

INSIDE tip

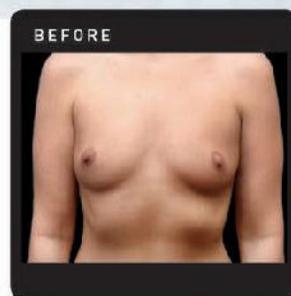
If your breasts look too “fake” after your surgery, Cherry Hill, NJ, plastic surgeon, Evan Surokin, MD, says that modifying the implant pocket and changing to a different implant may be all that’s needed. “Often I encourage patients to switch from saline to silicone then,” he says.

Q&A ←

I’ve heard that saline makes the breasts look “fake” but I’m more comfortable with the fact that they’re made of salt water. What’s the best choice?

Both saline (which uses saltwater as the filling agent) and silicone implants (which make use of a cohesive gel) are good options, but it really comes down to your body type, the look you want and how much or little breast tissue you have. “For thinner women with almost no breast tissue, silicone gel implants are a better choice because they are less likely to cause visible rippling,” says Dr. Swanson. “But, if you are naturally a B-cup or larger, it doesn’t make much of a difference which type of implant you choose—it’s personal preference at that point.” Keep in mind that silicone, unlike saline, mimics the look and feel of natural breast fat—a lot of women say silicone looks and feels more like natural breasts.

NATURAL-LOOKING BREASTS WITH SURGERY



Dr. Cohen performed breast augmentation on this woman, whose main concern was to look proportionate and natural, taking her from a B-cup to a D-cup by using 375-cc high-profile silicone gel implants.

This 36-year-old woman desired larger, but natural-looking, breasts. Raleigh, NC, plastic surgeon Cynthia Diehl, MD, created an incision in the crease of each breast and placed gel breast implants under the muscle, giving the perfect amount of fullness.

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YOUR BREASTS ARE HARD

Dr. Lomax says that using the wrong type of implants can cause the breasts to appear too firm and not move in a natural fashion with normal body movement. Sometimes the right implant is used but the body develops a capsular contraction, which can also make the breasts too firm.

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YOUR BREASTS ARE PUCKERED, RIPPLED, WRINKLED OR INDENTED

Wrinkles form from aggressive dissection and cutting of the muscle when creating the pocket (it usually contains implants that are too large for the body). The muscle becomes damaged and the skin ripples or becomes indented. “Going too large thins the tissue and causes rippling,” says Dallas plastic surgeon William P. Adams, Jr., MD. Thin patients with saline or textured implants, especially if they are in front of the muscle, may have more rippling, according to La Jolla, CA, plastic surgeon Robert Singer, MD.

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THE SKIN IS STRETCHED OUT

Placing too big of an implant into a naturally small breast forces the skin to stretch out, which may result in an unnatural look. “It’s like squeezing a size 10 foot into a size 6 shoe. It just doesn’t fit and the result is not a pretty breast shape,” says Dr. Adams.

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THE BOTTOM PART OF YOUR BREASTS ARE EXCESSIVELY FULL

Too much fullness in the lower part of the breasts is an indication of surgery (although some patients develop this from natural aging without implants).

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YOU HAVE SIDE BREAST

If your implants are too large or too wide for your frame, they can pop out to the side, giving an unusual look. This can be avoided by making sure that the width of the implant does not exceed the width of the breast.

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