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Breast Augmentation: Surgical Secrets

By Manuel Lazzaro, M.D., Plastic Surgeon



Mammoplasty or breast augmentation is the surgical procedure performed to improve the size and shape of the breast. This surgical procedure is often completed for one of two reasons. Firstly, aesthetical or cosmetic surgery is often performed on those patients who want to improve their body or who do not like the size of their breasts. Secondly, reconstructive surgery is undertaken secondary to a mammary cancer surgery or to balance mammary asymmetry situations. The Plastic Surgeon inserts an implant behind the mammary gland thus increasing the size and projection of the breast to reach one or two sizes more in their bra. If you are considering an augmentation mammoplasty, this information provides you with basic concepts that you must know, nevertheless, many details, questions and expectations that

would remain unanswered will depend on the individual evaluation of the patient and the criteria of each Plastic Surgeon. Thus it is important that the patient personally consults with the Plastic Surgeon on any question or concern they may have.

The Best Candidate for augmentation mammoplasty

To be a good candidate for augmentation mammoplasty the patient must have realistic expectations regarding the surgical procedure that can be achieved. Augmentation mammoplasty may improve the physical appearance and self-esteem, but remember that a change of “look” does not guarantee the ideal result or even change the way other people respond to the patient. Therefore, before having an augmentation mammoplasty surgery, think carefully about your expectations and discuss it with your Plastic Surgeon.

The best candidates for an augmentation mammoplasty are women who wish for an improvement but do not necessarily expect perfection from a mammary aspect. They must be physically healthy, psychologically stable, and certain of their expectations regarding what the mam-



mary surgery can do for them.

Many women want to undergo an augmentation mammoplasty after pregnancy due to the reduction of the volume and size of the mammary glands, nevertheless, if the patient is planning or wants to have more children in the short term it is advisable for her to postpone the notion of having this surgery. The reason is that pregnancy may again repeat the cycle of enlarging and reducing the volume and size of the breasts voiding the results obtained by an augmentation mammoplasty. Likewise, it is important to emphasize that there are no risks that may affect future pregnancies because augmentation mammoplasty does not interfere with breast-feeding.

Usually augmentation mammoplasty is per-

formed to balance the size of the breasts, to aesthetically improve the body contour and to reconstruct the breast in cases after oncological mammary gland procedures.

Types of implants

Currently there is a wide variety of implants with different volume, shape and characteristics that vary according to the needs of each patient, the preference and surgical technique of each Plastic Surgeon. Mammary implants can be prosthesis filled with silicone gel, cohesive gel or hydrogel. There are also the inflatable prostheses that are filled with saline solution during the surgery. There are implants or smooth and textured prostheses. The first type is placed behind the pectoral muscle due to its easiness for insertion. The second, the textured