



Breast Augmentation:
What Every Potential Patient Should Know

Columbus Aesthetic & Plastic Surgery | ColumbusPlasticSurgery.com | 614.246.6900

welcome

If you're considering a breast augmentation, you want to feel 100% confident in your decision to move forward with the procedure. As the saying goes, knowledge is power. So we want to empower you with all of the information you need to make sure you won't have any unanswered questions leading up to, on the day of, or after your surgery.

Having any type of elective surgery is a big decision. Your CAPS board-certified plastic surgeon will be your partner every step of the way, starting with your consultation. We're committed to providing you with all the information you need to make the best possible choice for your unique aesthetic goals.



table of contents



4 Understanding the basics

5 Am I a good candidate?

6 Results

7 Q & A

12 How to prepare

13 Making the decision

14 About Columbus Aesthetic
& Plastic Surgery

15 Before and after photos

Understanding the *basics*

What is breast augmentation?

Breast augmentation is an elective surgical procedure that increases the size of your breasts through the insertion of either saline or silicone breast implants.

What can breast augmentation do for me?

Breast implants can: correct breast size discrepancies (when one breast is noticeably smaller or larger than the other); renew breast volume after pregnancy or significant weight loss; and create fuller, firmer breasts.

Regardless of the reason you want to enhance your breasts, the majority of patients who have the procedure ultimately experience the added benefits of increased self-esteem and confidence.

Am I a good *candidate?*

Who's the ideal candidate for breast implants?

The short answer is: lots of women! Our patients come from different walks of life, they vary in age, and no two share the exact same body type or aesthetic goals. However, there are certain criteria you need to meet in order to move forward with surgery.

The ideal candidates for breast augmentation :

- Has realistic aesthetic goals. This means you should understand what breast implants can and can't do for you.
- Wants to enhance her current breast size or shape
- Must be 18 years old or older for saline implants or 22 years or older for silicone implants
- Must be in good general health
- Doesn't have an active infection in the body
- Doesn't have untreated existing cancer or pre-cancer of her breasts
- Isn't currently pregnant or nursing
- Is prepared to make an informed decision with the guidance of her surgeon.

The best way to determine if breast augmentation is right for you is to schedule a no-obligation consultation with one of our five award-winning plastic surgeons, who will outline a custom plan to achieve your specific aesthetic goals.

results

What kind of results can I expect from breast augmentation?

Depending on your specific aesthetic goals, breast implants can help you achieve:

- A larger breast size than you currently have
- Firmer breasts (depending on the type of implant)
- More symmetrical breast size and shape
- Fuller and more pronounced breast volume
- A lift of the breasts to help reduce a sagging appearance*
- A more even proportion of breast to body size

*While breast implants can help correct the sagging of breast tissue due to loss of fat tissue, it's not the best procedure for correcting significant sagging of the breasts. If you suffer from significant or pronounced sagging of your breast tissue, a breast lift may be a better choice for you. Some of our patients choose to pair a breast lift with a breast augmentation for optimum results. Your surgeon can help you weigh your options and design a customized procedure plan to help achieve the results you want.



q & a

Frequently asked questions about breast implants

You probably have lots of questions about implants. Here are answers to some of our most frequently asked questions; be sure to write down any additional ones you have for your consultation. Our surgeons want to make sure that you feel comfortable with your decision and don't want you to feel uncertain about moving ahead with your procedure.

What can I expect during my consultation?

Your initial consultation with one of our plastic surgeons is the time for you to talk about why you want breast implants and the results you'd like to achieve. You and your doctor will discuss the benefits and risks associated with implants; you'll also use this time to go through a thorough health history and current health screening to make sure you're healthy enough for surgery, review any medications you're taking, and note any allergies you might have. Finally, together you'll determine what type of breast implant will help you reach your desired goals.

Are there different types of breast implants?

At Columbus Aesthetic & Plastic Surgery, we use implants that are either filled with a highly cohesive silicone gel or a saline solution that mimics the natural saline found in the body. Both types of implants are safe and FDA-approved options for breast augmentation. The implants offer a variety of profiles that are designed to work with different body builds and aesthetic goals.



q & a

How much do breast implants cost?

Because every person's body and situation is unique, we don't assign a set cost to breast augmentation.

Factors that affect the out-of-pocket cost of breast implants include:

- Where your surgery takes place
- Anesthesia fees
- The type of implant you choose

After your consultation with your surgeon, you'll receive an estimate of the cost of your surgery. Financing options will also be discussed during your consultation.

How will I know what size implant to choose?

Because breast implants are measured in cc's (cubic centimeters), it can be difficult to know how to communicate what size you want. It's not as simple as saying you'd like to be a "C" or "D" cup. When determining what size implant to use, your surgeon will show you before and after photos with different implants. You'll also likely try on implant sizers to help determine which implant will best meet your goals. This step is not only important but fulfilling, too, because you get a sneak preview of what the new you will look like!

Whether you want your breasts to be proportional to the rest of your body or you want larger, more pronounced breasts, your plastic surgeon will listen carefully to your goals to help guide you toward the most flattering implant size for the results you're seeking.

Some factors to consider when determining what size implant to choose include:

- Your wardrobe and the type of clothing you typically wear
- Your fitness and athletic goals
- Your personality

q & a

When can I go back to work?

Most patients return to work within three to five days following their surgery. You'll want to discuss your daily job responsibilities with your surgeon to determine the right time frame for your situation. For example, if your job requires heavy lifting or regular physical activity, you'll need more time off than if you have a desk job where you're mostly sedentary.

How many follow-up visits will I need?

Typically, only a couple of follow-up visits will be required after your breast augmentation surgery as long as the healing process is following the desired course.

What if I need to contact my doctor after surgery?

Because no question or concern is too small, you'll receive contact information for your surgeon prior to your procedure.

What are the risks/ complications associated with having breast implants?

While there are risks and potential complications associated with any type of surgery, our surgeons take every precaution to make sure your surgery is safe and goes according to plan. Some of the risks include: bleeding, infections, scarring, loss of sensation/feeling, implant movement, implant rupture or leaking, and capsular contracture.

Your doctor will talk you through these risks prior to your surgery.

Are there any activities I won't be able to do after my breast augmentation?

You'll want to avoid strenuous lifting or prolonged physical exertion for at least four weeks after your surgery. This includes lifting children, which can cause you to engage your pectoral muscles and may delay the healing process.

q & a

When can I resume exercise?

You can typically go back to your normal exercise routine three to four weeks after your surgery. Your surgeon will need to give you the all-clear first.

What if I get pregnant?

While pregnancy itself has no effect on the actual implants, your breast tissue will change during pregnancy, which could cause your breast shape to change over time. Breast changes during and after pregnancy are different for every woman. Some women may need a simple breast lift to correct sagging of their breasts after pregnancy. It's best to focus on taking care of your body and not worrying about your implants until after you've delivered and are finished breastfeeding.

Will my ability to breastfeed be affected?

Depending on the type of incision used in your surgery, your ability to breast feed probably won't be affected. If you plan to breast feed, let your surgeon know during your consultation so that together you can decide on the incision point that's best for your needs and goals. On average, our breast implants have a life expectancy of 15 years. Due to the natural effect of gravity and aging, some sagging may occur over time, especially for women who choose to have larger implants.

Do implants affect breast cancer screening?

Depending on the placement of the implant, cancer screening can be difficult with standard mammogram views. For this reason, extra views will be taken during your future mammograms to ensure that the best view of your breast is captured during your mammogram.



q & a

How many operations can I expect over my lifetime on my implanted breasts?

A set of breast implants isn't designed to be worn for a lifetime, so it's possible you'll undergo more than one surgery over the years. The most common reasons for undergoing additional surgery are for a breast lift, to reposition implants, upgrade implants, or to remove implants altogether. The average life expectancy for breast implants is 15 years.

If I have the implants removed at a later date, how will my breasts look?

If you choose to have your breast implants removed, it will cause the breast tissue and skin that covered your implants to sag. Depending on the size of your implants, the amount of excess skin will vary. You might want to consider having a breast lift at the time of your implant removal in order to keep your breast tissue and skin from sagging.

What's the satisfaction rate for breast implants?

According to a study published in the American Society of Plastic Surgeons (ASPS), **98% of women who get implants say the results met or exceeded their expectations.**

How to *prepare*

Are there health and lifestyle changes I need to make before having a breast augmentation?

It's important to be as healthy as possible before having your procedure in order to reduce your risks. (It'll also help reduce your recovery time.) Being in good general health means that you don't have any untreated infections, underlying diseases, or breast cancer.

If you're 35 or older, we recommend that you have a mammogram before your breast augmentation to rule out undetected breast tumors.

For pregnant or nursing mothers, we recommend waiting at least six months after giving birth from the time you stopped nursing before having breast enlargement surgery. Waiting six months will help ensure your breasts have stabilized from the effects of pregnancy and nursing and will help you achieve the best results.

You should be eating a balanced, healthy diet and have a relatively active lifestyle. If you smoke, you should quit several weeks before your surgery and continue to refrain from smoking for several weeks after to reduce the possibility of complications.

If you take certain medications such as blood thinners, you'll need to stop for a period of time prior to and following your procedure. All of these points will be covered in detail during your consultation.

Making the *decision*

Don't make your decision alone

Reading the information here is a great start to making the most informed decision about whether getting a breast augmentation is the right procedure for you. Ideally the decision should be made after meeting with a board-certified plastic surgeon who can answer all of your questions and walk you through the specifics of the procedure.

How should I choose a surgeon?

When choosing a surgeon for your breast implant procedure you'll want to see before and after photos of their work; check their training, education and licensing, as well as certifications and memberships; and learn about their reputation through reviews and word-of-mouth. Ultimately, you want someone you can trust and feel comfortable with.

Should you choose to move forward with Columbus Aesthetic & Plastic Surgery, from your very first consultation, our award-winning plastic surgeons will work with you to make sure your experience is a positive one. We look forward to helping you put your beauty in **ALL CAPS**.

Call **614.246.6900** for a consultation to begin your breast enhancement journey today.

about

Columbus Aesthetic & Plastic Surgery

The team at Columbus Aesthetic & Plastic Surgery, from the front line staff to our award-winning plastic surgeons, is committed to achieving the highest standards in safety and patient satisfaction. Our talented and caring board-certified plastic surgeons combine artistry with experience to provide truly impeccable, natural results. Our reputation often precedes us, as most of our referrals come from satisfied patients and fellow physicians who place trust in the work we do. Dr. Timothy Treece, Dr. Susan Vasko, Dr. Robert Heck, Dr. John Wakelin and Dr. Tyler Angelos are all members of the American Society of Plastic Surgeons (ASPS), and the American Society of Aesthetic Plastic Surgery (ASAPS), and Fellows of the American College of Surgeons.

As our patient, you can feel confident in our expertise and continual commitment to excellence.



If you're ready to put your beauty in
ALL CAPS, schedule your consultation today!

614.246.6900

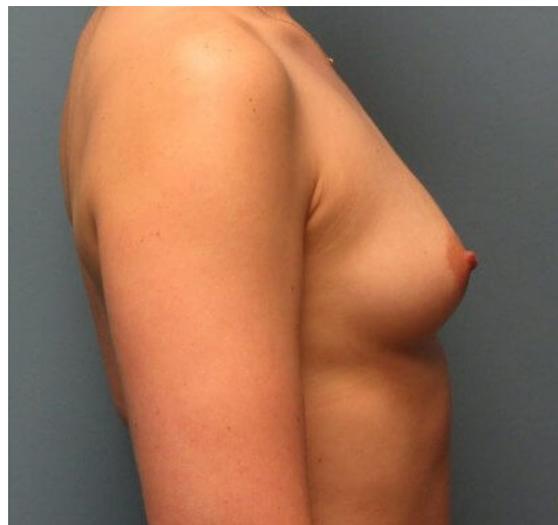
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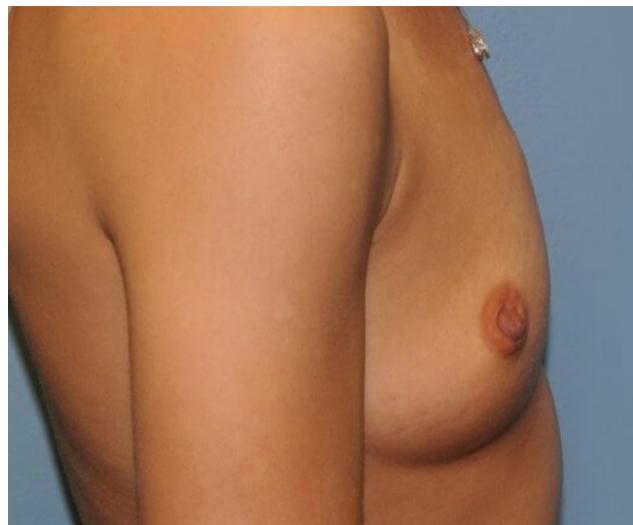
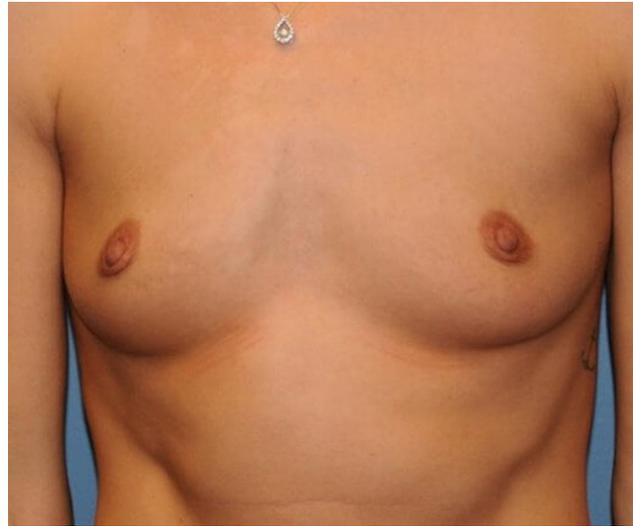
Before and *after*

Breast Augmentation



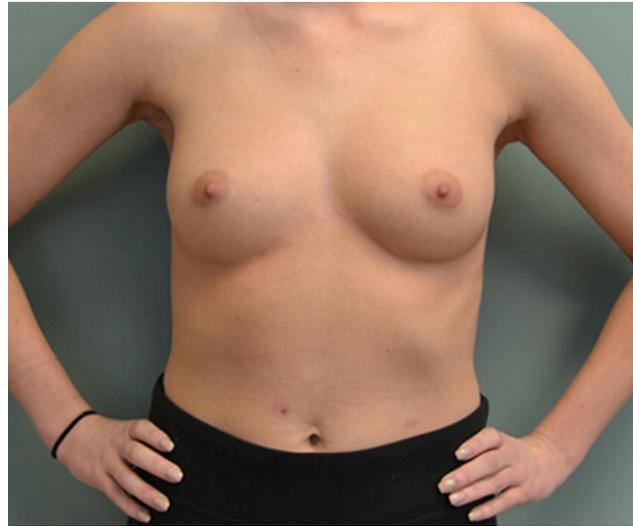
Before and *after*

Breast Augmentation



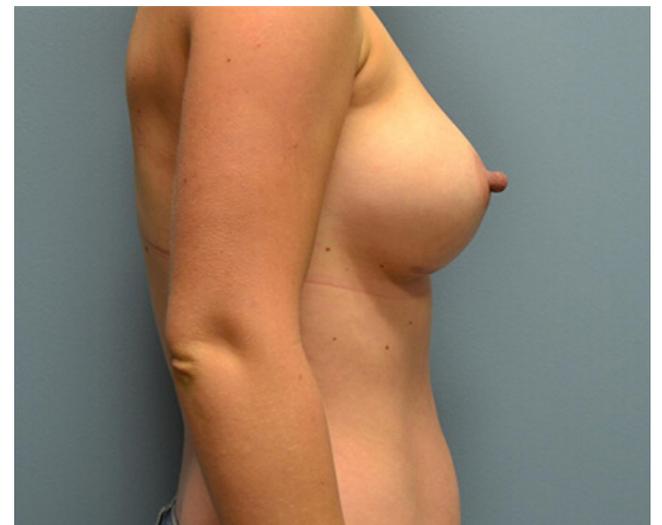
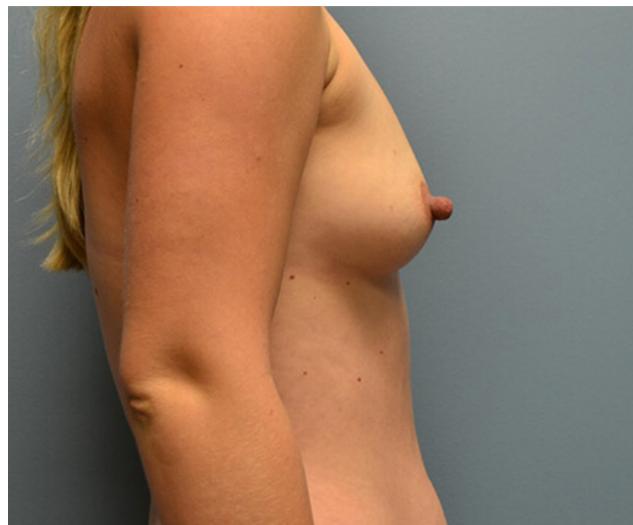
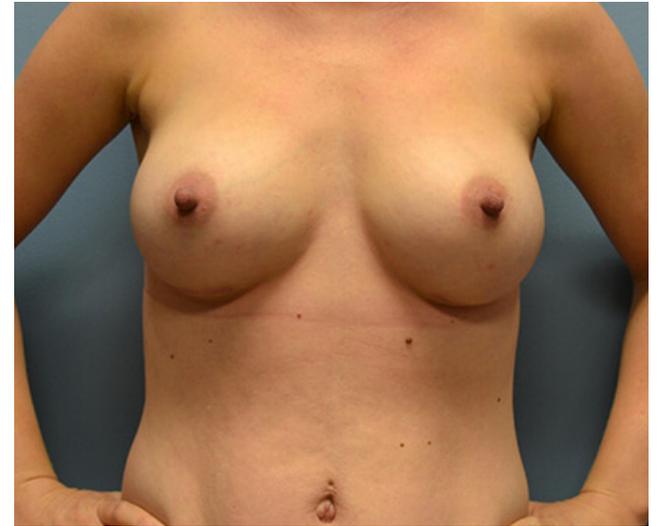
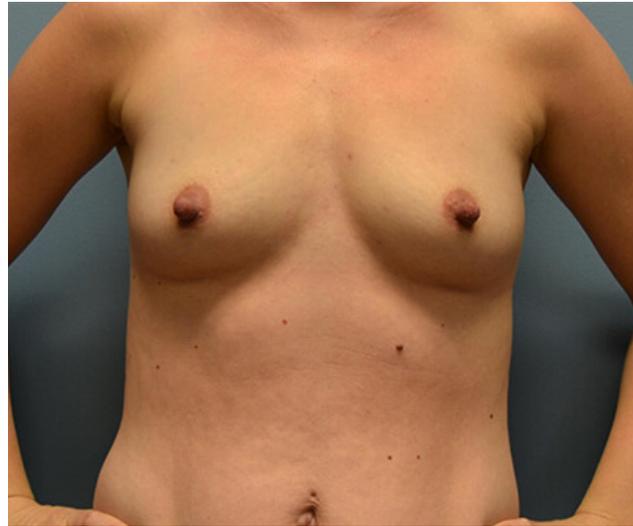
Before and *after*

Breast Augmentation



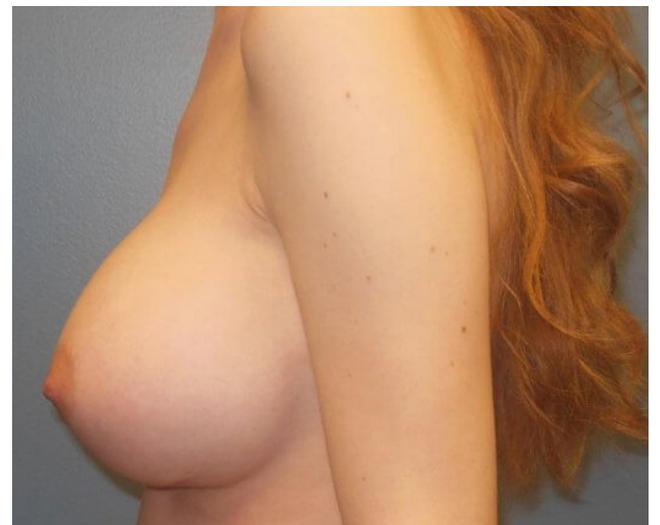
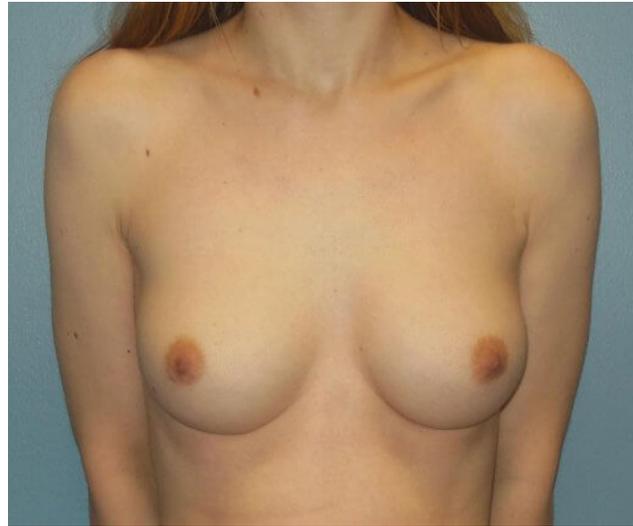
Before and *after*

Breast Augmentation



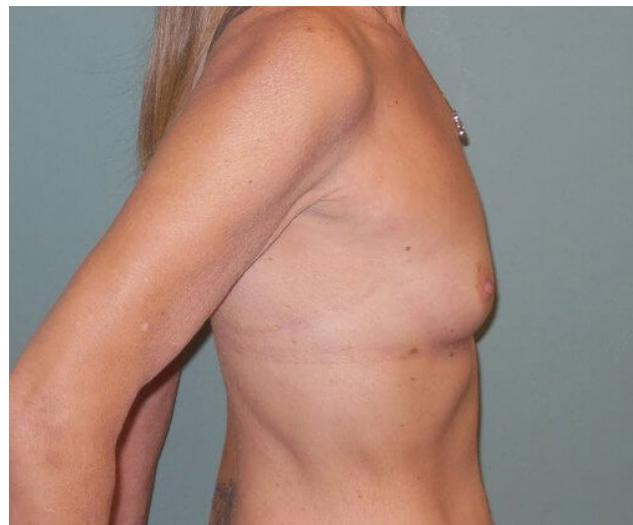
Before and *after*

Breast Augmentation



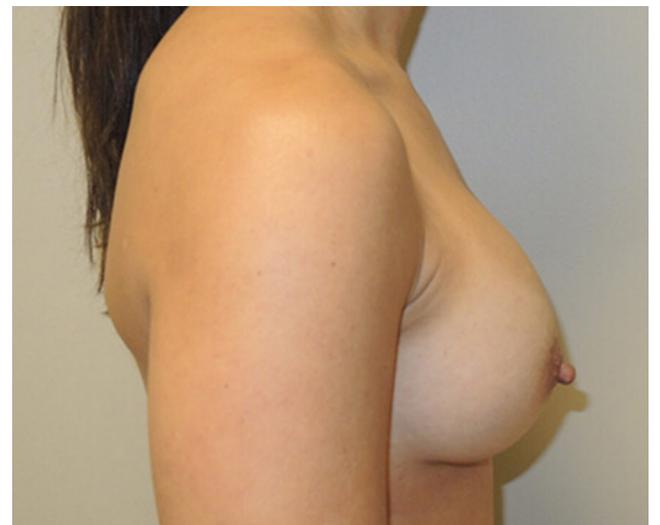
Before and *after*

Breast Augmentation



Before and *after*

Breast Augmentation



Before and *after*

Breast Augmentation



Before and *after*

Breast Augmentation with Lift



Before and *after*

Breast Augmentation
with Lift



Before and *after*

**Breast Augmentation
with Lift**



Before and *after*

Breast Augmentation
with Lift



Before and *after*

Breast Augmentation
with Lift



Before and *after*

**Breast Augmentation
with Lift**



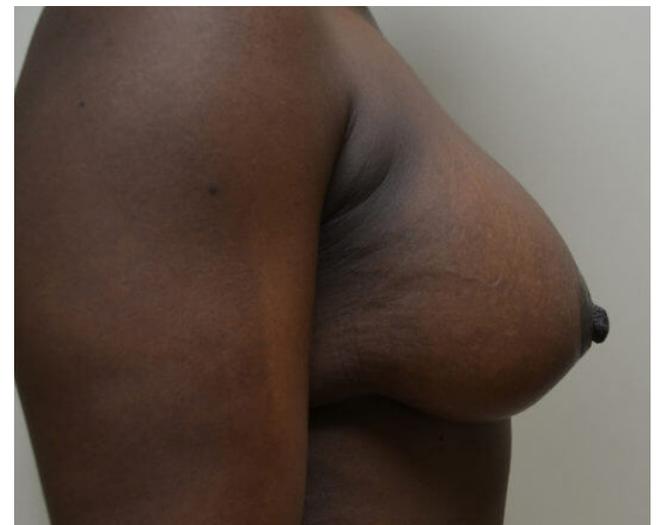
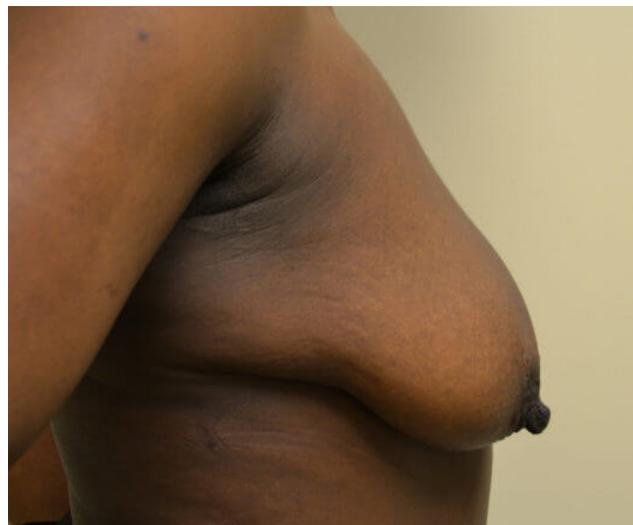
Before and *after*

**Breast Augmentation
with Lift**



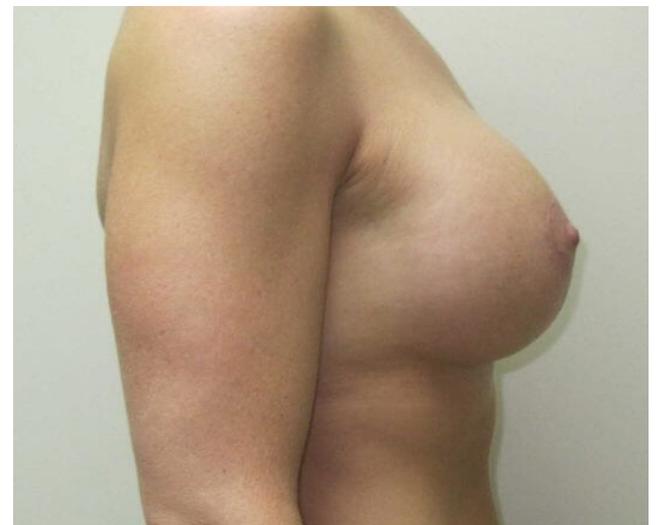
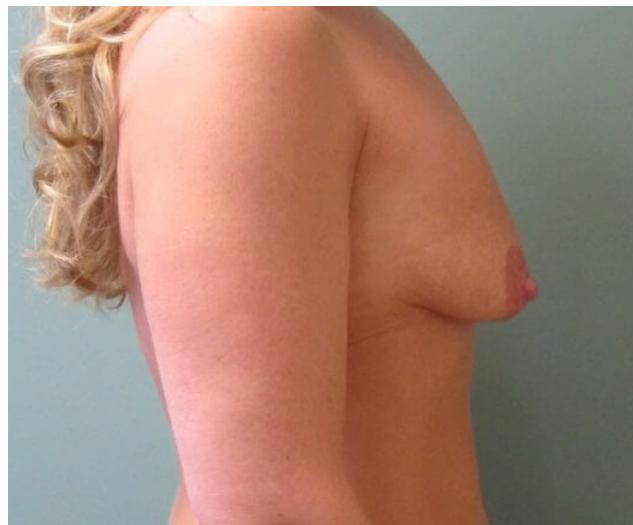
Before and *after*

Breast Augmentation
with Lift



Before and *after*

**Breast Augmentation
with Lift**



Before and *after*

Breast Augmentation
with Lift



Before and *after*

Mommy Makeover

