yes! Financing your plastic surgery has never been easier than it is now. At SunCoast Plastic Surgery we offer multiple options for third-party financing. Let's explore the options:

PatientFí Higher approval rates 0% APR if paid in full within 6, 12 or 18 months Soft credit check process, meaning no impact to credit score	CREDIT SCORE 580+	
 CareCredit 0% APR if paid in full within 6, 12 or 18 months Apply in minutes Flexible payment options 	CREDIT SCORE 620+	
HEDICAL CREDIT Approval for lower credit scores Apply online Flexible payment options	CREDIT SCORE 480+	

LIFE AFTER BREAST AUGMENTATION

The results of a breast implant procedure are typically long-lasting. Breast implants often "last" as long as 10 years (this number is variable and can be larger or smaller) but can vary depending on the patient, type, size and shape, among other factors.

Patients cite this procedure as a great confidence booster, especially when patients are good candidates and maintain reasonable expectations for what breast augmentations can achieve. Asking the right questions and performing your due diligence before your procedure can go a long way to help provide a wonderful experience and ultimately reach your aesthetic goals.





Breast Lift + Implants

SILICONE IMPLANTS







Breast Implants

BILATERAL BREAST AUGMENTATION WITH SILICONE IMPLANTS.



SunCoast Plastic Surgery

Reach out to our dedicated team for any inquiries, assistance, or information you need.





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