



Parker
PLASTIC SURGERY

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WHY BREAST AUGMENTATION?

Every woman has her own reasons for wanting to undergo breast augmentation surgery. For some, it's to look better in clothes or improve their body proportion. Some women want implants to boost their self-confidence. Others who have had children experience a loss of volume after having children and are looking to regain that fullness they once had. Regardless of your motivation, the decision to have breast augmentation comes with lots of excitement and plenty of questions. Chances are you've done some research online and maybe even talked with some friends.

But the research phase can easily turn into information overload... and not all of what you hear or read may be accurate. That's where this little booklet comes in. We've compiled some basics of breast augmentation as well as information our patients have found helpful. We invite you to read through our booklet and hope that it helps you in deciding if breast augmentation is right for you.



WHAT'S SO IMPORTANT ABOUT CERTIFICATION?

It's not uncommon these days to see physicians other than plastic surgeons performing procedures like breast augmentation. Unfortunately, these doctors do not have the surgical training that a plastic surgeon does. Even if their website says they are "board certified" it may not be in plastic surgery. How can you tell if a physician is really a plastic surgeon? Look for this logo. This logo means that the doctor is a member of the American Society of Plastic Surgeons (ASPS), and when you choose an ASPS Member Surgeon, you know your surgeon has met the following criteria:

- Has had at least 6 years of training and experience in surgery, with 3 years specifically in plastic surgery
- Is certified by the American Board of Plastic Surgery
- Operates only in accredited medical facilities
- Adheres to a strict code of ethics
- Fulfills continuing education requirements, including patient safety techniques



When picking your physician, make sure you look for the ASPS logo. If you can't find it, there's a good chance your doctor isn't a plastic surgeon.



DID YOU KNOW?

Breast augmentation is the most popular cosmetic procedure performed in the U.S..

In 2010, there were 296,203 breast augmentation surgeries performed.

Breast augmentation has held the #1 spot since 2006.

Silicone gel implants were used in 60% of the breast augmentation procedures in 2010 – up 10% from 2009.

Breast augmentation is most commonly performed on women between the ages of 30-39.

Most women have one breast that is larger than the other.



CUP SIZE AND CLEAVAGE

When it comes to their breasts, most women think of them in terms of cup size. Unfortunately, there is no uniformity when it comes to bra manufacturers. A C-cup in a Calvin Klein bra may be a B-cup at Victoria's Secret. What really matters is proportion. When it comes to breast size cup size isn't as important as how your new breasts fit your body and lifestyle.

Cleavage is another topic that is usually addressed when women think about breast augmentation. It's important to know that cleavage is more about your chest anatomy than it is actual breast size. If you have a wide chest and your breasts are set far apart, a breast augmentation will give you more fullness but not cleavage. If you have a narrow chest and your breasts sit close together, you will probably have pronounced cleavage after your surgery.

GETTING SIZE RIGHT

Choosing your new breast size is all about body proportion and what size you are comfortable with. That being said, at your breast augmentation consultation, you get to “try on” different size implants to give you an idea of what your new breasts will look like. We usually ask patients to bring a couple of different style shirts to get an idea of how your new breasts will look in different tops. Dr. Parker and his staff will help guide you when trying on implant sizers, but we also encourage you to bring a friend or significant other if you'd like another opinion. Just remember, don't let someone force you into a size you're not comfortable with. You will be the one wearing these implants for years to come. Make sure you take into account your lifestyle, as well. Are you very athletic? Are you shy or outgoing? All these things play an important role when choosing a new breast size. And if you find yourself on the fence between two sizes, we will be happy to schedule you another appointment to try on the sizers again.



REMEMBER: Before and after photographs are an important part of the decision making process. They showcase the physician's work and give you the opportunity to communicate the look you want. Pay close attention to the before pictures and look for those women who look most like you in both breast size and body type. By doing so, you'll get a more realistic idea of your potential outcome.



SALINE or SILICONE?

In researching breast augmentation you will more than likely have a few questions about the difference between saline implants and silicone gel implants. Saline implants are filled with a saltwater solution similar to the fluid that makes up most of the human body. Silicone gel implants are filled with a cohesive gel and are now commonly referred to as "gummy bear implants". Below we have listed some of the advantages and disadvantages of each.

SALINE ADVANTAGES

- Less expensive than silicone implants
- Slightly smaller incision than one for silicone implants
- Adjustable size to correct a noticeable difference in breast size
- Obvious if implant deflation occurs

SALINE DISADVANTAGES:

- Firmer than silicone, feel less natural
- Increased possibility in rippling of implant
- Require placement under the muscle (submuscular placement)

SILICONE ADVANTAGES

- Softer, more natural feel than saline implants
- Less likely to ripple
- Can be placed under the muscle or on top of the muscle (subglandular placement)

SILICONE DISADVANTAGES:

- More expensive than saline implants
- Require a slightly larger incision than saline implants
- Harder to detect a rupture

HOW MUCH WILL A BREAST AUGMENTATION COST?

Our cost for a breast augmentation with saline implants is
\$4600.00

Our cost for a breast augmentation with silicone gel implants is
\$5600.00

Our prices include the surgeon's fee, anesthesia, the operating room fee including all supplies, your implants, a surgical bra and your follow up visits.

We accept cash, checks, all major credit cards, and CareCredit - a credit card designed specifically for health and beauty needs. It's an easy way to fit cosmetic surgery and other treatments into your monthly budget and pay over time. CareCredit offers special financing and low monthly payment options, so you can get the surgery you want when you want it.

CareCredit[®]
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RECOVERY

If you're thinking about breast augmentation, you're going to need to know what to expect after your surgery. The procedure itself takes about an hour and is performed under general anesthesia so you will need someone to take you home afterwards.

The actual recovery period is usually one to two weeks. Most women usually plan to have their surgery on Wednesday or Thursday and then take off the following week. Dr. Parker likes to limit your activities for the first week - no lifting or raising your arms above your head. After about one week, you can gradually return to your normal schedule, and by two weeks, you may not feel 100%, but you should be able to go about your day with few limitations.

We ask that you stay away from underwire bras for at least one month following your surgery, and make sure you keep your scars out of the sun or tanning bed - the UV rays will make the scars much more visible.

POINTS TO PONDER...

There are just a few more things to think about before you move forward.

Make sure your reasons for having breast augmentation surgery are just that - your reasons. It's great to have support from loved ones, but this is a decision you should make for yourself.

Breast augmentation will certainly change your appearance, but it may not change your life. There are no guarantees with cosmetic surgery and sometimes additional procedures may be required.

Make sure you can afford the procedure and will be able to take time off from work.

WRAPPING THINGS UP

If you've decided that maybe breast augmentation is for you, the next step is scheduling your consultation. A consultation with Dr. Parker gives you the opportunity to ask questions that are specific to you and your lifestyle and also allows you to make a personal connection with Dr. Parker and his staff. We hope that you have found this little booklet helpful and ask that you feel free to pass it along to friends or family thinking about breast augmentation.



CONTACT US

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THE LITTLE BOOK OF BREAST AUGMENTATION BASICS

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