



COLUMBUS AESTHETIC  
& PLASTIC SURGERY

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## A Guide for Patients



### Breast Implants

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## WELCOME

Are you considering a breast augmentation to help enhance the look, feel and shape of your breasts? If so, we hope you find this e-book to be a great resource. This e-book will help answer your questions so that you can move forward in your decision to have a breast enlargement surgery with confidence.

A breast augmentation creates fuller, more voluptuous breasts for those that choose to go through with the procedure. However, having any type of elective surgery is a big decision and one that should not be taken lightly. Columbus Aesthetic and Plastic Surgery is committed to providing our current and future patients all the information they need to make the best possible choice for their individual needs.

Please carefully consider all of the areas covered in this e-book, paying paying special attention to our 'Frequently Asked Questions' to help determine if this surgery is the right fit for you and your aesthetic goals.



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## UNDERSTANDING THE BASICS

### What is a breast augmentation?

In simplest terms, a breast augmentation is an elective surgical procedure that increases the size of your breasts. Through the insertion of either saline or silicone breast implants, our plastic surgeons are able to help patients gain a fuller breast size and shape. Keep in mind that each breast augmentation procedure and the results achieved are unique to the individual. Your surgeon will help guide you to make the best breast implant choice for your body build and aesthetic goals so that you can enjoy the results for years to come.

### What are the reasons for considering a breast augmentation?

There are a variety of reasons a person may choose to have a breast augmentation. Some of the reasons for wanting breast implants include:

- correcting breast size discrepancies (when one breast is noticeably smaller/larger than the other)
- renewing breast volume after pregnancy or significant weight loss
- to create fuller, firmer breasts

Whatever the initial reason for wanting to enhance your breasts, the majority of patients experience the added benefits of increased self-esteem and confidence following the procedure.



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## AM I A GOOD CANDIDATE

### Am I a good candidate for breast augmentation?

There is no such thing as one-size-fits-all when it comes to the type of woman who should undergo a breast augmentation surgery. Our patients come from all different walks of life, they vary in age, and no two patients share the exact same body type or aesthetic goals. That being said, there are certain characteristics that we must recognize in each patient that wishes to move forward with having a breast augmentation.

#### Ideal candidates for breast augmentation have the following characteristics:

- Have realistic aesthetic goals in regards to their breast augmentation. This means that they understand what breast implants can and cannot do for them.
- Wish to enhance their current breast size or shape
- Must be 18 years of age or older for saline implants or 22 years of age or older for silicone implants
- Must be in good general health
- Does not have an active infection anywhere in the body
- Does not have untreated existing cancer or pre-cancer of their breasts
- Is not currently pregnant or nursing
- Prepared to make an informed decision with the guidance of their surgeon

The best way to determine if a breast augmentation surgery is truly right for you is to contact one of our award winning plastic surgeons to discuss your individual goals. Our surgeons will create a custom plan to achieve those goals. You can contact us today and set up an initial, no obligation breast augmentation consultation in Columbus, Ohio.

**CALL FOR YOUR NO OBLIGATION CONSULTATION:**

**614-246-6900**

## REALISTIC GOALS

### What are realistic aesthetic goals for breast augmentation?

Breast augmentation surgery can help individuals achieve a variety of aesthetic results. To help you gain a clearer understanding of what you can expect and to help you determine your specific aesthetic goals, review the list below to find out what a breast augmentation at Columbus Aesthetic and Plastic Surgery can do for you.

- Produce a larger breasts size than you currently have
- Create firmer breasts (depending on the type of implant)
- Create more symmetrical breast size and shape
- Provide fuller and more pronounced breast volume
- Provide a lift of the breasts to help reduce a sagging appearance\*
- Create a more even proportion of breast to body size

**Do these results sound like what you are hoping to gain out of a breast augmentation surgery? If so, continue reading to learn more.**

*\*Although breast implants can aid in correcting the sagging of breast tissue due to loss of fat tissue, it is 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 your concerns. Some of our patients choose to pair a breast lift with a breast augmentation for the greatest results. Your surgeon can help you weigh your options and design a customized procedure plan to help reach the results you desire.*



## FAQ'S

### Frequently Asked Questions About Breast Implants

Our surgeons are available to answer any and every question you may have about your breast augmentation procedure. We want you to feel confident moving forward in your decision and will do everything in our power to help you along the way. The following frequently asked questions may not answer all of the questions you have, so please make sure to write down any additional questions you have and bring them with you to your consultation. Our most frequently asked questions include:



- **What can I expect during my consultation?**

Your initial consultation with one of our plastic surgeons is the time for you to relay your desires and goals for having a breast enlargement. Together, you and your doctor will discuss the benefits, as well as the risks, that breast implants provide. You will also use this time to go through a thorough health history and current health screening to make sure you are healthy enough for surgery, review any medications you are taking, and note any allergies you might have. Lastly, together you will determine what type of breast implant will help you reach your desired goals.

- **Are there different types of breast implants?**

Yes, there are two major types of breast implants available to you. At Columbus Aesthetic and Plastic Surgery, we use Mentor implants, 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 offer a variety of profiles that are designed to work for individuals with different body builds and aesthetic goals. Some implants are designed to be round in shape, while others are tear-drop shaped to mimic the natural shape of your breasts.

- **How much do breast implants cost?**

Potential patients always want to know how much a breast augmentation surgery cost. To be fair, we do not assign a specific cost to getting breast implants because it is different for every individual. However, the American Society of Plastic Surgeons released their 2014 national average cost for a breast augmentation surgery as \$3,708. Again, this is not a definite number but one that will vary from patient to patient.

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

- o where your surgery takes place
- o your insurance plan
- o anesthesia fees
- o the type of implant you choose

*After your consultation with your surgeon, you will be provided an estimate of the cost of your surgery which will also include your insurance information such as deductible and other expenses. If you have questions regarding financing, please contact a member of our helpful staff and they will be happy to speak with you about our different financing options (614) 246-6900.*

- **How will I know what size implant to choose?**

Because breast implants are measured in cc's (cubic centimeters), women tend to have a difficult time communicating what size they hope to achieve. It is not as simple as stating that you wish to be a "c or d cup" after your breast enlargement surgery. When determining what size implant to use, your doctor will help by showing you some before and after pictures of different implants. What is important is that the implant size you choose matches your goals.

Most women want their breasts to be proportional to the rest of their body. However, other women would like larger, more pronounced breasts. Your plastic surgeon will listen carefully to your goals and help to guide you towards the most flattering implant size for the results you are seeking.

Some factors to consider when determining what size of implant you would like include:

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

- **When can I go back to work?**

Most patients return to work within three to five days following their surgery. Please take into consideration the normal daily duties of your job and discuss these with your doctor to determine the right time frame for your particular situation. For instance, jobs that require heavy lifting or constant physical activity will require more time off than would a desk job with limited physical activity.

- **How many follow-up visits will I need?**

Typically only one follow-up visit will be required after your breast augmentation surgery as long as the healing process is following the desired course. Your surgeon may wish to see you more than this if they feel it is necessary but you should plan on at least one follow up appointment.



- **What if I need to contact my doctor after surgery?**

If you have questions and/or concerns in between your surgery and follow-up visit, or even after your follow-up visit, you are encouraged to contact your surgeon immediately. Contact information for your surgeon will be provided to you before you have your breast augmentation.

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

There are risks/complications associated with any type of surgery. That being said, our surgeons undergo every precautionary measure to make sure your surgery is safe and goes according to plan. Some of the risks that you need to be aware of however include the following: bleeding, infections, scarring, loss of sensation/feeling, implant movement, implant rupture or leaking, and capsular contracture. Your doctor will make sure you understand each of these risks and their consequence prior to your surgery.

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

No activities are off limits indefinitely, however, you will want to avoid strenuous lifting or prolonged physical exertion after your breast augmentation surgery. This includes lifting children, which can cause you to engage your pectoral muscles and will delay the healing process. It is best to avoid these types of movements for at least 4 weeks following your procedure.

- **When can I resume exercise?**

Sufficient healing after a breast augmentation surgery usually takes about four to six weeks on average. After this time period, and after being cleared by your surgeon, you can go back to your normal exercise activities.

- **What if I get pregnant?**

Pregnancy has no effect the actual breast implants. However, during pregnancy your breast tissue will change which could cause your breast shape to change over time. Every woman is different with the breast changes they undergo during and after pregnancy. Some women with breast implants have no issue with their implants during or after their pregnancy and others may need a simple breast lift to correct the placement of their implants. It is best to take care of your body and not worry about your implants until after you have delivered and/or are finished breast feeding.

- **Will my ability to breast feed be affected?**

Depending on the type of incision used during your breast augmentation surgery, your ability to breast feed may be affected. Particularly, patients that have had their incision around the areola can have a difficult time successfully breastfeeding after their surgery. If you plan to breast feed, it is wise to discuss this with your surgeon during your consultation so that together you can decide on the incision point that is best for your needs and goals.

- **How long do the results last?**

Breast augmentation results and the length of those results will vary from patient to patient. Factors such as heredity, lifestyle, sun damage, skin elasticity, and so forth contribute to how long your breast implants last. On average, our breast implants have a life expectancy of 10-15 years. Due to the natural effect of gravity and aging, some sagging may occur over time, especially for individuals who chose to have larger implants.

- **Do implants affect breast cancer screening?**

Breast implants can make cancer screening more difficult. Due to the placement of breast implants, it is possible for the implants to block the mammography image of a tumor. Without proper imaging to detect a tumor, there is potential to delay an accurate diagnosis of breast cancer.

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

Breast implants are not designed to be lifetime devices and so it is possible you may undergo more than one surgery over your lifetime on your implanted breasts. The most common reasons for undergoing additional surgery on implanted breasts following the initial surgery are to conduct a breast lift, reposition implants, upgrade implants, or to remove implants altogether. The average lifetime for breast implants is 10-15 years.

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

If you choose to have your breast implants removed at a later date you must consider the consequence of sagging breast tissue and skin that once was used to cover your implants. Depending on the size of your implants, the amount of excess skin will vary. You may wish to have a breast lift performed at the time of your implant removal in order to keep your breast tissue and skin from sagging.

- **What is the satisfaction rate for breast implants?**

According to a study published in the American Society of Plastic Surgeons (ASPS), **98% of women who have had a breast augmentation surgery say that the results met or even exceeded their expectations.** Further, Columbus Aesthetic and Plastic Surgery has \_\_\_\_\_ (some fact about patient satisfaction).

If you decide that you are ready to go through with having a breast enlargement, it is always appropriate and highly suggested to ask your plastic surgeon what they specifically recommend for your body regarding the size, shape and implant style. After all, we are here to help guide you to make the best choice!

## HOW TO PREPARE

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

- Being as healthy as you can before having a breast augmentation is crucial. Not only will it help reduce your risks from the procedure and but it will also reduce your recovery time. Being in good general health means that you do not have any untreated infections, underlying diseases or breast cancer.
- If you are close to 40 years old, we often recommended that you have a mammogram before your breast augmentation to rule out undetected breast tumors. In fact, despite your age we may recommend that you have a mammogram or breast x-rays prior to surgery to rule out the presence of any type of breast abnormality.
- For pregnant or nursing mothers, we recommend you wait at least six months after the birth of your child or from the time you stopped nursing before having a breast enlargement surgery. Waiting the six months will help ensure your breasts have stabilized after the effects of pregnancy and nursing and will help you to achieve the best results.
- You should be eating a balanced, healthy diet, and have a relatively active lifestyle. Smokers will be expected to quit smoking for several weeks before and after the procedure to reduce risks of complications. Patients taking certain medications such as blood thinners will also be asked to stop for a period of time leading up to and following the breast augmentation procedure.



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## MAKING THE DECISION

### Are you ready to get a breast augmentation?

Reading the information in this e-book is a great start to making the most informed decision about whether getting a breast augmentation is the right procedure for you.

As an individual who is considering having a breast augmentation, you are now more fully prepared in understanding both the benefits and risks of the procedure. However, if you still have questions or need more information, please contact us and we would be happy to help.

### How should I choose a surgeon for my breast augmentation procedure?

Things you should consider when choosing a surgeon for your breast implant procedure include:

- Before and After photos of their work
- Their training, education and licensing
- Their reputation
- Their certifications and memberships

Should you choose to move forward with Columbus Aesthetic and Plastic Surgery, from your very first consultation, our award winning plastic surgeons in Columbus, Ohio will work with you to make sure your experience is a positive one. We look forward to meeting you soon.

[Request a consultation](#) or call **614-246-6900** today to begin your breast enhancement journey.



## ABOUT COLUMBUS AESTHETIC & PLASTIC SURGERY

The team at Columbus Aesthetic and Plastic Surgery, from the front line staff to our award winning plastic surgeons, are fully committed to achieving the highest standards in safety and patient satisfaction in all aspects of our practice. In order to achieve the high standards we have set for our practice we have elected to use Mentor saline and silicone breast implants.

Mentor is a Johnson & Johnson company and the world leader in breast implant manufacturing, research and testing. For over 25 years, they have adhered to the strictest standards of safety in manufacturing, testing and clinical trials for saline and silicone breast implants. They are the only company in the world whose implants are made exclusively in the United States. In addition, all Mentor implants come with a lifetime replacement policy and a standard limited warranty which adds another layer of protection to patient satisfaction and peace of mind.

Columbus Aesthetic and Plastic Surgery is proud to say that we are the largest private practice provider of Mentor breast implants in Central Ohio. This means we perform more breast surgeries than any other private practice in Columbus, Ohio and the surrounding areas. As our patient, you can feel confident in our expertise and continual commitment to excellence.

Thank you for taking the time to read through our e-book. If you would like more information, or if you are ready to schedule your consultation, please contact us at:

**614-246-6900**

**[info@columbusplasticsurgery.com](mailto:info@columbusplasticsurgery.com)**

**Be sure to check us out on social media:**



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