

## Considering Breast Augmentation?

Written by Arizona Foothills Magazine

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**Dr. Mazaheri of Dr. Mazaheri Plastic Surgery walks us through some crucial things to think about when considering a breast augmentation surgery.**



Small breast size is either developmental or due to loss of breast tissue after pregnancy or significant weight loss. Women seek breast augmentation to improve their physical proportions, achieve a more feminine figure, and enhance their self-image and confidence. There are many decisions that must be made when one is considering breast enhancement surgery. Choosing a highly qualified board certified plastic surgeon that you established good rapport during your consultations is of outmost importance. You must be well informed during your visit and feel very comfortable with the office staff. The preoperative decision making is as important as any aspect of surgical technique. The other three key variables to consider are the implant type, incision location, and pocket plane (over muscle vs. under muscle).

It is very important that the plastic surgeon looks at the different dimensions of your breast and chest (called Bio-dimensional Analysis) when deciding on the best breast implants to use. The implant variables include: size, shape, and fill content. Implants can be either filled with salt water (saline) or silicone-gel. In Nov. 2006, FDA allowed silicone implants back on the market after 14 years. No scientific evidence was found linking these implants to medical illnesses. The biggest advantage to silicone implants is its natural feel. Most plastic surgeons use round implants instead of "anatomic or tear-drop" implants because it give women more of the upper pole, otherwise known as, the fullness of the upper breast projection that they are looking for.

There are three common incisions that can be used during breast augmentation surgery: trans-axillary (arm pit), peri-areolar (near the nipple), infra-mammary (breast crease). Each of these has its pros and cons. These should be thoroughly discussed with the patient during the pre operative stage and an informed decision should be made as to which is best for you.

Finally, the pocket location for the implants is an important consideration. The two most common is sub pectoral and sub glandular. Most feel that sub pectoral (under muscle) placement affords the patients several advantages. First, there is less risk of visible/palpable implant edges. Second, more breast tissue is visualized during mammography. Third, there is less chance of scar formation around the implant; this is referred to as capsular contracture. However, placing the implant in the sub glandular (over muscle) has several advantages as well. After surgery, there is less discomfort for this technique. Also, the implant will not move or get distorted when one contracts the chest muscles. Once again, the pros and cons of each should be discussed during the pre operative stage and an informed decision should be made.

Breast augmentation is the most popular cosmetic procedure in women, and its popularity is a reflection of the high patient satisfaction with the surgery. Patients must thoroughly understand all the elements above in order to make appropriate decisions.

For more info on Dr. mazaheri's practice, visit [www.drmazaheer.com](http://www.drmazaheer.com).