

# *Dr. Beauty's*

GUIDE TO YOUR BEST...

# *B*REAST AUGMENTATION



MARIAM AWADA, MD, FACS  
PLASTIC SURGEON

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I hope this book is very helpful and you pass it along to your girlfriends. Your feedback is welcome and greatly appreciated.

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Thank you and happy reading!

# DEDICATION



*To:* **DR. BEAUTY'S  
BEAUTIFUL BREAST AUGMENTATION PATIENT'S &  
WOMEN OF THE WORLD**

*We* **ARE HONORED TO HELP YOU ACHIEVE YOUR  
BEST BREAST AUGMENTATION!**

*We* **PLEDGE TO ACHIEVE  
EXCELLENCE & EXCEPTIONAL RESULTS!**

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*"She said she could so she did!"*

*- Eleanor Roosevelt*

## *Introduction*



*“Life is about... creating you!”*

## **WHY GET A BREAST AUGMENTATION?**

There are hundreds of reasons why women have breast augmentation surgery. Most just want to wear a bathing suit and a business suit with greater confidence. Where other parts of your body can often be shaped through exercise, there is little a woman can do to naturally enhance her breasts.

Fit women have breast augmentation to help them achieve the knockout figure they have worked hard for and always dreamed. Some women enjoyed full breasts of motherhood and want them back after deflation with ending nursing. The proportional breast and body balance desired can only be achieved through a breast-enhancement procedure.

Every woman has the right to want to optimize any aspect of her appearance. Each woman's reasons are unique and personal. Most women are motivated to enhance their femininity and sense of

sexy.

Breast enhancement helps you:

- Enhance your breast and body balance.
- Revel in your hourglass figure.
- Look and feel your best.
- Restore fullness and eliminate sagging.
- Improve your breast shape, size, and cleavage.
- Fall in love with your clothing and dress.
- Treat birth and developmental asymmetry.
- Shape and beautify unattractive breasts.

As a woman and Board Certified Plastic Surgeon, breast augmentation procedures have been my forte since 2003. I have succeeded in helping thousands of women safely achieve beautiful breasts with the lowest risk nationally.

*Dr. Beauty's Guide To Your Best Breast Augmentation* is your personal tool wherever you are in the world. It is written to help you make smarter decisions to get the best results you desire. You are presented with a many considerations, options, and factors which impact and define your unique plan.

The beauty and breast enhancement tips have proven results. You will enjoy the beauty secrets presented for the rest of your life. Simply follow the beauty formula for the best breast augmentation revealed in this book, and you will be on your way to breast augmentation success!

## *Beauty 101*



*“Love your self jst as you are!”*

### FOUNDATIONS OF BEAUTY

Judgments of beauty are sensory, emotional, and intellectual all at once. These judgments lead to feelings of attraction and emotional wellbeing. Positive self -judgments exude confidence and a healthy self esteem. You love yourself just as you are now in the moment.

Love yourself from the inside out. *Simply Beautiful: Inner and Outer Beauty Secrets*, by Dr. Mariam Awada helps you strengthen your self-esteem which is the foundation of being beautiful.

*Dr. Beauty's* **Guide to Your Best Breast Augmentation** is ideal for women with healthy self-esteem. The benefit of breast augmentation for your self-esteem is akin to pouring gas on a kindling flame. However, if you have poor self-esteem, it is akin to pouring gas where there is not a flame.



*“Beauty is in the eye of the beholder.”*

## FEMALE PHYSIQUE VOTED MOST SEXY

The female figure is inherently a beautiful form. There are many attractive combinations of breast size and shape with overall body contour. Most women prefer a proportional, and balanced look. Define your personal taste related to balance.

The ideal female figure voted sexy by both men and women were fairly consistent based on research:

- Body Mass Index (BMI): 18.9
- Waist to Chest Ratio (WCR): 0.6
- Waist to Hip Ratio (WHR): 0.7

Physical beauty ratios and balanced proportions are key to a beautiful figure. Scientific studies rated female figures with slender bodies, visible breasts, and an hourglass shape:

- Most feminine looking
- Healthiest in appearance

- Most desirable for romantic relationship



*"We are visually attracted to symmetry."*

## PHYSICAL SYMMETRY AND BEAUTY

Plato saw physical beauty as a result of symmetry and harmony and created the "golden proportion." Now, after more than 2,000 years, scientists have tested his theory and concluded that he was right:

Symmetry is a sign of:

- Superior genetic quality
- Developmental stability
- Lack of exposure to stressors

Symmetry between the two breasts:

- Enables your brain to process the visual information more easily and faster.
- Creates a more beautiful breast analysis.
- Is found in less than 15% of patients. 85% of women have an asymmetry that requires customization and balancing to create the most beautiful breasts.

# *Beauty and The Breast*



*“Symmetry & proportion unlock beauty.”*

## THE PERFECT BREASTS

### **Key to The Perfect Breasts:**

- Mathematical analysis, artistic design, and experience
- Attention to unique patient goals of perfect
- Detailed analysis and customized plan for symmetry
- Use of trial breast implants to fine tune
- Experience, expertise, and attention to fine details

### **The Perfect Breast beauty determinants include:**

- Symmetric centered size, shape, and projection
- Artistic proportional size, and breast shape
- Breast to waist ratio of 0.7 for proportion
- Good quality and tone of breast skin envelope
- Smooth upper transition without “bra fat”
- Well-defined outer breast border and curve
- Minimal cleavage gap (1 cm) but not touching

### **Breast Shape:**

- Symmetric, natural-shaped cleavage.

- Gentle sloping upper half with slight convex lower half 45:55 ratio upper to lower half.
- Some prefer the natural, others the fake round look.

### **Breast Size:**

- Proportional to body: height, weight, BMI
- Proportional to chest height and width
- Proportional to breast height and width
- Symmetric in volume; Equal size upper and lower half

### **Breast Projection:**

- Symmetric rib cage and chest wall projection
- Symmetric muscle thickness
- Symmetric overall final breast projection
- Peaks with moderate natural slope, not tubular

### **Breast Nipple:**

- Symmetric location
- Centered areola position relative to breast mound
- At mid-arm level above breast crease
- Central along mid- clavicular line
- 1 x 1 cm in width and projection
- Sensate and responsive to stimuli

### **Breast Areola:**

- Round shape, distinctive color and responsive
- Centered on breast mound
- Slight projection and elevation. Not herniated, tubular, or flat.
- Size is proportional to breast size;
  - Petite breast: 38 mm;
  - Average breast size: 42 mm

- Large breast size: 45 mm



*“It is normal to have uneven breasts.”*

## BREASTS ARE SISTERS NOT TWINS

No, you are not crazy! Your breasts are different just like the majority of my patients. This makes you normal. However, some women have very noticeable difference in breast size or shape and a breast augmentation can be a big help.

A review of 15 years demonstrated that the majority of my patients had customization to camouflage asymmetry. A thorough pre-operative breast examination helps to identify common pre-existing asymmetry. Different volume or projection of implants may be needed for balance of common natural pre-existing asymmetries.

The majority of women have pre-existing asymmetry:

- The left chest ribs protrude more than the right chest to make room for the heart, aorta, and larger lungs.
- The left breast has more tissue (12-15 lobules) compared to the right breast (9 to 12 lobules).
- The left breast is wider with a larger skin envelope.

- The left nipple tends to be a centimeter lower and outer displaced

The right breast (compared to the left) typically has a:

- smaller skin envelope
- less breast tissue
- concave chest
- higher nipple location
- smaller areola
- narrower breast imprint

Your sides of your body are always different, whether it is your hands or your breasts. This is why breasts are better described as sisters and not twins. Enhancing the final symmetry in your breast size, contour, and projection is critical to achieve the most beautiful breasts.

Breast augmentation beauty success requires a comprehensive multi-dimensional breast analysis. These asymmetries are identified so they can be balanced and addressed with customization.

Why? My Personal experience with customization and attention to these details over the years has led to the best breast beauty. Since most patients have never noticed their preexisting asymmetry it is helpful to identify and include a plan to balance. If asymmetries are not identified, use of the same implant will make them more obvious.

# *3 Steps to Breast Augmentation Success*



*“The right timing improves your results.”*

## **STEP 1: DETERMINE THE RIGHT TIMING**

The right timing will vary and is different for every woman around the world. There is no such thing as the “right age” to get breast surgery, because every woman’s body and life plans are different.

General rules to guide the right timing:

- You completed breast development and are 18 years old for saline or 22 years old for silicone implants
- You do not plan to have children in 1- 2 years.
- You have maintained a healthy lifestyle and weight.
- You are not in the midst of a stressful event.
- You do not have a familial high risk for breast cancer.

*“Choose an experienced*

## *Board Certified Plastic Surgeon!"*

### **STEP 2: CHOOSE THE BEST BREAST PLASTIC SURGEON**

Unfortunately, many women unknowingly make the first major mistake - going to an unqualified doctor. There is a lot of misguidance and misinformation on the Internet from marketing companies, unqualified doctors, and inaccurate websites.

Do NOT be confused with the term "cosmetic surgeon". Innocent women are unaware and misled to assume that the doctor is trained on cosmetic surgery. They are not! Many doctors who advertise as "cosmetic" surgeons are not qualified to perform your breast augmentation surgery. Only Plastic Surgeons have been formally trained in cosmetic surgery and certified as a Board Certified Plastic Surgeon. Choose a Board Certified Plastic Surgeon who is an expert in breast augmentation surgery and only performs cosmetic surgery.



*"I am honored to help you achieve your best!"*

## **Dr. Mariam Awada is:**

- A world leading breast augmentation expert with a practice focused on breast augmentation since 2003.
- One of America's top breast augmentation Plastic Surgeons with beautiful breast results.
- Michigan's breast augmentation guru- best in the Midwest.
- Super specialized with an elite all woman team of breast augmentation experts.
- An elite breast augmentation team leader with all staff experienced in caring for you before, during, and after your breast augmentation procedure.
- Best in patient safety with 0% infection over 15 years for thousands of breast augmentation patients.
- Recognized Best In Class
- An active member of the American Society of Aesthetic Plastic Surgeons (ASAPS) & American Society of Plastic Surgeons (ASPS).
- Consistently rated five stars for the best breast results.
- The #1 Smart Choice for breast augmentation!

## STEP 3: CHOOSE AN ELITE BREAST AUGMENTATION TEAM: MICHIGAN COSMETIC SURGERY

Michigan Cosmetic Surgery (MCS) is home to the world's most elite all female Best Breast in the Midwest Team. The Team is specialized in all aspects of breast augmentation patient care. They have been committed to breast enhancement excellence for over a decade.

The Best Breast in the Midwest Experience:

- Surgery center equipped with breast implant sizers for intra-operative best match, balance, and look.
- Specialized BAM technology, beds, and equipment.
- Sophisticated compassionate personalized care.
- Five-star service in a first class environment.
- Excellence in patient safety and risk prevention by amazing teamwork before, during, and after surgery.
- Best in class track record compared to national rates.
- Proud accomplishments of zero infection in thousands of breast implant surgeries over a decade.
- Personalized informed education & preparation.
- Superior breast augmentation operating room equipment and implants.
- Anesthesia breast experts with 100% safety profile, and top quality medications for your comfort.
- Private and convenient door-to-door service.
- Modernized technology and communications.
- Lifetime of breast care and implant management.
- Highest cosmetic surgery center safety standards by
- American Association for Accreditation of Ambulatory

Surgical Facilities (AAAASF).

*Knowledge is Power*



*“Educated patients have better outcomes.”*

## GET EDUCATED: BAM 101

Like most women considering a breast augmentation, you probably have many questions. This section discusses both the information you receive and what to inform Dr. Beauty to assist you in the decision making process.

Multiple forms of communication (visual, verbal, and written) are used in the office to help breast augmentation patients:

- Detailed procedure brochures & instructional videos.
- Material from ASAPS, ASPS and the FDA.
- Manufacturer breast implant information.
- Before-and-after photo books.
- Hands-on sizing simulations.
- Contraindications, risks and benefits of options.
- Warranty and rewards information.

## YOUR PERTINENT MEDICAL HISTORY

Share your medical history information with you doctor.

List of all over the counter medication (herbs, vitamins, etc.):

---

List all prescription medications:

---

Allergies: \_\_\_\_\_

Surgical History: (Year/ type)

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---

Medical History:

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---

Family History (breast cancer, anesthesia, blood problems):

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---

Social History (smoking, alcohol, drug abuse):

---

Daily Activity (exercise routine, occupation, hobbies):

---

Breast History: (infection, biopsy, mammogram, etc.):

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*“Your likes and dislikes matter.”*

**YOU ARE A VIP!**

Communicate What You DO Want

Inform us what bothers you most. Be clear on what look you are trying to achieve. Use before-and-after photo favorites to communicate your likes of: proportion, perkiness, voluptuousness, and naturalness. Do not focus on an exact cup or implant sizes as

your breast and body measurements are unique.

## Communicate What You Do NOT Want

Speak up. It is just as helpful to communicate and show the look you do NOT want. For example, some women like the fake round look, while others prefer a natural teardrop shape.

Your anatomy of what you start with dictates a lot of your final result. We will discuss specific expectations based on your unique measurements, tissue quality and shape.



*"Size is all relative to your frame."*

## FORGET BRA CUP SIZE

Cup size is a very subjective measurement. The most common request is, "I'd like to be a C-cup."

Today we purchase and define breast size by what we wear. In the bra industry different manufacturers labels are inconsistent. Cup sizes vary in measurement between manufacturers and bra styles.

There are many challenges in developing a standardized bra cup system, the most significant being that bra cup sizes are a

continuum. Women's breasts occur as a fluid range of shapes, sizes, and volumes.

How do we use cup size? Cup size is a general guideline, provided you recognize it is only a general guide.

Warner bra company, introduced the alphabet bra cup sizes: A, B, C, and D cups. These bra cups soon got their nicknames:

- Egg (A Cup)
- Teacup (B cup)
- Coffee cup (C cup)
- Championship cup (D cup)



*"Patients love defining their look with sizers."*

## TIME FOR FUN! LET'S TRY ON SIZERS

Patients find trying breast implant sizing is most helpful for them to visually determine what size fits them best.

Visual Simulation using breast implant sizers and trials are :

- An accurate way to visualize the look you want
- A great tool to visually describe your goals of "perfect" versus "too big or too small".
- An objective approach to achieve accuracy in final size satisfaction than a cup size.

Dr. Beauty's starting point of sizers is based on: your measurements, analysis, and goals. Key body analysis include your: height, weight, chest width, hip width and breast asymmetry and size. Patients feel relieved with Dr. Awada's attention to details of: measurements, bra fat, uneven ribs, fold and nipple asymmetry, and tissue differences. She uses these to direct which sizers you try on.

This is the fun part because you get to define your look! You use Dr. Beauty's collection of silicone implant sizers to determine the perfect look. Most important you define your unique taste and range between "too small and too big" with Dr. Beauty to communicate the look you desire.

As a team we work together to make a solid plan toward achieving your unique breast beauty goals. Now that you have visually determined your look Dr. Awada will make a plan and use the same particular sizers in surgery. Patients then defer to her experience as a cosmetic breast augmentation surgery expert and American Board Certified Plastic Surgeon (since 2003).

Important things to keep in mind:

- There is no single "perfect" size. Rather, there is a range of sizes that will work well.
- Bigger, after a certain point, is not necessarily better. Going too big can actually make you look heavier in the upper body, and that's not the look most women want.
- You are going to have these implants for a long time. It's smart to think about how weight of the implants will impact your skin sagging over the years.
- Remember that you need to fit in clothes so keep it proportional.

## *Personalized Breast Beauty Plan*



*“Achieving your goals demands details.”*

Dr. Awada approaches breast enhancement with greater attention to detail to get the best overall possible result. Prepare for a thorough physical examination and analysis to inform your unique plan. Your multidimensional breast analysis is obtained in millimeters.

# YOUR UNIQUE BREAST ANALYSIS

## **Your General Breast Relationships:**

- Body proportions for hourglass shape
- Breast landmarks, shapes and sizes
- Skin looseness, sagging, and amounts
- Level of folds and creases
- Under arm, bra fat, or side fat deposits
- Existing breast size, shape, and skin factors
- Differences between sides

## **Nipple Areola Complex (NAC)**

- Areola size (38 to 45mm)
- Nipple size 1cm projection x 1cm width
- Proportion to the breast size
- Flat or inverted nipple
- Centered position or off to the side

## **Chest Wall and Rib-Cage Aesthetics**

- Chest width and height
- Width of breast bone and cleavage separation
- Convex or concave shape
- Rib cage depth differences
- Projection asymmetry and platform differences between chest wall and rib cage sides

# CUSTOMIZED BREAST AUGMENTATION

There are many options and cosmetic breast procedure

enhancements including:

- Customized breast augmentation with smooth saline
- Customized breast augmentation with smooth round gummy bear cohesive silicone implants
- Breast augmentation with your own fat
- Breast augmentation and breast lift
- Breast lifts: crescent, peri-areolar, lollipop, anchor
- Breast reduction
- A combination of procedures
- Removal and replacement of implants
- Removal of implants and fat replacement
- Removal of implants without replacement
- Correction of congenital breast deformities
- Tubular breast shaping and constricted breast release

## BREAST AUGMENTATION WITH FAT

Breast lipo-sculpture is a modern tool for breast beauty enhancement by fat transfer to the breast. Over the past 30 years, the use of one's own fat for aesthetic contouring has become more popular. In order to be a candidate, you must have breast tissue to graft.

This is akin to planting seeds in soil. If you have small breasts than you do not have enough to plant fat into. By using your fat in autologous fat transplant you do not have the maintenance of implants. Plus your fat is removed sculpting a body area.

The limits of fat transfer:

- Size increase can only double of what you have in one treatment (usually a cup size increase maximum)

- The quantity of fat that takes is not guaranteed, and is not as accurate as set implant volume. Fat survival ranges from 40% to 75% at 1 year.
- The fat may become firm or calcified to a form that may require a mammogram, MRI, or other imaging

# *Breast Implant: Size, Style, & Fill*



## **Breast Implant Size**

If there were only one implant volume that addressed everyone's issues, then there would only be one option available. However, we all have different desires, goals, and concerns and anatomy.

There is no one type, size, or style that fits all.

Like all of plastic surgery, breast implant sizing is an art and a science. To understand sizing, a number of factors must be considered. First is the aesthetic look you aim to achieve.

There is no special formula that board-certified plastic surgeons use as the gold standard in breast size. However, you should:

- Be aware of the consequences of skin irreversible stretching and sagging by going too large in size.
- Consider this as a long-term 10 year outcome.
- Respect your tissue's limitations.



## BREAST IMPLANT PROFILES & STYLES

Many women need two different implant sizes or profiles styles because their breasts are unequal. Most patients have significant chest differences and need two different implant styles or, profiles to balance.

Profile describes how far they project outward. There are different degrees of projection, or profiles:

- Low
- Moderate
- High

Moderate profile are most common for average chested patients desiring more natural look. The high profile implants are more ideal for a very small narrow-chested person who wants la fuller, larger breast relative to her size. Many patients have asymmetry that may require a moderate and a moderate plus for balance.

The only currently recommended breast implant shell option is smooth round implants. Textured anatomic and textured round shaped implants are not recommended. The approved safety profile is a smooth round implant.

## BREAST IMPLANT FILL OPTIONS: SALINE OR SILICONE

Currently there are two FDA-approved implant filler options in the United States: saline or silicone.

- Both have a silicone shell.
- Saline implants are filled with saline intravenous fluid.
- Silicone are filled with a gummy bear cohesive gel fill.
- Both are safe and provide a great result if appropriately selected for your body and goals.

Your anatomy and individual goals determine the perfect implant for you. Overall, breast-augmentation patients are very happy whether they choose silicone or saline. The chances are you will love your results too!

### **Saline-Filled Breast Implants**

Saline filled implants are FDA approved for breast augmentation in women age 18 years or older.

Pros of saline implants:

- Cost is less
- Deflation is easily identifiable
- Your body absorbs the water if it deflates

Cons of saline implants are

- Less natural and firmer feeling
- Increased chance of edge: rippling, or wrinkling (especially in a thin-skinned person)

- More likely to have capsule contracture

## Silicone-Gel-Filled Breast Implants

There are few medical devices still in use nearly 50 years after introduction. Silicone gel [breast implants](#) - despite the controversies over the years - are one of the exceptions. More than ever, half a century after silicone gel breast implants were first introduced clinically in the 1960s, silicone breast implants continue to be utilized to restore shape, size and to reconstruct the breast.

Silicone breast implants:

- Are pre-filled with a fixed amount silicone gel.
- New gel is thicker and more cohesive and retain shape like a gummy bear.
- Are the most natural feeling and looking.
- Are the most popular implant choice (90%).
- Are the best option for: minimal breast tissue; breast augmentation in women age 22 or older; or breast reconstruction in women of any age.

There are a few major silicone-gel-filled breast implant Manufacturers that have been approved by the FDA include: Allergan and Mentor. Other small companies exist but are not premier. Most including Dr. Beauty prefer Allergan *Natrelle* breast implants.

## Silicone Implant Improvements

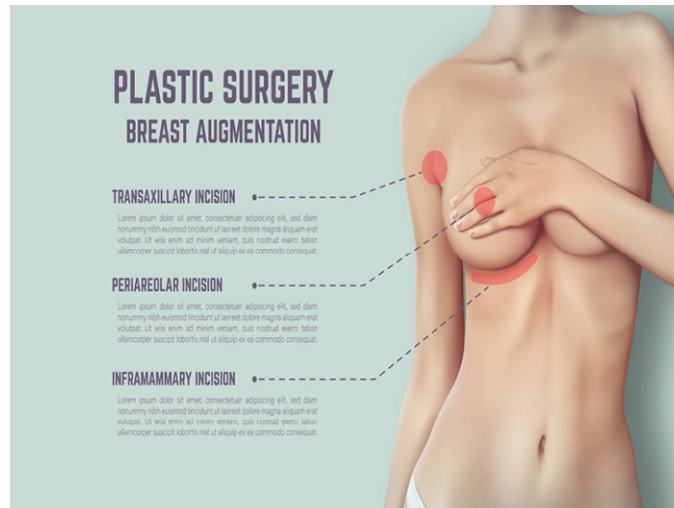
Silicone breast implants have consistently demonstrated their safety. Over time the safety has been improved:

- Increase in the cohesiveness of silicon to a thicker more

cross-linked gel that can not leak.

- The shell has more durable double thickness with a barrier layer
- The implants have more overfill, which decreases shell collapse, folding, rippling and wrinkling.

# Implant Procedure Options



## Incision Decision

There are a few common approach sites:

- Breast crease (infra-mammary folds)
- Areola
- Underarm (axillary)
- Breast lift incision

## Breast Crease

Your breast fold, also known as your infra-mammary crease, is also the most commonly used incision site. It gives the best access to and control of the breast implant pocket.

The breast tissue can be directly visualized and a shaped with great precision and accuracy. In addition, there should be limited or no bleeding if your surgeon takes great care and caution keeping a bloodless field, this significantly decreases the likelihood of complications such as capsular contracture. The incision is very

well concealed in the breast fold underneath the breast and heals very well. In addition, if there is additional surgery required in future years, this same incision would also be used.

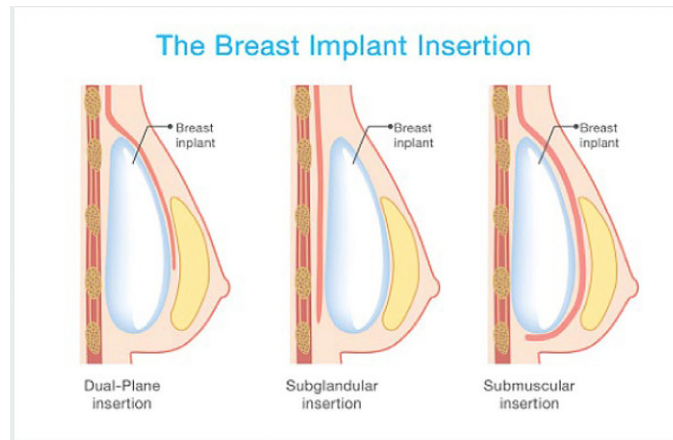
## **Areolar Border**

This incision is generally placed through the areola or dark part of the nipple. It is well concealed, but cuts through the breast tissue and is associated with a higher risk: breastfeeding difficulties, infection, and capsular contracture, or sensation changes.

## **Underarm**

This is also known as the armpit. It camouflages the scar well. However, it is a "blind procedure," meaning the surgeon cannot see the site of dissection to create the pocket. In my experience, revisions are more commonly required to correct asymmetry following this approach. There is higher risk for complications such as: bleeding, scar tissue, capsular contracture, and less precision to shape the breast.

# BREAST IMPLANT PLACEMENT RELATIVE TO THE MUSCLE



The pectoralis major and minor are two muscles on the rib cage behind the breast. Breast implants can be placed:

- Behind the tissue and muscle (sub muscular), or
- In front of the muscle (sub glandular)
- A combination partial behind dual plane

## **Sub-glandular: Behind The Breast Tissue**

The implant is placed on top of the muscle behind the breast gland and tissue.

A sub-glandular implant has a greater risk of:

- Interfering with mammogram evaluation
- Developing capsular contracture
- Rippling and wrinkling
- Sagging due to lack of muscle support because of

implant.

## **Sub-muscular: Behind the Muscle**

The implant is placed behind both the tissue and the muscle. The muscle covers the majority (2/3) of the implant.

Sub-muscular implant has advantages:

- The muscle camouflages the implant edges so thin patients with minimal breast tissue benefit.
- Your breasts look and feel more natural.
- Muscle camouflages wrinkling,
- There is less risk of capsular contracture.
- There is less risk for interference with mammogram.

Considering 1 out of 8 women will eventually be diagnosed with breast cancer, sub-muscular may be better for someone with higher risks.

Animation refers to the implant moving when the pectoral muscles flex. This pushes the implants to the side of the breast. This contraction of the chest muscles causes animation or movement of the implant which is a negative.

## **Dual-Plane Technique**

- This is the most advanced technique, which combines both pocket locations.
- Uses below muscle for the upper breast half that transitions to behind tissue in the lower breast.
- Provides the maximum benefits of both locations.
- Allows the implant to interface more with the breast tissue to influence shape and contour.

## BREAST AUGMENTATION OUTCOMES

My personal experience over the past 15 years and thousands of breast augmentation cases have led to:

- Excellent (98%) breast augmentation and enhancement patient-satisfaction ratings
- Significantly better outcomes than the national averages for all
- No implant infections after thousands (as opposed to the national average of 5%)
- Capsular contracture rate of 1 to 3% (as opposed to the national average of 15 to 35%)
- Implant size change rate of less than 1% (as opposed to the national average of 10 to 30%)

I attribute my excellent outcomes and minimal complication rates (compared to the national average) to:

- Greater preoperative planning time
- More focused discussions with patients
- Very detailed assessments and accurate plan
- Use of patient's unique tissues and measurements to determine implant choice.
- Preventative preparation and procedures before, during, and after surgery.
- Strict protocols during surgery regarding implant and breast tissue handling.
- Use of intraoperative sizers.
- Postoperative monitoring and treatment.

When saline implants deflate the results are usually seen

immediately. Your chest will become visibly flat on that side. Your body absorbs the saline or salt water.

When silicone implants rupture, the breast often looks the same. Silicone implant ruptures are harder to detect. Current FDA guidelines are to check for deflation with MRI at 3 years, then every 2 years.

Implants, whether filled with saline or silicone, are not a lifetime device and may need to be replaced. The newest modern silicone version has a deflation rate of 7.7% in 10 years. Implants are covered under warranty if deflation were to happen in the first 10 years.

## **Important Considerations - Contraindications**

Breast implant surgery should not be performed in women:

- With infection anywhere in their body
- With existing cancer or pre-cancer of their breast who have not received treatment
- Who are currently pregnant or nursing

FDA-approved implants undergo extensive testing before approval to demonstrate reasonable assurance of safety and effectiveness.

There are risks associated with all implants:

- Additional surgeries may be needed
- Capsular contracture (scar tissue around the implant)
- Breast pain
- Rupture or a tear in the implants shell
- Infection
- Rare (,0.1%) Breast implant associated-anaplastic large cell lymphoma (BIA-ALCL)

This information cannot and should not replace talking with your plastic surgeon. Your decision whether or not to get breast implants should be based on acceptance of risk and benefits as well as realistic expectations of the outcome.

*Preparing  
For A Great Experience*



**Before Surgery Do's**

DO have your surgery performed:

- By a Board-Certified Plastic Surgeon breast expert
- By a member of the American Society of Aesthetic Plastic Surgeons (ASAPS)
- At a certified surgical facility (AAAASF)

DO:

- Schedule the best timing.
- Pre-fill your prescriptions and have them ready.
- Buy frozen peas to use on upper half of breast 20 minutes on/off for the first few days.
- Have a caretaker and transport planned.
- Stock up on vegetables and healthy foods.
- Take a multivitamin a day for healing.
- Complete shopping before surgery: High-fiber foods, prescriptions, Benadryl, and stool softener.

## BEFORE SURGERY DON'T:

- Do not have surgery with any infection (even a cold)
- Do not get a sunburn before or right after
- Do not smoke
- Do not eat or drink after midnight or as advised
- Do not drink water, chew gum, or eat candy
- Do not take blood thinners two weeks prior to surgery such as:
  - Aspirin, Advil or Motrin
  - Any diet pills or herb blends
  - Chromium
  - Ephedra
  - Vitamin E

## SURGERY DAY DO'S

- Take a shower with antibacterial soap.
- Wear comfortable, warm clothes such as a jogging suit with zipper jacket.
- Brush teeth and rinse with mouthwash.
- Arrive with a driver.
- Be ready to provide a urine sample.

## RAPID SAME-DAY RECOVERY

In women who are younger, have never nursed, the pressure of the breast implant is greater and tighter because the skin has not been stretched. The most helpful thing is to rest and ice after surgery. This will help minimize swelling and assist to minimize discomfort.

Besides light activity and walking every few hours, allow yourself a

long weekend as quiet time to heal.

## AFTER SURGERY DO'S

- Hydrate and drink 6-8 glasses of water.
- Eat high fiber.
- Take a stool softener while on pain medication.
- Rest and ice to minimize swelling.
- Gradually transition to light activity.
- Wear a supportive bra.
- Breast massage as directed.

## AFTER SURGERY DON'T:

- Do not exercise chest muscles or perform strenuous chest activities or weightlifting.
- Do not perform repetitive strenuous arm activities such as vacuuming for a week.
- Do not lift heavy objects while healing.

## POST-SURGERY ACTIVITY

Breast-augmentation surgery is performed as an outpatient procedure, and most patients are able to return to work typically within a week. They may also feel tightness in the chest area for some time.

Strenuous activity should be avoided for 4 weeks following breast augmentation. You should be able to return to work within a few days, depending on the level of activity required for your job.

## *Breast Care*

You will be instructed to use specific breast-massage techniques following your surgery to help keep your breasts mobile, soft, and natural-looking, and to help prevent capsular contracture (excess scarring around the implant from the inside).

It is normal for your breasts to appear high and swollen for several weeks following your surgery until they “drop” into a normal position. This will happen if you have never had children and have very tight skin.

Following breast augmentation, you should continue to monitor your breasts. If you have pain in your breasts, or you find any lumps, swelling, hardening, or change in implant shape, you should report these to your Plastic Surgeon. In some cases, your surgeon may recommend a mammogram, ultrasound, or an MRI to further evaluate.

The current recommendation is:

- A monthly breast self-exam
- Mammogram as prescribed by your primary care physician
- MRI if concerns warrant.

### **MONTHLY BREAST SELF-EXAM**

Conducting a breast exam is one of the easiest and cheapest ways to monitor your breast health. Early detection is critical to long-term survival and remission. According to the [American Cancer](#)

Society, patients who catch breast cancer in the first stage have a 100% survival rate, versus 22% in Stage IV.

It is important to perform a monthly breast self-exam, with or without breast implants. I recommend performing the exam at the same time every month, since your body will change from week to week. Avoid doing this during and near menstruation, since breasts are more sensitive and variable at that time. If you have a predictable cycle, you can do your self-exams on the same date (15th, 27th, etc.) each month to stay consistent.

## BREAST SELF-EXAM INSTRUCTIONS

A breast self-exam is designed to identify signs of breast cancer early on. When performing the exam:

1. Lie down and place your left hand behind your head.
2. Use your right hand index and middle finger pads to examine your left breast.
3. Envision your breast to be a target and start at the nipple. Slide your fingers in a small circle around your areola and increase the size of your circles with each pass until you get to the outermost areas.
4. Feel for unusual lumps or firmness and compare that area to your other breast.
5. At completion of the exam, use your finger to feel under your armpit and all the way down the outer side of your chest muscle

## MAMMOGRAM

The current recommendations for getting screening/preoperative

mammograms are no different for women with breast implants than for those without implants. You need to tell your mammography technologist before the procedure that you have an implant.

## BREAST SELF EXAMINATION



ONCE A MONTH,  
2-3 DAYS AFTER PERIODS



EXAMINE BREAST AND ARMPIT  
WITH RAISED ARM



USE FINGERPADS WITH  
MASSAGE OIL OR SHOWER GEL



UP AND DOWN



WEDGES



CIRCLES



EXAMINE BREASTS IN THE MIRROR  
FOR LUMPS OR SKIN DIMPLING...



...CHANGE IN SKIN COLOR  
OR TEXTURE...



...NIPPLE DEFORMATION,  
COLOR CHANGE OR LEAKS OF ANY FLUID

## MRI

Your first MRI evaluation may take place 3 years after implant surgery based on FDA recommendations. Some may or may not recommend MRI every 2 years thereafter. If there are signs of rupture on MRI, then you should have your implant removed or replaced.

## WARRANTY & DEVICE TRACKING

Within the first ten years an implant manufacturer will provide a warranty if deflation occurs. Typically if an implant deflates within ten years, the implant is warrantied. You are provided a new implant as well as a fixed sum to assist in the fees required to remove and replace your implant. This can vary from manufacturer.

Each device has a unique identification with the style and serial number of your breast implant(s). This is registered with the implant manufacturer for your permanent record at the time of surgery.

# *Breast Augmentation Benefits*



## **Society Studies & Testimonials**

My personal experience has been fabulous:

- Majority of women have improved self-confidence.
- Patient satisfaction rates are consistently above 97%.
- Nearly all would recommend these procedures to family members and friends.
- Most have stated they would do it all over again, even sooner.
- 98% said the results met or exceeded their expectations.
- 89% said that breast augmentation met their goals.
- 9 out of 10 evaluated for over 10 years with silicone-filled breast implants were satisfied with their breasts.



*"It is a life-changing experience."*

## QUALITY-OF-LIFE IMPROVEMENTS

Breast augmentation has the potential to offer psychological, sexual, and physical health benefits to women. Many studies demonstrate that breast augmentation is a highly gratifying procedure for women and can significantly enhance a woman's self-image and quality of life. Scores measuring mental and physical health showed a dramatic improvement compared to before breast enhancement.

Scores on the body esteem showed:

- Decrease in weight concern and physical condition.
- Increase with regard to sexual attractiveness.
- Significant improvement in "self-image," "social relations," and "daily living" at 10 years.
- Improved satisfaction with specific aspects of their breasts after 10 years, including satisfaction with: breast size, shape, feel, and how well they matched.



## PSYCHOLOGICAL HEALTH BENEFITS

Breast augmentation boosts self-confidence. Many women have stated that:

“Words cannot describe how happy and excited I am.”

Breast augmentation brings breast beauty to life and positively impacts a woman’s energy and wellbeing. In addition to the improved aesthetic beauty of your breasts and body, scientific data have shown that many patients enjoy substantial psychological benefits.

The improved psychological aspects of your life include:

- Improved self-image
- Enhanced self-esteem
- Increased self-confidence
- More sensual feeling with intimacy
- A sexier attitude and sexual energy

Conscious or unconscious feelings about our bodies are important

psychological forces. Persons who do not accept their own self-image will often have less satisfying sexual relationships because sexuality is related to our own bodies.

When a woman faces the challenges of sexuality, higher self-esteem, improves her chances of having a fulfilled sexual life. A confident woman can create a solid subjective reality related to sexuality, free from cultural and religious influences, which often regulate sexual practices.

Since sexuality is a significant component of quality of life, breast augmentation improves quality of life for patients through a significant increase in their sexual well-being.

Breast augmentation helps minimize congenital and acquired asymmetry, which the majority (90%) of women have.

*"My breasts were almost half a cup size different and I had to always hide them because they were so asymmetric. It was really difficult to wear a bathing suit or summer clothes because my breast asymmetry was so obvious. I'm so glad not to be embarrassed or worry anymore. I actually feel great, look great, and enjoy life much more."*



*“I got my sexy back!”*

## SEXUAL HEALTH IMPROVEMENTS

In addition to the marked physical and psychological benefits, studies have demonstrated an improvement of women’s sexual health. Human sexuality is multifactorial, receiving influence from self-esteem and self-image, which are psychological aspects that affect sexual function.

Sexual health areas were examined before and after surgery, and women were noted to be more sexually satisfied after breast augmentation.

According to studies, women experience a:

- Significant boost in sexual arousal
- Increased sexual satisfaction
- Improved sex life



## PHYSICAL HEALTH BENEFITS

I love seeing my breast-augmentation patients after surgery. They bring me the most happiness because most of them are healthy young women who just make themselves more beautiful.

Breast augmentation restores fullness to deflated, sagging breasts after pregnancy, breastfeeding, weight loss, and aging changes.

*"I never had breasts until I got pregnant. Wow. My husband and I loved them while I was pregnant. Now they looked deflated and saggy. I wanted them back because I knew how much prettier they were and how much I and my husband liked having breasts while I was pregnant."*

Breast augmentation supports balance and proportion to a woman's body and hourglass shape. Micro-mastia is a medical condition in which women's breasts do not fully develop after puberty. Women who suffer are embarrassed about their small breasts.

*"I have been flat as long as I can remember. My breasts never grew and it made me very self-conscious about my body, dressed and naked. I did not look or feel sexy. Now I love my new body and my breasts. I look and feel so much better."*

Breast augmentation helps women fit and feel better in their clothing. Most women state that shopping is a whole new enjoyable experience.

*"I love being able to buy a bikini and have it fit the way it should. I love shopping. It is so much more fun buying clothes now that I look and feel great in them, instead of figuring out how to hide! I am more balanced in my swimsuit and my work clothes."*



*“Breast augmentation proportion is key to achieving proportion for physical beauty.”*

## PHYSICAL BEAUTY BENEFITS

There are many benefits of breast augmentation, to enhance a woman's figure such as:

- Hourglass shape by increasing the breast proportion relative to body size, height, and weight.
- Create more proportionate breast contour, and create cleavage and upper breast fullness.
- Balance and diminish breast-size asymmetry
- Create a more natural, beautiful breast shape
- Restore volume lost as a result of weight loss, breastfeeding, pregnancy, or aging.

Dr. Beauty's Guide to the Best Breast Augmentation: is your key to your best breast augmentation results.

If you are one of the millions of women desiring breast augmentation you will make smarter and safer choices along your

breast beauty endeavor.

This book will support your every breast augmentation step before, during and after your procedure.

The content, facts, and checklists are created specifically to:

- Improve your safety
- Ease your stress
- Make smarter decisions
- Get the best results

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