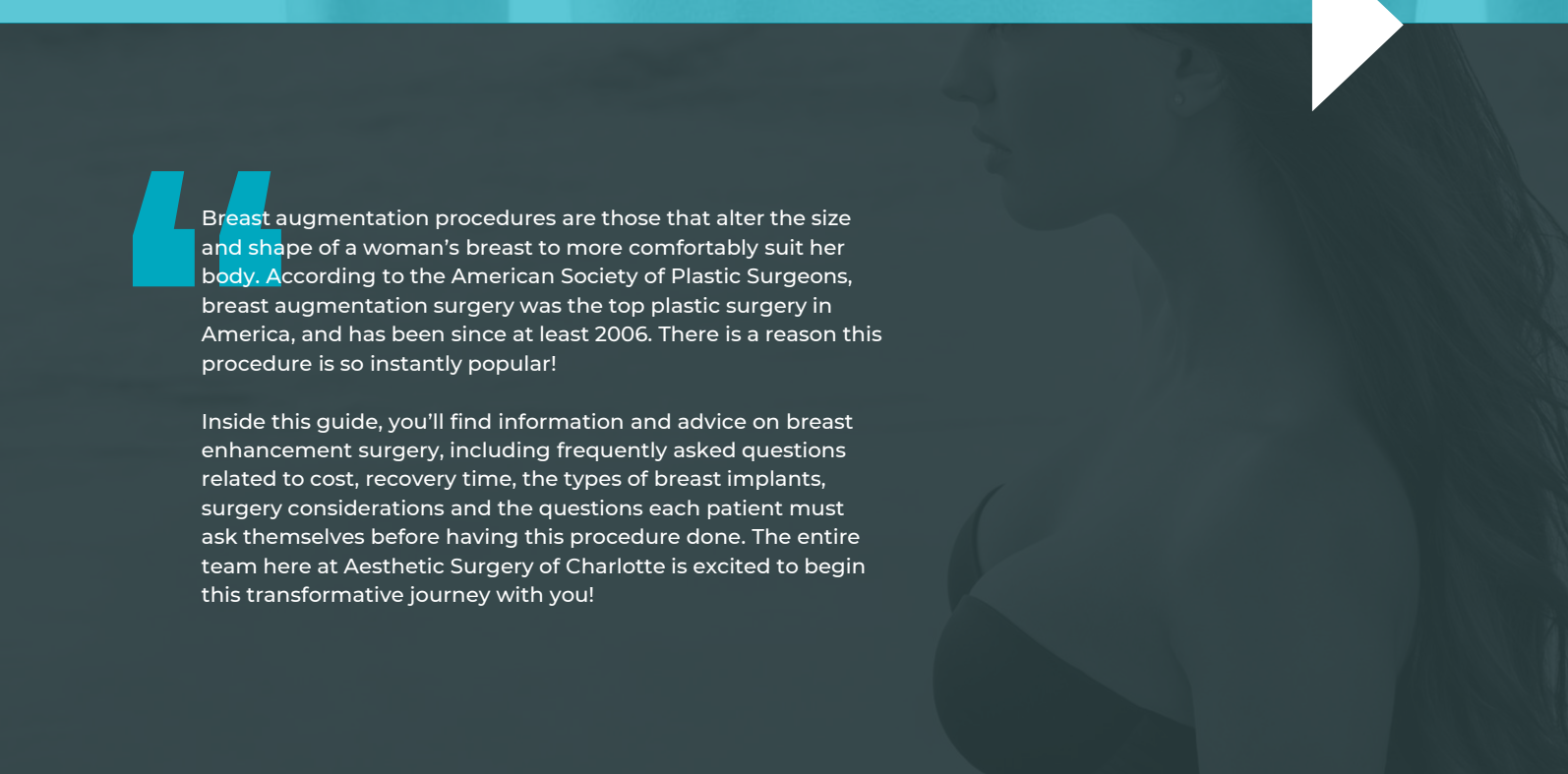


A Guide To

# BREAST AUGMENTATION SURGERY

By **Adam C. Augenstein, MD** of Aesthetic Surgery Charlotte



“Breast augmentation procedures are those that alter the size and shape of a woman’s breast to more comfortably suit her body. According to the American Society of Plastic Surgeons, breast augmentation surgery was the top plastic surgery in America, and has been since at least 2006. There is a reason this procedure is so instantly popular!

Inside this guide, you’ll find information and advice on breast enhancement surgery, including frequently asked questions related to cost, recovery time, the types of breast implants, surgery considerations and the questions each patient must ask themselves before having this procedure done. The entire team here at Aesthetic Surgery of Charlotte is excited to begin this transformative journey with you!

# BREAST AUGMENTATION

Breast augmentation, often referred to as a 'breast implant', 'breast aug', or even 'boob job', involves using either the patient's natural fat from other areas of the body (fat transfer), or the use of prosthetic breast implant, usually made of silicone or saline. The process increases the size, shape, form and projection of the breasts, either to enhance a woman's natural shape, or to correct pregnancy, disease or trauma-related damage to the breast tissue. Whatever your reasons for getting breast implants are, the results will speak for themselves as they have for many other satisfied patients.



**Kimberly F.**

07-07-2019



*"Dr. A is the best! I have a friend who highly recommended Dr. Augenstein and his practice. I felt completely comfortable discussing my concerns and what options I had to improve my body/self esteem. He took a lot of time explaining what he could do for me and made sure I didn't have any questions. The follow up to establish size, instructions, and answer any other questions was just as good as the consult."*

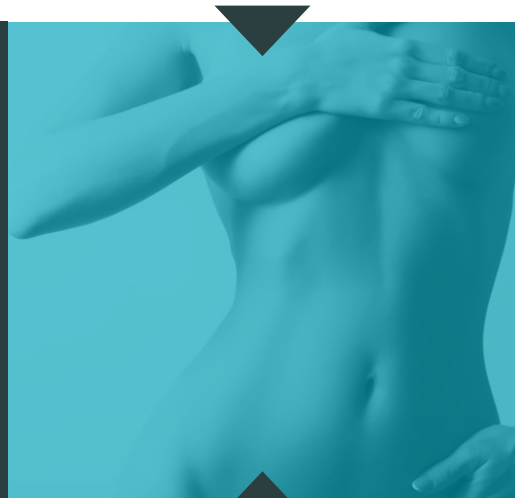
*"He was very informative and there is NO PRESSURE to even proceed with surgery. He wants what is best for his patients and my result is simply amazing. I am so happy with my decision to have the procedure done. He has been there for me even afterwards for any question I have."*

*"Please do your research before picking somewhere. Dr. A is the real deal!!!! And I can't forget to give a shout out the Jane and Jamie."*

*"The staff is top notch!!!! Thank you so much!!!!"*

## Did You Know?

In 2019, According To The American Society of Plastic Surgeons, Nearly 300,000 Breast Augmentation Procedures Were Performed In The United States Alone, Making It The Most Popular Procedure In America Since 2006.





## AVERAGE COSTS & TIME OF A BREAST IMPLANT PROCEDURE

According to the ASPS, the average cost of a breast augmentation procedure (surgeon's fee only) in 2019 was \$3,947. However, the total cost can be as high as \$12,000, depending on your implant style and options. The typical downtime is between 3-5 days, and final results achieved usually within 3-4 weeks.

## IS A BREAST AUGMENTATION RIGHT FOR YOU?

With the advent of social media, the amount of information out there about breast surgery has exploded. Much of it is good information, and some of it is bad, outdated or misleading. When choosing this procedure, you may want to consider asking yourself the following questions honestly:



## WHAT ARE YOUR MOTIVATIONS FOR BREAST IMPLANTS

This is one of the first questions you'll likely be asked by a plastic surgeon (if not, immediately look elsewhere!). A board-certified cosmetic surgeon is trained to understand the psychology and motivations of women seeking this treatment and should be there to help offer you un-biased medical advice.

The motivations behind breast surgery can greatly affect the satisfaction with them once they are in. Having a procedure for un-healthy reasons, such as to meet a partner's expectations or fit an ideal dress size, can be destructive to your self-confidence without an easy way to revert things back to the way they were, medically speaking. Make sure your decision will benefit YOU and you first. Make sure it's what YOU want, as it is YOUR body that is being altered. Self-confidence is ultimately a mindset, so make sure your mind is set on the right reasons.



## ARE YOU A GOOD CANDIDATE FOR SURGERY?

The next thing a board-certified surgeon like Dr. Augenstein will likely determine is if you are medically qualified for surgery. It is extremely important to note your entire medical history on the intake forms, so the surgeon can plan better. Do not omit medical history that you feel may disqualify you from being a candidate for surgery. Issues like high-blood pressure, stroke risks, heart disease and the like are important to note on your forms.

Certain things will certainly disqualify you from a breast augmentation surgery. If you are nursing or pregnant, have recently had major surgery, have a history of blood clots or stroke, etc. Sometimes these risks are low enough for some surgeons to take your case on, while others determine it too risky, each surgeon is different. Try to listen to all their advice when making your decisions.



## ARE YOU COMMITTED TO EDUCATING YOURSELF?

Being informed and educated on your consultative visit is possibly the best thing you can do to prepare for the commitment of surgery. Going in with a clear goal and understanding the facts will help your plastic surgeon create an effective treatment plan that works the best for you.

It might seem easy, but the education side of this procedure is very detailed and you may realize quickly you still have a lot to learn.

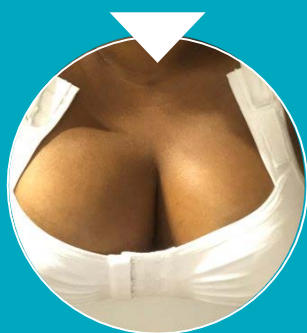
Compile these questions into a written list and come to the first meeting prepared with these questions. Trust us, you will impress your plastic surgeon with this level of preparedness.

The ultimate goal is to prepare yourself for an elective surgery that has risks you need to consider. The upside here is that once you are comfortable with knowing what you need to know about the procedure, you are one giant mental-leap closer to realizing your goal.



## ARE YOU READY FOR THE COMMITMENT?

It might be the last thing you are thinking of right now, but your post-procedure body will look different than before (that's the point!) You should prepare yourself for this commitment before and after the surgery, to avoid certain risks and stay safe while in recovery. You'll also need to prepare for commitment to your new look. Be prepared to talk about breasts with lots of different people, from your parents on down to random people in stores. People have a natural curiosity about the human body, so you may want to prepare yourself for the conversations that arise when your body has undergone a dramatic change.



**Abby L.**  
7/7/2019



"I love Dr. A. He is the greatest doctor with the best personality and bedside manner. He is someone who has your best interest at heart. You can tell even with the first consultation with him that he cares not only about you, but so much or what he does.

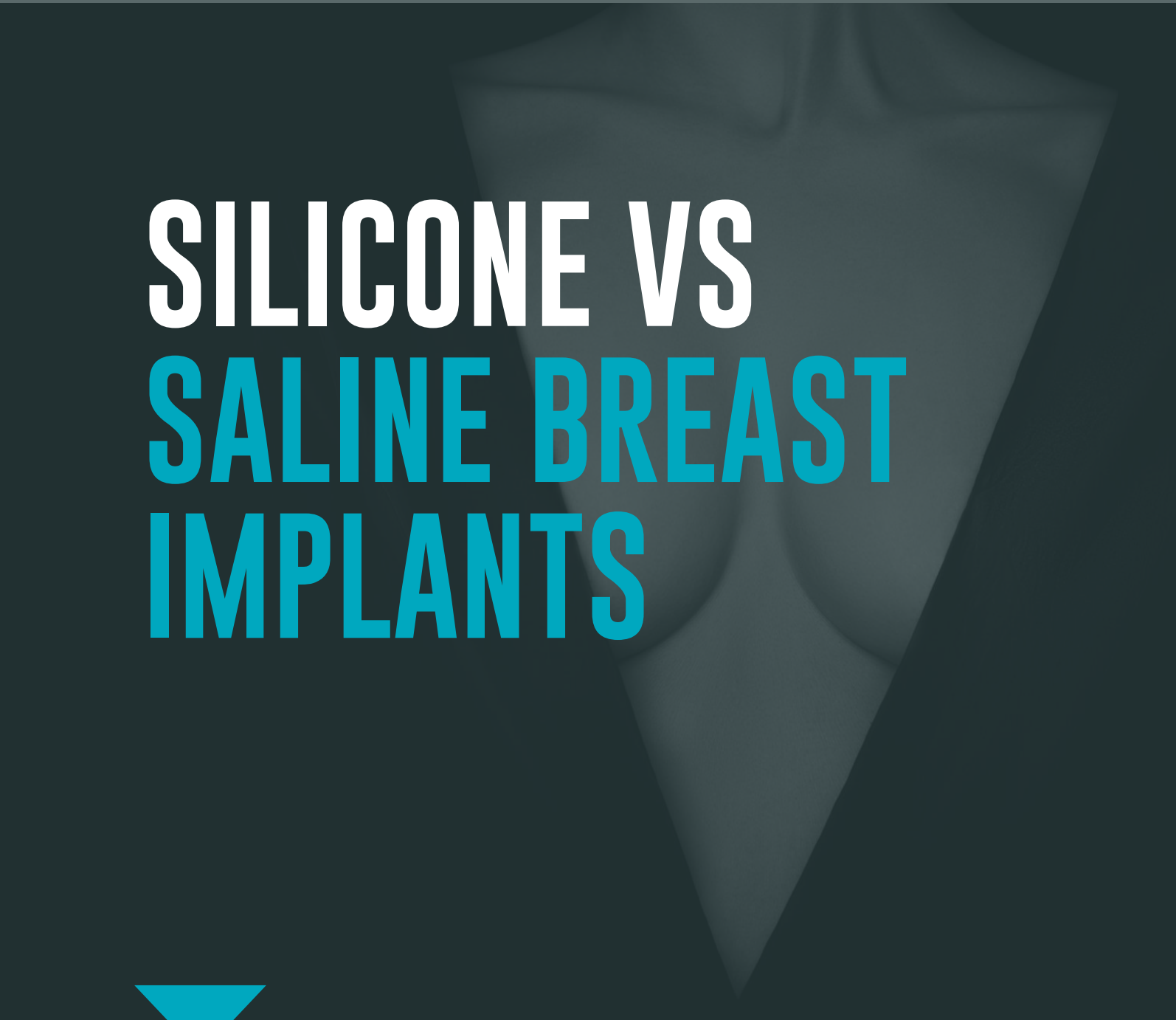
He spends time with you that other doctors seem to not have. He wants to make sure that you look good, that the price is right for you, and most of all, that you are happy. If you're not happy, he's not happy. He won't let anyone be unsatisfied. He will do whatever he can to make sure that his patients walk out feeling and looking good.

His entire staff is friendly, welcoming, and patient. I had the most positive experience here and I can't say enough about it!" -

## HOW SHOULD YOU SEEK OUT THE BEST PLASTIC SURGEON FOR YOU?

Finding the best plastic surgeon for you involves a lot of internet research, followed by in-person consultations that lead you to the doctor that you feel most comfortable with. This doctor should be able to take the time to answer your questions in detail, make you feel at ease with the procedure and generally have good chairside manners.

Referrals and word-of-mouth is always a great option as well, but be sure to do your own research on these names. You may find the perfect surgeon this way, or you may uncover bad reviews for that doctor. It is important to choose someone you like for this type of surgery. In the end, the results from a doctor that cares about the individual will far exceed the results of a low cost medical-tourism doctor without the professional training or experience to perform this procedure with minimal pain, recovery time and desired results.



# SILICONE VS SALINE BREAST IMPLANTS



## WHY BREAST AUGMENTATION?

Breast augmentation involves placing an inert medical device (a saline or silicone breast implant) behind above the breast muscle (known as “subglandular” placement) OR chest muscle or below it (known as “submuscular” or “subpectoral” implant placement). Augmentation can increase the size and proportion of the breast in naturally small-breasted women, they can replace lost volume due to breastfeeding or major weight loss, change the breast projection angle (such as is needed to correct tubular breasts), and create better alignment and shape of natural breasts.

# CHOICES TO BE MADE

## SILICONE OR SALINE IMPLANTS

One of the next things your plastic surgeon will go over is the difference between silicone & saline implants. All breast implants are built with an outer shell of inert polymer called silicone. This shell can be smooth or textured, depending on the woman's choice.

**Smooth-Walled Implants** - Smooth implants more naturally mimic the look and feel of a natural breast. They are designed to roll and shift around within the breast pocket as you move, mimicking the movement of a natural breast. This product is great for women who want the breast implant to look as natural as possible.

**Textured Wall Implants** - Textured implants encourage tissue growth within the small surface ridges and bumps, keeping the implant more firmly in place. Textured implants are chosen when a woman wants to change the projection of their breasts or achieve a larger bust size.

All breast implants have a wide variety of base widths, projection amounts, and volume. This is certainly not a one-size-fits-all and in fact, is extremely customizable to the patient's preferences. As for the debate around which breast implants are the best, the answer is simple... The best breast implant is the one that allows the patient to achieve their ideal look and goal. Working with a top-rated cosmetic surgeon is crucial in deciding which option is right for you.



# DIFFERENCE BETWEEN SILICONE AND SALINE IMPLANTS

## SILICONE GEL

Silicone gel is a medical-grade inert polymer with no known human allergies, sensitivities or reactions. Silicone is the ideal choice for many medical procedures, as it is extremely safe, durable, and non-toxic. Silicone implants became popular in the 1990's and have become a top choice for breast implants ever since. Like a pack of gummy bears candy, the silicone molecules bind strongly to one another in a cohesive pattern, allowing more viscosity than saline implants. Unlike saline, silicone is optimized at the molecular level to create a more natural look and feel, much like natural breast tissue. Silicone implants are only approved for women aged 22 years or older, per FDA regulations.

## SALINE (STERILE SALT WATER)

Saline-filled implants are approved for use in women over the age of 18, per FDA regulations. Saline implants have been around a lot longer than silicone, and has the advantage of being one of the most highly studied procedures by the cosmetic medical community.

The outer shell of the saline implant is a silicone pouch that is inserted into the body and then filled with sterile salt water (saline) to the desired volume. Saline has the consistency of water and moves in the same way with the body. Sometimes, underneath very thin skin, folds of the pouch may be seen or felt more often. This is known as rippling or wrinkling and is a small downside to the saline implant. This seeming disadvantage is offset by the incredible medical use of this procedure, as some saline implants have a remote injection port where the saline fluid can be adjusted post-operatively. This is a big advantage to those undergoing some types of breast reconstruction where the final implant volume can be fine-tuned over the course of the patient's recovery and before the final port is removed.



**Erin C** 5/19/2018

"Dr. Augenstein and his staff are absolutely amazing! They are all so incredibly nice and accommodating and I can't say enough nice things about this office. Wonderful bedside manner, professional, and knowledgeable. I would recommend Aesthetic Surgery of Charlotte to anyone for surgical and non-surgical procedures!" -





# HOW HAVE BREAST IMPLANTS CHANGED OVER THE YEARS?

Silicone gel implants were first created in the late 1960's with the novel uses discovered for the new silicone material, which also began powering the computing revolution around the same time. They have since undergone several generations of technological improvements. Saline filled implants were created as an alternative to silicone fill and reached the height of its popularity in the 1990's-2000's.

Over the last few decades, significant advances have been made to silicone gel implants. The newest materials have higher cross-linking of silicone polymers, increasing the stiffness and cohesiveness of breast implants. Private brands such as Allergan Natrelle®, J&J's Mentor®, Ideal Implants® and Sientra® have all created their own versions of these products in various form factors. Self-education and surgeon consultation is the best way to discover the right product and procedure for you.



## HOW DO WE KNOW BREAST IMPLANTS ARE SAFE?

Fun fact - Silicone gel breast implants are the most widely studied medical device in modern science?!!! Historically, they took a beating from negative media attention in the 1980's and 1990's, with claims of adverse reactions and health issues that prompted the removal of 1st generation silicone implants with the 'safer' saline implants. Since then, extensive FDA-backed research and broad studies, complete with long-term clinical follow-up have confirmed no association between silicone gel and auto-immune diseases. Real information in the safety of silicone can be found on the ASPS website and other national organizations dedicated to the safety of their profession.

# Did You Know?

*Silicone gel breast implants are the most widely studied medical device in the history of medical devices? Historically, silicone gel implants received negative media attention and were sensationalized in the 1980s and 1990s, with apparent claims of adverse associated health problems, prompting removal and replacement of older silicone implants with saline filled devices. Since that time, extensive FDA-directed prospective clinical research with long-term follow-up has confirmed no association between silicone gel implants and chronic autoimmune disease. However, all patients who have breast implants or are thinking about getting them should be aware of the risk of BIA-ALCL.*

*Read information from the ASPS about the safety of breast implants and the potential association of textured implants with this extremely rare and treatable condition called BIA-ALCL.*

*For more information about breast augmentation, breast implant science and safety, visit a board-certified plastic surgeon who is an ASPS member. Be sure to do your homework before having any cosmetic plastic surgery procedure!*

## WHAT SORT OF SCARRING COULD YOU SEE FROM BREAST AUGMENTATION?

One of the most frequently asked questions is 'What will the scarring be like?' The answer to the question is tricky, since there are many individual factors involved. These include the type of procedure you are receiving, the size of the implant being placed, the experience and skill of your board-certified plastic surgeon, and the type of recovery the skin is allowed.

That said, there are a number of factors that reduce or eliminate scarring to make it less noticeable.

### BREAST IMPLANT INCISION LOCATION

The location of the incision will be chosen based on where the surgeon thinks is the best method of placement and for scar concealment later on. One of the most common techniques is called the 'inframammary incision', whereby two incisions are made along the natural curve of the breast, with the scar covered up by a bra, bikini top or just the natural fold of the breast.

The periareolar incision creates a semi-circular incision tracing the lower half of the nipple, which can hide scarring even further. Lastly, there is the most difficult and rarely used incision, the transaxillary incision, underneath the armpit, where there will be no scar near the breasts. This technique is preferable but requires considerably more surgical skill and talent from the doctor.

"TRANSAXILLARY INCISION PLACEMENT IS ONE OF THE KEY DIFFERENTIATORS BETWEEN A HIGHLY-QUALIFIED BOARD-CERTIFIED PLASTIC SURGEON & A NEWER SURGEON OR ONE WITH LESS FORMALIZED TRAINING.

YEARS OF PROFESSIONAL TRAINING AND EXPERIENCE WITH THESE SURGERIES PAYS OFF IN THE QUALITY OF THE SURGERY, RECOVERY TIME AND DURABILITY OF THE BREAST IMPLANTS."



# WHAT WILL MY SCARS LOOK LIKE?

It's important to remember that scars heal slowly and it can take up to 18 months to know what a fully healed scar will look like. Scarring can be minimized further with silicone-based scar gels and non-invasive cosmetic procedures like laser skin tightening to lighten the scar. You might even notice your scars are getting worse before they get better. This is perfectly normal as both the skin and muscle tissue are healing underneath.

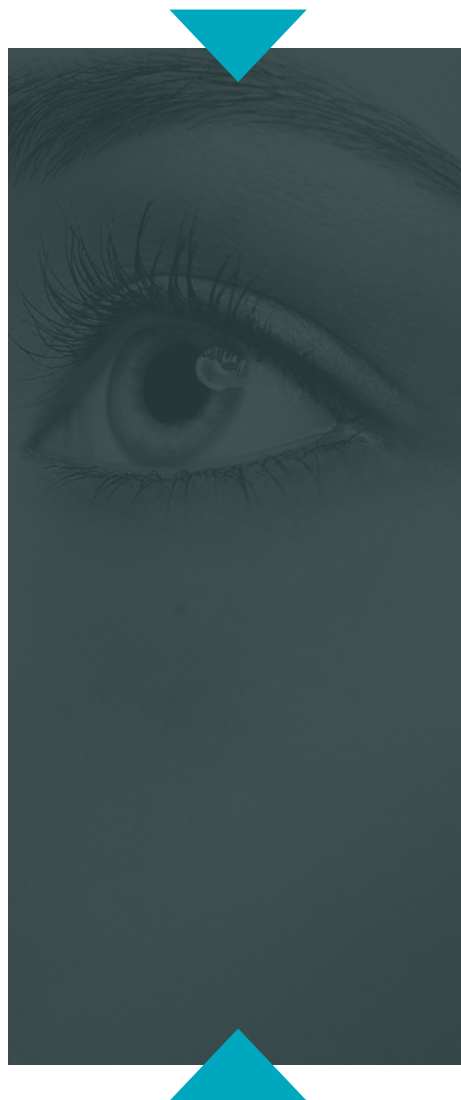
Most scars begin as red, pink or darker than your skin tone and slightly raised, and rougher than the skin around it. They will become less noticeable over time. Factors such as the patient's age, lifestyle, skin tone, genetic factors and exposure to the sun can influence the look of the scar.

Throughout your breast enhancement recovery process, it's important to remember that scars can take up to 12 months to fully heal and mature. So you might notice that your scars seem to be getting worse before they look better. Most breast augmentation scars will appear red or pink and slightly raised until they begin to heal and become less noticeable over time. The rate at which your scars will heal can also depend on factors like your age, genetics, skin tone and exposure to the sun.

## HOW CAN I MINIMIZE SCARRING AFTER PLASTIC SURGERY?

The good news about scars is there are a lot of things you can do to help:

- Avoid smoking for several weeks before and after your procedure (or use this transformation as an excuse to finally quit!)
- Stay out of the sun and wear sunscreen. Cover your scars with bandages if you are going to be exposed to sunlight. UV light damages scar tissue further and prevents healing.
- Eat nutritious foods and drink plenty of water during your recovery.
- Follow your doctor's guidelines on physical activity and do not exert this part of your body during this time. You don't want to stretch scar tissue while it's healing.
- Most importantly there are topical treatments that are used during this healing process that help scar to heal very well, almost imperceptible. These include silicone based scar creams and silicone sheeting. In certain instances steroid injections and/or laser skin resurfacing may be helpful as well.





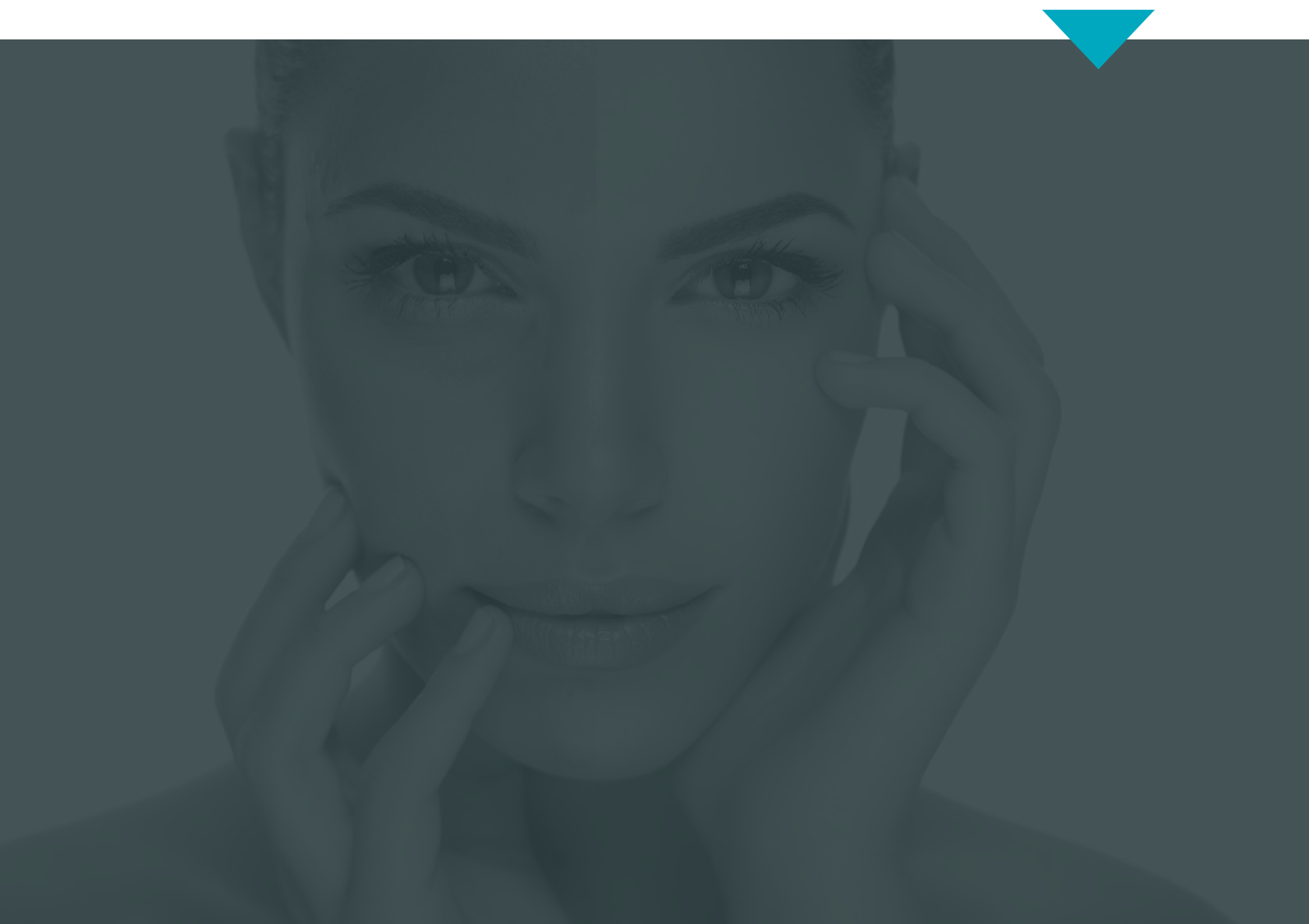
# WHAT ARE MY SCAR TREATMENT OPTIONS?

If you are still unsatisfied with the appearance of scar tissue after 18 months, there are several treatment options you can try:

- Apply vitamin E oil directly to the scar tissue & take vitamin E supplements.
- Silicone sheeting
- Topical cortisone treatments
- Laser skin resurfacing.

In the hands of a skilled plastic surgeon, breast augmentation is an exciting transformation point in the lives of the patients that undergo this procedure, with a short recovery time and minimal pain. Many women have found this surgery to be the ideal surgery for them, as evidenced by the fact it has been the most popular plastic surgery in American for the last 15 years.

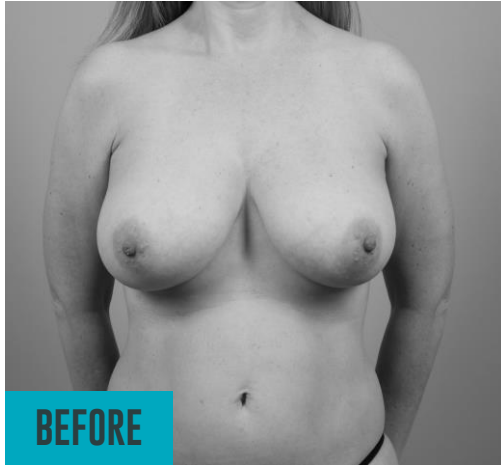
If you are interested in speaking further with our board-certified plastic surgeon about your breast augmentation journey, feel free to book an appointment now to speak with Dr. Adam Augenstien at Aesthetic Surgery of Charlotte in South Charlotte off Providence Rd. Call or book online today to begin your journey!



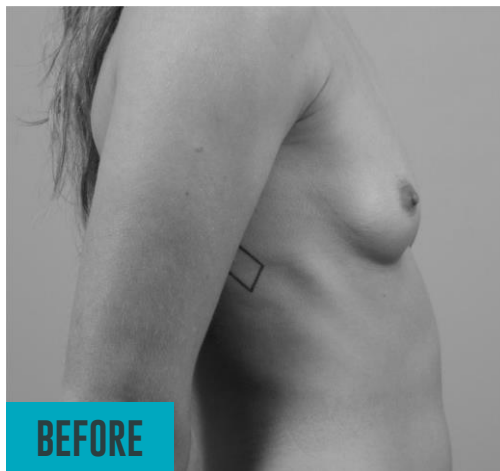
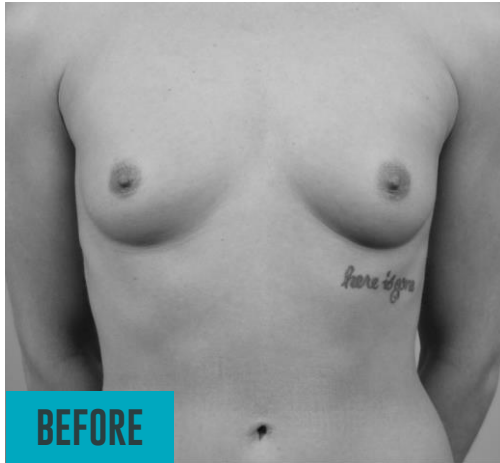


# BREAST SURGERY GALLERY

## BREAST LIFT



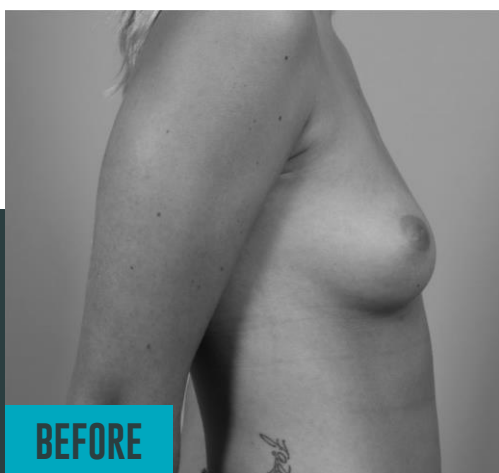
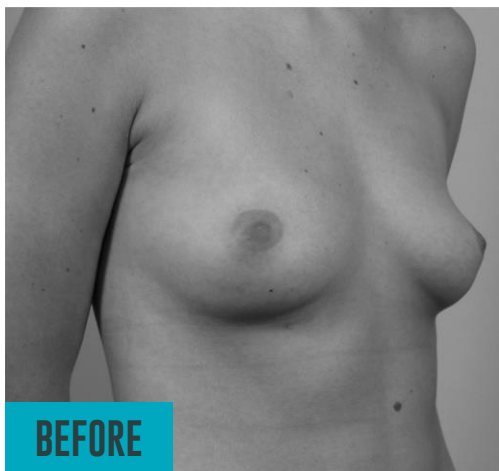
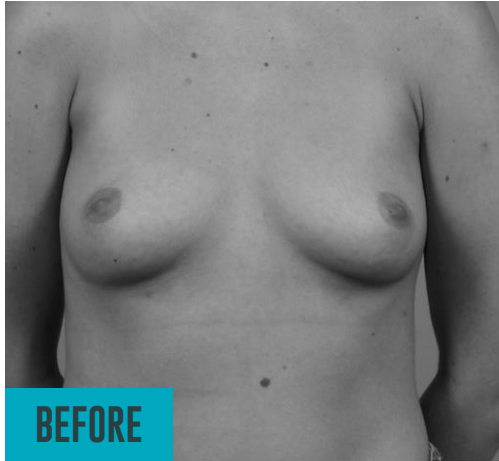
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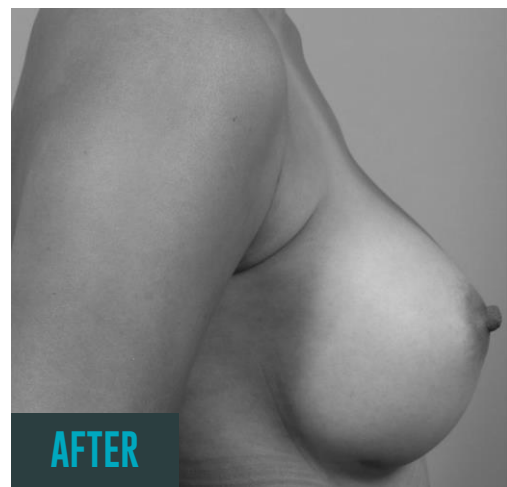
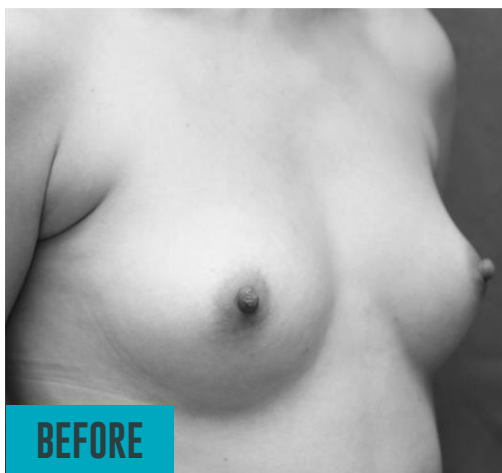
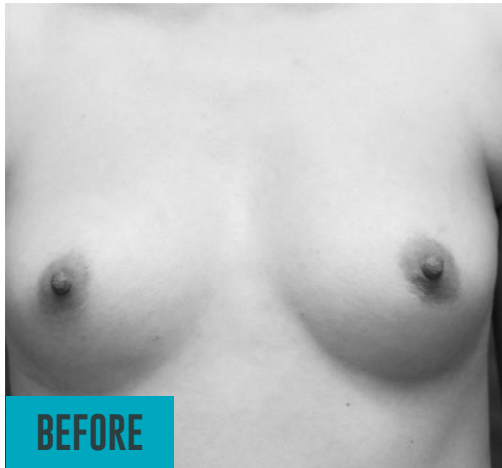
# BREAST AUGMENTATION **CASE 182**



# BREAST AUGMENTATION **CASE 214**

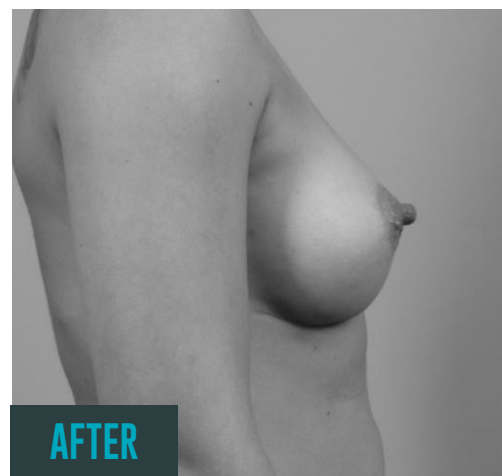
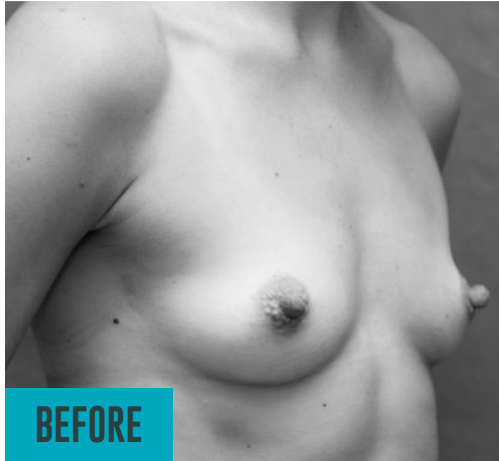


# BREAST AUGMENTATION CASE 130





# BREAST AUGMENTATION **CASE 54**



# AESTHETIC

Surgery of Charlotte

If you are interested in speaking further with our board-certified plastic surgeon about your breast augmentation journey, feel free to book an appointment now to speak with Dr. Adam Augenstien at Aesthetic Surgery of Charlotte in South Charlotte off Providence Rd. Call or book online today to begin your journey!

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