



BreastProcedures.LifeTips.com



Category: Breast Augmentation

Subcategory: Breast Augmentation

Tip: Finding Breast Augmentation Information

Women who are considering a breast augmentation surgery should seek out as much breast augmentation information as possible before making their decisions. Fortunately for these women, there is a wealth of this type of information at their disposal. The Internet, newspapers, magazines, books and consultations with doctors are all ways a potential patient can obtain accurate and useful breast augmentation information. In general, newspapers, magazines, books and doctor consultations are considered valid methods for obtaining information about breast augmentation procedures. Patients may still find some conflicting information in these resources but the vast majority of the information will be reliable. The Internet can also be a reliable resource for obtaining breast augmentation information but patients should exercise caution when using the Internet for research. Web sites such as the Food and Drug Administration and other government agencies can provide a great deal of up-to-date and accurate information. Personal Web sites can also provide a great deal of breast augmentation information, but may also include misinformation. However, patients using the Internet for research should plan on verifying the information from another resource to ensure the information is not false or outdated.

Tip: Opting for Breast Enhancement Surgery

When a woman decides to have some type of breast enhancement procedure, she should realize the surgery will only directly cause a physical change in appearance. Although it's very possible this simple physical improvement will help to improve a woman's self confidence, it is unrealistic to expect breast enhancement surgery to combat emotional or psychological problems.

Tip: Opting for Breast Enhancement Surgery

DocShop.com Tip: Opting for breast enhancement surgery is a very personal decision which each woman must make for herself. In many cases, the decision to undergo a breast enhancement or a breast augmentation is a result of the woman feeling that her breasts are in some way deficient. This can have a negative impact on a woman's self esteem and may cause her to opt for breast enhancement surgery to correct these perceived inadequacies.

Tip: Quick Guide to Breast Augmentation

DocShop.com Tip: Recovery from breast augmentation may vary depending on the patient and the type of procedure. Most patients will experience pain in the first 48 hours

but this pain can generally be alleviated through prescribed pain medications. Swelling is likely initially and may persist for three to five weeks. Patients should wait until the swelling subsides before evaluating the results of the procedure.

Tip: Selecting a Breast Augmentation Surgeon

Patients seeking a breast augmentation should also seek out a surgeon who is certified by the American Board of Plastic Surgeons (ABPS). This certification ensures the surgeon graduated from an accredited medical school, completed a five year residency, received specialty training in the field of plastic surgery and abides by a standard of ethics defined by the ABPS.

While the price of a breast augmentation surgery may be a concern for some patients, it shouldn't be the sole factor in making this important decision. Just because a particular breast augmentation surgeon fits within your budget does not mean you should select this surgeon, unless the reputation and past performances of the surgeon are impeccable.

Category: Breast Implant Revision

Subcategory: Breast Implant Revision

Tip: The Potential for Plastic Surgery Complications

As with any type of plastic surgery, there is always the potential for complications during breast-related procedures. Complications resulting from a breast procedure can range from general dissatisfaction with the results to breast implant deflation or even health-related complications.

Capsular contracture is one of the complications which may result during plastic surgery. In this condition, the tissue surrounding the implant reacts to the implant by squeezing it. When this occurs, the implant may become more compact and the shape may be altered. This can be quite painful and may also result in an undesired effect.

The risk of infection also exists during plastic surgery. In procedures such as breast augmentation, less than 2 percent of all patients suffer from an infection post-operatively, but the risk always exists. Carefully cleansing proposed incision sites with antibacterial soap can help to reduce the risk of infection.

Patients can also help to minimize the risk of complications by discussing their desired outcome with the surgeon before the procedure and asking to see before-and-after pictures of procedures the surgeon has completed in the past. This will help to ensure the patient and the surgeon are in agreement about the desired appearance.

Tip: The Potential for Plastic Surgery Complications

DocShop.com Tip: Although the potential for complications resulting from plastic surgery is relatively low, patients should still be aware that complications are a possibility. However, patients can help to minimize their plastic surgery risks by taking a few precautions. One of the most important precautions they can take is to research the procedures they plan to undergo beforehand to ensure they are well-informed and can make wise decisions. Additionally, the patient should select their surgeon carefully. Choosing a well-qualified surgeon who has a great deal of experience performing the desired procedures will help to minimize the potential for complications.

Category: Breast Lift

Subcategory: Breast Lift

Tip: When a Breast Lift is Warranted

A breast lift procedure, or mastopexy, is particularly popular with patients between the ages of 35 and 50. This is according to the statistical data for 2005 compiled by the American Society of Plastic Surgeons which indicates 50 percent of all breast lift patients fell into this age group. Patients in this age bracket may suffer from a loss of elasticity in the skin, which makes the breasts begin to sag. When this happens, the patient may opt for a breast lift procedure to create a more youthful appearance. A breast lift is a surgical procedure which involves relocating the nipples and areolas to a higher location, removing excess skin beneath the breasts and pulling the remaining skin tautly to create a more lively appearance. Most patients who opt for this procedure feel as though the sagging in their breasts is unattractive and makes them appear older. As a result they opt for a breast lift to boost their self esteem. As we age, our skin loses its elasticity creating sagging skin and this is one reason women get breast lifts. There are other factors, too. Patients who lose a great deal of weight within a short period of time may find their skin does not bounce back quickly and may require a breast lift to create a desired appearance. Additionally, patients who have a breast reduction or who have implants removed may also wish to undergo a breast lift procedure to reduce sagging and excess skin.

Category: Breast Procedure Risks & Complications

Subcategory: Breast Procedure Risks & Complications

Tip: Are Silicone Gel Breast Implants Safe?

DocShop.com Tip: Although the FDA's approval was based on research and information provided by the companies manufacturing the implants, the approval for silicone gel breast implants was made with the stipulation that the companies would continue the studies through ten years. The post-approval studies should include items such as complication rates, association with connective tissue diseases, potential effects on offspring of women with silicone gel breast implants, rates of cancer, suicide, rupture and potential effects on reproduction and lactation.

Tip: Correcting Breast Implant Rippling

Breast implant rippling is one of the major reasons why many breast augmentation patients wind up being dissatisfied with the results of their procedure. Breast implant rippling is when indents or waves on or above the implant are visible through the skin. Patients may be embarrassed by this effect and may wish to undergo an additional procedure to minimize the breast implant rippling. Some of the causes of the rippling may include a lack of tissue above the implant, the use of textured implants and under filling the implants. If breast implant rippling is a problem and the patient opts to undergo an additional procedure to reduce the appearance of rippling, there are some factors to consider. One factor is the potential for placing the implant under the muscle if it was previously placed over the muscle. Implants placed under the muscle are less likely to result in rippling. Also, silicone implants are less susceptible to breast implant rippling than saline implants. Implants that are textured are more susceptible to rippling. If textured implants were used in the original procedure, the patient may want to consider switching to implants that are not textured. These are just a few of the factors for the patient to consider when undergoing a procedure to minimize rippling, but the subject should be discussed with a surgeon to explore all available options.

Category: Breast Reconstruction

Subcategory: Breast Reconstruction

Tip: Deciding to Undergo Breast Reconstruction Surgery

For women who undergo a mastectomy and have a substantial amount of breast tissue or for women who lose a significant amount of breast tissue in an accident, deciding whether or not to undergo breast reconstruction surgery is one of the very important decisions they face. In most mastectomy cases, as long as it is believed the mastectomy has removed all of the cancerous cells, it is usually safe for the patient to undergo a breast reconstruction surgery. However, it is a matter of personal preference for the patient to decide whether or not to undergo this additional procedure. Some patients are adamant about having a breast reconstruction surgery for a number of different reasons. They may feel as though the mastectomy has left them incomplete or unattractive and they seek out a reconstructive surgery to regain their self confidence.

Patients may also be embarrassed about the lack of breast tissue and may wish to have the breast surgically reconstructed to avoid these feelings. Still other patients may wish to undergo a reconstructive breast surgery as a way of putting the battle with cancer or the accident behind them. All of these reasons are valid as are any other reasons which help the patient to feel confident and self assured. Still other patients may opt to forgo a breast reconstruction surgery after a mastectomy. Some patients may feel as though the additional procedure is not necessary because clothing such as specially designed bras containing padded inserts can be used to mask the lack of natural breast tissue. Others may choose to skip the reconstruction surgery because they feel as though their appearance is a symbol of overcoming the disease. Again, any and all reasons for opting not to have breast reconstruction surgery are valid.

Tip: Understanding Bilateral Breast Reconstruction

Simply stated bilateral breast reconstruction involves the reconstruction of both of the breasts. This may be necessary in the case of cancer patients who required the removal of breast tissue in both breasts. When a mastectomy is performed on both of the breasts the patient may opt for a bilateral breast reconstruction surgery to replace the breast tissue which was removed and to create a symmetrical appearance. When a bilateral breast reconstruction is required the reconstruction surgeries may occur simultaneously or at separate times depending on the needs of the patient as well as the preferences of the surgeon. Additionally, the bilateral breast reconstruction may be performed in conjunction with the mastectomy or may be performed in a separate procedure.

Category: Breast Reduction

Subcategory: Breast Reduction

Tip: Breast Reduction Recovery Period

Patients who opt to undergo breast reduction surgery may be having the procedure performed in an effort to improve their physical health but they will likely undergo a lengthy breast reduction recovery period before they can enjoy these benefits. It is important to note breast reduction is a surgical procedure and recovery from the procedure may take 4-6 weeks. Additionally, there may be swelling and loss of sensation in the nipples for up to six months. In the first few days of breast reduction recovery the patient will likely experience discomfort, bruising and swelling. The patient will also likely be required to wear compression bandages and may have drains inserted to draw fluids away from the site of the surgery. The drains will likely be removed within the first week postoperatively and the compression bandages may be replaced by a compression bra after a couple of days. Prescribed pain medications should help to alleviate the discomfort associated with procedure and patients who have pain which

does not respond to medications should report the sensation to the surgeon. Most patients will feel well enough to return to work after 2-3 weeks but there may still be some limitations on physical activities which prevent the patient from participating in strenuous activities. After approximately 4-6 weeks the patient may be fully recovered from the procedure but swelling and loss of sensation in the nipples may persist for up to six months. Therefore, patients should refrain from judging the procedure until the swelling is gone to assure they are assessing the procedure accurately.

Tip: Cosmetic Surgeons who Perform Breast Reduction Procedures

Patients who are considering a breast reduction procedure should conduct a careful search of cosmetic surgeons who are qualified to perform the procedure. This is an important matter because the skill level of the surgeon as well as the amount of experience the cosmetic surgeon has with this type of procedure will have a tremendous impact on the outcome of the procedure. Highly skilled and experienced cosmetic surgeons who specialize in breast reduction procedures may be more expensive than surgeons who have very little experience with this type of procedure but they are also more likely to produce results which are desirable.

Tip: Is Scarless Breast Reduction Possible?

The term scarless breast reduction is somewhat misleading. It is not possible to perform a breast reduction procedure without scars but new techniques make it possible to complete the breast reduction surgery with only minimal scarring. This is accomplished by performing the procedure as a liposuction. In general the scarring which results from a scarless breast reduction will be located in the crease beneath the breast and will be approximately ¼" long. This minimal amount of scarring is appealing to many patients but there are some drawbacks to this type of procedure. The most significant drawbacks to a scarless breast reduction are the procedure does not include a lift of the breasts, areolas or nipples and does not allow for reshaping of the breasts. During a scarless breast reduction, fat is simply removed from the breasts to create breasts which are smaller in size. For this reason, scarless breast reduction surgery may not be ideal for women who require reshaping of the remaining breast tissue or a breast lift in conjunction with the reduction surgery.

Tip: The Benefits of Surgery to Reduce Breast Size

Patients who are considering surgery to reduce breast size should carefully consider all of their options before making the decision to undergo a breast reduction surgery. Specifically the patient should consider the benefits she can expect to enjoy from undergoing the surgery to reduce the size of her breasts. These benefits may be either physical or psychological. For patients who have breasts which are disproportionately large for the size of the body, breast reduction surgery can bring about a number of health benefits. Some of these benefits may include the reduction of pain in the back,

neck or shoulders. Additionally, oversized breasts can make physical activities such as sports extremely difficult or uncomfortable. A surgery to reduce breast size can also alleviate problems such as skin irritation beneath the breasts which is common for women with oversized breasts. The benefits of breast reduction surgery may also be psychological in nature. Women who feel self conscious or inhibited due to breasts which are excessively large may benefit tremendously from surgery to reduce the size of the breasts. This may include women who are self conscious wearing form fitting clothing as well as women who feel the size of the breasts attract unwanted attention. From a psychological standpoint, women who undergo breast reduction surgery should understand the surgery will correct a perceived physical flaw but will not affect any feelings of inadequacy stemming from a psychological disorder.

Tip: Understanding Breast Reduction Surgery

DocShop.com Tip: Patients considering breast reduction surgery should understand there will be a significant amount of recovery time involved with the procedure. There will likely be pain and discomfort in the first couple of days after the procedure and physical activities may be restricted for the first few weeks. In general patients will be recovered within six weeks after the procedure but loss of sensation in the nipples and swelling can persist for significantly longer. Attending regularly scheduled postoperative appointments will help the patient to ensure the healing process is proceeding according to schedule.

Category: Correction of Breast Asymmetry

Subcategory: Correction of Breast Asymmetry

Tip: Breast Surgery to Correct Asymmetry

Patients who are concerned about breast asymmetry may consider breast surgery to create more symmetrical breasts. While slight asymmetry is extremely common, women who suffer from pronounced asymmetry of the breasts may be quite self conscious about their appearance. Fortunately, there are a number of breast surgery options available for women who want to create more symmetry in the breasts.

Breasts which are asymmetrical in terms of placement on the body can also be corrected through breast surgery. This may include breasts in which one sags significantly lower than the other. To correct this asymmetry, a lift of the lower breast may be required. Additionally, relocation of the nipple and areola may also be necessary to achieve symmetry.

Tip: Cosmetic Surgery to Correct Uneven Nipples

Most people realize breast asymmetry includes situations where the breasts are drastically different in size. However, breast asymmetry may also include situations such as uneven nipples or shape of the breasts differing. One study by the American Society of Plastic Surgeons indicated surgical procedures designed to correct breast asymmetry can result in a significant increase in self esteem for women who suffer from breast asymmetry. Women who have uneven nipples may feel self conscious about their appearance and may find selecting clothing to attempt to mask the condition to be frustrating. Additionally, they may be uncomfortable wearing form fitting clothing, such as a bathing suit, or changing their clothes in a gym locker room or other communal location for women. Fortunately, there are surgical procedures which can help to correct uneven nipples. These procedures can be performed to relocate one or both of the nipples or to change the size and the shape of the nipple and areola. Typically, there is a short recovery period following the surgery but most women report a remarked sense of relief and a boost in self confidence once they have fully healed from the procedure.

Tip: Undergoing Breast Surgery to Improve Breast Asymmetry

There are a number of different options available to patients who wish to undergo a breast surgery to improve breast asymmetry. These breast surgery options are available to both men and women, as applicable. In general, there are two options available for correcting breast asymmetry which involves breasts of different sizes. The patient may choose to have the larger breast reduced or to have the smaller breast augmented. The patient should make this decision based on personal preference and input from the surgeon regarding which breast size would be more proportional to the body. For example, the surgeon may advise the patient that augmenting the smaller breast to the size of the larger breast is not recommended because the larger breasts may result in back, neck or shoulder pain in the future. In this case, a breast reduction of the larger breast would be recommended and a breast lift may also be required as fat or breast tissue is removed from the larger breast. However, if the larger breast is proportional to the frame of the body it might be worthwhile to use a silicone or saline implant to augment the smaller breast and create symmetry. Another asymmetry problem is the sagging of one breast, while the other breast remains significantly higher than the other. The breast surgery which may be most beneficial is a breast lift procedure to lift the sagging breast to a more youthful and natural position. If the breasts are relatively the same size and the sagging of one breast is the only difference, a simple breast lift procedure should help to create symmetry of the breasts. There are still other breast surgery options available for patients who have other asymmetry problems, such as uneven nipples or breasts which are shaped differently. In these cases, a breast surgery to relocate one or both of the nipples or a surgery to change the shape of one or both of the breasts may be required to achieve the desired level of symmetry.

Tip: When Uneven Breast Size Causes Problems

Most women have breasts which are slightly different in size. However, when one breast is significantly larger or smaller than the other, it may cause problems and the patient may opt to undergo a surgical procedure to make the breasts more even in size. Uneven breast size, which is noticeable by the patient but not likely detectable by others, is usually not a cause for concern. However, when the uneven breast size is obvious to others, such as in a case when there is a difference of a cup size or more, the patient may begin to feel self-conscious about her appearance. This can lead to a pronounced lack of self-esteem. Patients who are considering correcting the asymmetry of the breasts may do so by either undergoing a breast augmentation procedure or a breast reduction procedure. In the case of an augmentation, the smaller breast will be enhanced, while a reduction will involve removing fat or breast tissue from the larger breast. The patient will have to make the decision to undergo an augmentation or a reduction and will likely make the choice based on which breast size is proportional to the body. Whichever option the patient chooses, it is wise to wait until breast development is complete before undergoing a surgical procedure to make the breasts more evenly sized. Patients who have breasts which are normally symmetrical and become asymmetrical should consult their doctor as changes in breast size could be a symptom of a more serious condition. Changes in breast size may result from a number of different causes such as breast feeding, hormonal changes or the presence of noncancerous cells. However, a noticeable change in breast size can also indicate the presence of breast cancer.

Category: Deciding to Undergo a Breast Procedure

Subcategory: Deciding to Undergo a Breast Procedure

Tip: Seeking Advice when Deciding on a Cosmetic Surgeon for a Breast Augmentation Procedure

Patients who are considering a breast augmentation procedure may consider asking a trusted friend or family member for recommendations for a cosmetic surgeon. Potential patients who have a trusted friend or family member who has previously undergone a breast augmentation surgery may feel comfortable using the same cosmetic surgeon. This is especially useful if the patient believes the outcome of the procedure was a huge success for the friend or family member. While most surgeons will provide before-and-after photos to potential patients, these photos are not as useful as seeing a former patient in person. A friend or family member can also provide useful information about the surgeon's demeanor and ability to listen to the patient's questions and concerns. This is especially important because the patient will likely want to select a surgeon who they trust and who they will be comfortable talking to about their desired results. Patients who do not have a recommendation from a friend or family member will have to make assumptions about the type of relationship they may have with the surgeon based on first impressions, while those who have recommendations from

friends or family members can be more confident about the surgeon's communications skills when selecting a cosmetic surgeon.

Tip: Seeking Support from Breast Augmentation Forums

There are many breast augmentation forums available online for patients who are considering breast augmentation, patients who are recovering from breast augmentation, patients who are fully recovered from breast augmentation and even patients who are suffering from complications resulting from a breast augmentation procedure. For many patients, a breast augmentation forum is ideal because they can speak candidly to others who have shared their experience or who are considering a similar procedure. This gives the patient the opportunity to learn about the first-hand experiences of other patients while remaining relatively anonymous. Through these online breast augmentation forums, the patients can not only learn more about the types of procedures available and hear first-hand accounts of those who have completed the procedure, but may also find a great deal of support from other members. This may come from people who encourage the patient to attend a consultation with a plastic surgeon or to discuss the desire to have a breast augmentation with family members. While a breast augmentation forum can be a wonderful source of both support and information, patients should be aware that not all information found in the forum may be accurate. Members may post misinformation either intentionally or unintentionally and not having the facts straight can have an impact on the decisions the patient makes. For this reason, patients who turn to online breast augmentation forums for support and information are advised to verify any questionable information with a knowledgeable surgeon before making a final decision regarding a breast augmentation procedure.

Tip: Using Breast Augmentation Photos to Decide to Undergo a Breast Augmentation Procedure

DocShop.com Tip: Patients who request breast augmentation photos of previous clients are likely to feel more confident about the procedure because they will have the opportunity to view photos of previous successful surgeries. This can help to alleviate any fears the patient may have about the procedure and specifically the type of outcome they can expect. The patient may also request to see breast augmentation photos of clients who had complications resulting from the procedure. These will likely depict the initial problem and additional photos will show the results of any additional surgeries required to correct any anomalies. Although this type of information may seem discouraging, it is worthwhile to know whether or not the particular surgeon is capable of correcting surgeries which do not produce the desired results.

Tip: Verifying Information Obtained in a Breast Augmentation Forum

Many patients who are considering a breast augmentation procedure turn to breast augmentation forums for both support and information while they are researching the

procedure and throughout the process. They may even continue to use these forums even after they are fully recovered. While a breast augmentation forum can be a wonderful online resource for patients in terms of both information and support, patients should be careful not to accept all information on these forums as fact without investigating the information further. A breast augmentation forum can be an excellent source of support for patients who are considering the procedure or are in the process of recovering from the procedure. Being able to communicate with others who are interested in the procedure and those who have already been through the procedure can be very comforting. However, it is important for users of these forums to realize there may be some information disseminated that is inaccurate or outdated. As a result, patients using an online breast augmentation forum should be careful to verify any information they obtain through a reputable resource. Reputable resources for verifying this type of information may include the patient's plastic surgeon, published books on the subject of breast augmentation and even other Web sites operated by reputable and reliable individuals like government agencies or hospitals. Taking the time to verify the information will help to prevent the patient from making a potentially harmful mistake as a result of following inaccurate advice.

Category: Financing a Breast Procedure

Subcategory: Financing a Breast Procedure

Tip: Can You Afford the Cost of Breast Augmentation?

Breast augmentation is not an inexpensive procedure. Furthermore, it is considered to be a cosmetic surgery so it's unlikely that many health insurance plans will cover it. Determining the exact cost of breast augmentation can be difficult because it depends on a number of factors, including the surgeon's experience and skill level, the hospital where the procedure is performed and even the part of the country where the procedure is performed. An approximate value for the cost of breast augmentation surgery ranges from \$3,000 to \$6,000.

Patients who do not have enough money saved up to undergo breast augmentation surgery may still be able to have the procedure performed. In these cases, the patients should carefully evaluate their feelings to determine how important the procedure is to them. If they feel the procedure will be worthwhile and will result in a pronounced increase in self esteem, the patient may opt to find alternative ways to finance the procedure such as working out a payment plan with the cosmetic surgeon, taking out a loan to finance the procedure, using an existing home equity loan to finance the procedure or even charging the procedure on a credit card and repaying the debt according to the agreement with the credit card company.

Tip: Determining How Much Breast Implants Cost

Docshop.com Tip: The total breast implant cost will include a number of different components, such as initial consultations, anesthesia, hospital fees, surgeon's fees and post-operative visits. In evaluating the breast implants cost, the patient should consider all of these factors. Some breast augmentation surgeons may include the cost of post-operative visits in the surgeon's fees, while others may charge an additional fee for each of these visits. For this reason, it is important for the patient to fully understand what is included and excluded in the price quoted by the plastic surgeon.

Tip: Saving for the Cost of a Breast Augmentation Procedure

Patients who are considering a breast augmentation procedure may be daunted by the cost of the procedure. Breast augmentation costs can range from approximately \$3,000 to \$6,000. For patients who do not have this amount of money saved and who do not wish to finance the surgery should consider saving money to cover the cost. The first step in saving for a breast augmentation surgery involves determining the cost of the procedure. The patient may wish to attend an initial consultation with one or more local plastic surgeons to gauge the approximate cost they can expect to pay for the procedure. It's wise to save a small amount of money beyond the required amount in case the cost of the procedure increases during the time the patient is saving for the cost of breast augmentation surgery. Once the patient knows how much they have to save, they should determine how quickly they would like to accrue this much savings. This will help to determine how much the patient has to save each month to reach the goal. For example, if the patient wishes to save \$6000 for the procedure and would like to be able to afford the breast augmentation in one year, they will need to save \$500 per month to achieve the goal. After this monthly goal is established, the patient must look at their current finances to determine where spending can be minimized. For example, the patient may be able to bundle services such as cable, Internet and long distance to reduce their monthly payments. Other savings options include finding a more affordable cell phone plan, eating out less often and making coffee at home instead of buying coffee at expensive coffee shops. These are just a few of the ways a patient can save for the cost of breast augmentation surgery.

Tip: Taking Out a Loan for Breast Augmentation Financing

One of the ways in which a patient can finance a breast augmentation procedure is by securing a personal loan. A personal loan can often be acquired without the patient being having to use assets as collateral for the loan. However, the loan amount will likely be limited and defaulting on the loan will be damaging to the patient's credit history. Additionally, securing the loan may depend on the patient's existing credit history and the patient's current job and earnings. These factors help the lender to determine whether the patient is a high or low risk. Many lenders will give a loan to a patient for the purpose of breast augmentation financing as long as the patient is considered to a low-risk borrower.

Tip: The Costs Associated with Saline Implants

Cost conscious patients who are considering breast augmentation might wonder whether saline implants or silicone implants are more cost effective. There are certain types of silicone implants that are significantly more expensive than saline implants. In general, the cost of a breast augmentation using saline implants will be comparable to a procedure using silicone implants. The range for the total cost of saline implants including surgeon's fees, hospital fees and anesthesia is approximately \$3,000 to \$6,000, with some surgeries costing significantly more or significantly less than this amount.

Category: Finding a Breast Procedure Plastic Surgeon

Subcategory: Finding a Breast Procedure Plastic Surgeon

Tip: Qualified Breast Implant Surgeons

Patients who are considering breast augmentation surgery are often extremely concerned about finding qualified breast implant surgeons. Fortunately, for patients who are apprehensive about selecting a breast implant surgeon, there are a few criteria which can make the selection process significantly easier. Breast implant surgeons who are members of the American Society of Plastic Surgeons (ASPS) are a good starting point for patients trying to select a surgeon. The ASPS does much of the research for the patient in verifying certain information before accepting the surgeon as a member. For example, members must have graduated from an accredited medical school, received a certain amount of training specifically in plastic surgery, adhere to strict ethical codes and participate in continuing education programs. Breast implant surgeons who meet these criteria are likely well qualified to perform a breast augmentation surgeon.

Tip: Researching Breast Augmentation Surgeons

There are a number of different ways a patient can do research on potential breast augmentation surgeons. This type of research is important because it can help a patient avoid being deceived by breast augmentation surgeons who are not well qualified to perform the procedure and embellish their qualifications. The American Medical Association (AMA) Web site is one useful tool for patients who are researching potential breast augmentation surgeons. Through this Web site, the patient can obtain valuable information such as the medical school attended by the surgeon, the year of graduation, the location of residency training, certifications, hospitals in which the doctor has admitting privileges, professional achievements and awards and other significant professional activities. While the information on the AMA Web site may not be 100

percent accurate and up-to-date, it is certainly an excellent place to begin researching breast augmentation surgeons. Verifying whether a surgeon has admitting privileges at a particular hospital is also very important in researching surgeons. The AMA Web site may provide this information, but patients should call the hospitals directly to verify this information. This is important because procedures which are performed in the surgeon's office may require hospital admittance if something goes wrong during the procedure. Resources, such as the clerk of the county court, the state's Department of Insurance and the state's medical board, can provide you with information regarding malpractice suits against a particular surgeon. This information is relevant because a surgeon with a large number of malpractice suits may not be an ideal candidate to perform the surgery. The Federation of State Medical Examiners can also be useful for patients who are researching breast augmentation surgeons. For a fee, this organization can provide the patient with information regarding disciplinary actions taken against a particular surgeon. The information will include the type of disciplinary action taken, the reason for the action and the date the action was taken.

Tip: Seeking Breast Augmentation Surgeons

DocShop.com Tip: Visiting the Web site for the American Society of Plastic Surgeons (ASPS) is another way a breast augmentation patient can find qualified breast augmentation surgeons. This Web site allows users to search by criteria such as surgeon's name, procedure type and location. Using this Web site to search for potential breast augmentation surgeons is ideal because the search results only include surgeons who are members of the ASPS. There are strict membership guidelines requiring surgeons to graduate from an accredited medical school, complete training specific for plastic surgery, adhere to a strict code of ethics and participate in continuing education programs.

Category: Male Breast Enhancement

Subcategory: Male Breast Enhancement

Tip: Are Male Breast Enhancements Similar to Female Breast Enhancements?

Male breast enhancements may be similar to female breast enhancements or drastically different. This will depend on the purpose of the procedure. For example, a male breast enhancement procedure designed to give the man a feminine appearance and increase the overall size of the breasts will be very similar to a female breast enhancement procedure. During the procedure the man will be anesthetized, one or more small incisions will be made and saline or silicone gel implants of the appropriate size will be placed in the desired location. Males who are undergoing this type of breast enhancement procedure may also want to have some of the breast tissue reshaped and the muscles contoured to create a more feminine appearance. However, men who are

e seeking to have male breast enhancement in an effort to improve the size and shape of the pectoral muscles and create a masculine appearance will have a different type of breast enhancement procedure performed. This procedure may also involve anesthesia, incisions and implants. However, the incisions and implants will be different than the ones used in female breast enhancement procedures. Specifically, the size and location of the incisions may vary to accommodate the insertion of a solid silicone gel implant. This implant is typically inserted through an incision in the underarm and placed beneath the pectoral muscle.

Tip: Male Breast Augmentation Surgery

Men who are considering male breast augmentation surgery should investigate all of the options available to them before making a decision to undergo the procedure. A plastic surgeon who is experienced with male breast augmentation surgery can provide the patient with a great deal of information about the procedure. However, in general the procedure will involve preparation, anesthesia and the surgical activity. During the preparation phase, the patient will be marked for the location and length of the incisions and the incision sites will be scrubbed thoroughly with an antimicrobial agent. Marking the incision sites will aid the surgeon during the procedure and scrubbing them will help to protect against infection. Common incision locations may include the crease beneath the breast, the area around the nipple, in the armpit or in some cases, the umbilical area. Anesthesia for a male breast augmentation may be oral or intravenous and may be local or general. A local anesthesia numbs only the site of the surgery, while a general anesthesia puts the patient to sleep completely for the duration of the procedure. Most surgeons and patients opt for a general anesthesia for breast augmentation surgery, but it is possible to perform the procedure under a local anesthesia. Once the anesthesia has been administered the surgery can begin. This will likely involve placing monitoring pads on the patient to monitor vital statistics during the procedure, following the premarked incision lines to create the incisions, creating a pocket for the saline or silicone gel implant, inserting the implant through the incision and placing the implant in the proper location. The incisions are then closed. This is done either through the use of a specially-designed tissue glue or with staples or sutures.

Tip: When Male Breast Enlargement is Desired

Male breast enlargement procedures are very similar to breast augmentation procedures for men. This type of procedures differs from other male breast enhancement procedures where solid silicone implants are used to improve the size and shape of the pectoral muscles. However, male breast enlargement is a procedure where saline or silicone gel breast implants are used to make the breasts appear larger. This procedure is often sought by men living a transgender lifestyle who are seeking a more feminine appearance. Men wishing to undergo a male breast enlargement procedure are faced with many of the same dilemmas as women who

desire a breast enlargement procedure. They may struggle with the ability to pay for an expensive procedure, which is often not covered by health insurance. They also have to consider the psychological impacts. Many women who opt for a breast augmentation procedure believe the results of the procedure will help to correct perceived physical deficiencies and give them more self confidence. Likewise, men who are considering a breast enlargement procedure must assess whether the procedure will produce the desired results both physically and psychologically. Finally, male breast enlargement patients must carefully consider the recovery period involved in this type of procedure. The patient will likely have a significant amount of discomfort in the first 48 hours after the procedure, but pain medications can help to alleviate this pain. Patients may be able to return to work after approximately one week, but swelling may persist for about three to five weeks or sometimes even longer. For these reasons, patients must be prepared for this recovery period before undergoing any procedure.

Category: Male Breast Reduction

Subcategory: Male Breast Reduction

Tip: Breast Reduction and Self Esteem in Men

Patients who suffer from gynecomastia may have been dealing with the condition for years believing there was no solution to the problem. During this time, the patient may have developed a marked decrease in self esteem, become overly self conscious about his appearance and may even have endured years of ridicule from peers. The emotional scars can run deep, but for many patients, breast reduction surgery can have a profound impact on self esteem.

Tip: Gynecomastia Treatment Options

Men who suffer from gynecomastia, or overly large breasts, have a number of different treatment options available. One of the most effective treatment options is to undergo a breast reduction surgery. For many patients, this treatment option is ideal, although it is invasive. The results of the procedure are obvious relatively quickly and are generally permanent, although factors like weight gain and aging can contribute to the condition resurfacing. During a breast reduction surgery to treat gynecomastia, a liposuction procedure is performed to remove excess fatty tissue from the breasts. Additionally, the remaining breast tissue may be reshaped to create a more masculine appearance. Some patients may opt for hormonal treatments to treat gynecomastia. This includes the administration of male hormones, such as androgens, to counteract an excess of female hormones known as estrogen. This treatment is based on the premise that excess estrogen causes the abnormally large breast size in men. However, this treatment will not be effective if a hormonal imbalance is not causing the gynecomastia. Other treatment options for gynecomastia include using clothing to mask the condition.

This option is ideal for patients who do not wish to undergo a surgical or hormonal treatment plan. The use of clothing to mask gynecomastia can be effective to some extent, but it is much less effective than other treatment options.

Tip: What is Breast Reduction for Men?

During breast reduction surgery for men, the surgeon may perform a liposuction procedure on the breasts to eliminate the excess fat tissue, which is causing the feminine appearance. The patient may also opt to have the remaining breast tissue reshaped to create a desired appearance. A breast lift procedure may also be necessary with the breast reduction if there is a large amount of tissue removed. This may be necessary because the skin isn't sufficiently elastic to conform to the new, smaller size of the breasts. The breast lift procedure will remove any excess skin that remains after the breast reduction and will pull the remaining skin taut to create a natural appearance.

Category: Mastectomy

Subcategory: Mastectomy

Tip: Interviewing Plastic Surgeons for a Mastectomy

Interviewing plastic surgeons for a mastectomy procedure can be a difficult process. Finding the right plastic surgeon for any procedure can seem daunting because of the large number of well-qualified candidates and the fear of selecting a poorly-qualified candidate. However, when selecting plastic surgeons for a mastectomy, this complicated selection process may be made even more difficult if there is a sense of urgency and a need to select a surgeon quickly. Patients may start the selection process by asking the doctor handling the cancer treatment for recommendations for a mastectomy plastic surgeon. The patient may ask others who have gone through the process for recommendations.

Tip: Mastectomy Scar Placement

Unlike cosmetic procedures, such as a breast augmentation, a mastectomy scar is typically long in length. A mastectomy will usually involve one long incision across the side of the breast to be removed. This allows the surgeon access to the breast to remove the necessary tissue and the lymph nodes under the arm, if necessary. With a bilateral mastectomy, the scarring will likely cover the entire length of the chest to allow for removal of breast tissue on both sides and the lymph nodes under each arm, if necessary.

Tip: Understanding Bilateral Mastectomy

A bilateral mastectomy is a procedure to remove the breast tissue in both of the breasts. Removing the tissue in both breasts may be necessary because cancerous cells exist in both of the breasts or it may be useful as a preventive measure. When breast cancer is detected, the doctor and the patient may make the decision to undergo a mastectomy instead of other treatment methods. A mastectomy is recommended as the preferred treatment method in a number of different situations. Some of these situations include pregnant women in the first or second trimester of the pregnancy, widespread tumors which encompass the majority of the breast tissue, multiple tumors located in different parts of the breast, failed previous radiation treatments, a strong family history of breast cancer, a gene mutation which carries a risk of developing breast cancer again and even living too far away from the nearest radiation treatment center. Patients who fall into one or more of these categories and have evidence of cancer in each of the breasts may be candidates for a bilateral mastectomy. Even in cases in which cancer is only affecting one of the breasts, a bilateral mastectomy may still be considered. This is called a risk-reducing or prophylactic procedure which means the second breast is being removed as a preventative measure. This is especially common in breast cancer patients who have a strong family history of breast cancer or who carry the gene mutation which puts them at high risk for developing breast cancer again in the future.

Tip: Understanding Mastectomy Recovery

A mastectomy is a surgically-invasive medical procedure in which a substantial amount of breast tissue is removed. Additionally, the lymph nodes under the arm may also be taken out and some patients opt to have a breast reconstruction surgery with the mastectomy. For these reasons, patients should not expect recovery from a mastectomy procedure to be a simple process. In fact, mastectomy recovery may take approximately three to six weeks. Some patients experience symptoms such as slight swelling for up to six months after the procedure is performed. Compression bandages and drains are usually part of the mastectomy recovery process. Compression bandages are routinely applied to mastectomy patients once the procedure is completed. The patient wears these bandages for one to two weeks before switching to compression garments which serve a similar purpose. Additionally, many mastectomy patients have drains inserted to facilitate the removal of fluids around the surgery site. This helps to prevent complications such as swelling, bleeding and bruising. These drains will be left in until the amount of fluid they are accumulating is minimal. Patients will likely only have to use the drains for one to two weeks after the surgery is completed. Patients recovering from a mastectomy procedure will likely be able to return to work after approximately one week assuming the work is not physical in nature. The patient may have limitations on physical activities for approximately the first six weeks after the surgery. After this point most patients are fully recovered, although some patients may experience minor swelling that persists for as long as six months. During mastectomy recovery, patients might undergo psychological treatments. It's likely if the patient is having a difficult time dealing with the loss of the breast. This is

common as many women find a mastectomy to be traumatic. This is often true for women who have not had a breast reconstruction surgery.

Tip: When a Double Mastectomy is Necessary

One of the most obvious reasons a double mastectomy may be necessary is when cancer is affecting both of breasts. The doctor may recommend a bilateral mastectomy be performed to eliminate the cancerous cells. However, there are other treatment options available for one or both of the breasts if the cancer is not widely spread and if the patient is not at high risk for developing breast cancer again. A double mastectomy is sometimes performed even when only one of the breasts is affected by cancer. In these cases, the decision to remove the tissue from both breasts as opposed to only the one containing cancer cells is largely preventative. Some patients may even have the preventative mastectomy in the absence of cancer. This may include patients who carry a gene mutation that makes them high risk for developing breast cancer or patients who have a strong family history of breast cancer and want to take measures to avoid developing breast cancer in the future.

Category: Types of Breast Implants

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Tip: Finding a Qualified Breast Implant Surgeon

DocShop.com Tip: Breast augmentation patients should consider asking a trusted friend or family member who has undergone a breast augmentation procedure for a breast implant surgeon recommendation. This is especially helpful if the patient is impressed with the results of the procedure because it is a good indication of the type of results the breast implant surgeon is capable of producing. It is also helpful because the friend or family member can provide candid insight into the surgeon's ability to communicate with the patient, answer questions honestly and alleviate fears the patient may have.

Tip: Saline Breast Implants vs. Silicone Breast Implants

Deciding between saline breast implants and silicone breast implants is a matter of personal preference for the patient. Patients who are considering breast augmentation surgery often have the option of choosing between saline breast implants and silicone breast implants. Since 1992, there was a restrictive ban on the use of silicone breast implants by the Food and Drug Administration (FDA), however, this ban was partially revoked by the FDA in 2006 making the use of silicone breast implants permissible in all breast reconstruction procedures and in breast augmentation procedures involving women over the age of 22. Saline breast implants consist of a silicone shell which is filled with a salt solution which closely mimics other fluids in the body. Many patients

s favor this type of implant because it is believed to be relatively safe and ruptures are typically easy to detect because the majority of the fluid leaks from the implant. When this happens the size of the breast is usually noticeably different within minutes, but the fluid which escapes into the body is harmlessly absorbed and excreted. The implant will still need to be removed and replaced, if desired, but patients enjoy the security of knowing ruptures will be detected quickly and escaped fluids will not cause complications. Silicone gel implants consist of a silicone shell which is filled with a thick, synthetic substance. Many patients favor this type of implant because they believe the results are the most physically appealing. Additionally, silicone breast implants are less likely to produce contour irregularities, such as wrinkling. However, one disadvantage to silicone gel implants is ruptures can be difficult to detect. When a rupture occurs, the majority of the gel usually remains in the implant so there may not be a noticeable change in breast size. A surgeon may not even be able to detect a rupture during a routine examination. It is recommended that patients undergo an MRI every three years to determine whether or not the implant is intact. These MRIs can be expensive and will not likely be covered by insurance. Additionally, gel that escapes from the implant may result in granulomas, which can migrate to remote organs and be difficult to remove.

Tip: Saline Breast Implants vs. Silicone Breast Implants

DocShop.com Tip: One major disadvantage to saline breast implants is they are more likely to produce contour irregularities, such as rippling. Additionally, many patients do not think saline breast implants produce the most natural results.

Tip: Types of Breast Implants Available

Both saline implants and silicone gel implants consist of a silicon shell. The difference is the filler material used to fill the shells. Saline implants consist of a salt solution which is thin, while silicone gel implants consist of a thicker synthetic material. Many surgeons believe silicone gel implants produce the most realistic results, while saline implants are more likely to result in contour deformities such as rippling. However, many patients still prefer saline-filled implants because the fluid used to fill the implants is so similar to bodily fluids that it can be absorbed and excreted in the event of a rupture.

Tip: Understanding Cohesive Gel Implants

DocShop.com Tip: This type of silicone breast implants also have advantages. Specifically, these types of silicone breast implants have the ability to maintain their shape and this is an advantage because the breast will be less likely to distort with these implants. Additionally, the resistance to a change in shape makes these types of implants less likely to suffer a rupture than saline or silicone breast implants, which may wrinkle and twist as the shape changes. The rigidity of the implant also makes it less likely to cause contour deformities, such as rippling.

Tip: What are Gummy Bear Implants?

The term "gummy bear implants" applies to a new type of silicone gel implant which has a consistency similar to the popular candy known as Gummy Bears. Technically, the implants are known as cohesive gel breast implants and have the advantage of holding their shape for longer than other types of earlier-generation silicone gel implants. The ingredients used in earlier gel implants and the new gummy bear implants are essentially the same. However, additives have been included in the production of the gummy bear implants to encourage tighter bonding among the molecules to create a more stable shape. In addition to holding shape well, other advantages include the lack of leakage during a rupture and a reduction in problems with contour deformities, such as rippling.