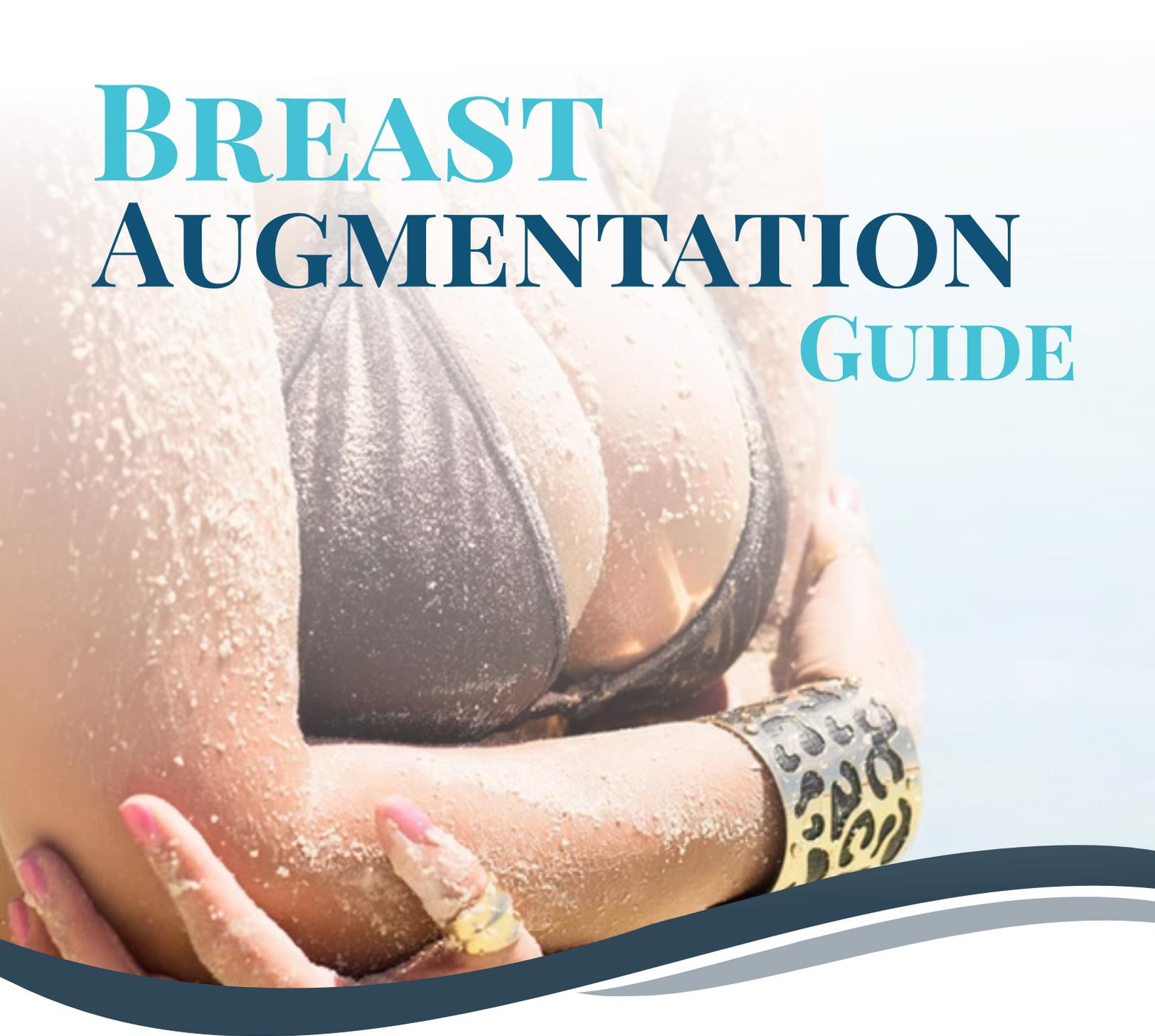


# BREAST AUGMENTATION GUIDE



**AZAD**  
PLASTIC SURGERY

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# Introduction

Breast augmentation is the most popular plastic surgery procedure in the United States. According to The Aesthetic Society since 2020, Breast procedures such as breast augmentation, augmentation/breast lift and breast lift/reductions were up 48%. Americans spent over \$14.6 billion dollars on aesthetic procedures in 2021.

If you are considering getting implants, you should read this guide to obtain a general sense of what you will encounter. Because if you are an informed patient, you will experience an improved surgical experience and get much better results—we do not expect you to jump right in but to build trust in your research and in the doctor you select.

It is very important that you select the right doctor who is certified, experienced, caring, professional, and shares the same desired outcomes for your procedure. It is recommended that you find a “Board Certified” physician by the American Board of Plastic Surgery.

Dr. Kamran Azad, is Certified by The American Board of Plastic Surgery

Be careful as some doctors may identify as a plastic surgeon but do not have the specialized training or board certifications. For example, an ENT surgeon may refer to himself as a plastic surgeon. Some have further training in facial plastics and are extremely capable of conducting cosmetic surgery on the face and neck. They may be ‘Board Certified’ in otolaryngology, but they lack the particular training and qualifications of a professional plastic surgeon.

Many physicians, like general surgeons, call themselves plastic surgeons. They may perform a variety of plastic surgery treatments, such as breast implants, liposuction, and tummy tucks, while never having had professional training.

In this instance, the question is whether you should attend such physicians. No. **The American Society of Plastic Surgeons [ASPS] is an exclusive society of legitimate plastic surgeons certified by the AMERICAN BOARD OF PLASTIC SURGERY.** They follow a strict code of ethics and practice in an approved surgical facility. Furthermore, membership in this organization involves ongoing education (a plastic surgeon never stops learning) and patient safety procedures. What is the purpose of this? Your plastic surgeon should be a member of this association; this is an excellent first step. You have the right to request your plastic surgeon’s qualifications, or you may look them up online.

**Having said that, breast augmentation, sometimes known colloquially as a “boob job”, has become an increasingly popular cosmetic surgery technique.** Everyone wants to look nice, and there are many other reasons why one may consider having a breast augmentation. Including, post childbearing, different size breasts, sagging, or personal desire to have fuller and larger breasts.

*All of the information contained in this guide is for informational purposes. Please consult with your plastic surgeon for their specific surgery process and instructions.*

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Now the dilemma is whether you should embrace these desires because you wish to remain natural or unaffected. Your personal preferences are yours and a decision to have a breast augmentation is completely normal now. "See, breast augmentation isn't as horrible as people think it is." It is a terrific body-tweaking technique that boosts your confidence.

If you can color your hair, buy hair extensions, fix artificial nails, or take dietary supplements to achieve your goals, and if your goal is to have your chest be your best, then why not consider breast augmentation or plastic surgery?

The days of being judged for such a procedure are long gone as you can tell by the investments made by Americans above. So, now it is time to understand the process of a decision to move forward with a breast augmentation. This comprehensive guide will explain all the steps in obtaining the ideal breast augmentation.

We provide information on the different types of breast implants, the considerations that must be made before going under the knife, consultations, making the best choices, the costs of breast implants, what to expect once you have that implant, the insertion process, surgery, pre-op, and many other findings that will assist you in making better decisions.

This guide was created to help with the consideration phase of a breast augmentation and assist in becoming a patient. Ultimately the decision is yours, but the goal of this guide is to help you by having a solid understanding of the entire process. Knowing what to expect is imperative to making a decision to move forward. Upon a successful procedure we hope that you share your experience with others about the benefits of plastic surgery.

**Consider this:** there was a time when wearing an open bikini at the beach was frowned upon, and today it is completely appropriate. Cosmetic surgery shared a similar path, and in 2021 there was over 365,000 breast augmentations performed.



**Dr. Azad**

## Overview/Summary

Do you intend to have your implants? Then this is the guidebook for you. It will tell you everything. We have customized our wording effectively in this guide and made technicalities as simple as possible so that you don't have to be a doctor to understand.

However, alas! Concerns remain about the price. Most people fear plastic surgery because they believe it will be too expensive. One of our coworkers once told us that a friend had told her she feared having plastic surgery because the price was too high. How much is it? It is a common inquiry after the doctor does his examinations-people are typically price-conscious.

Well, we have some wonderful news for you. Breast augmentation is neither pricey nor inexpensive. And it differs depending on where you get the procedure done. This is why plastic surgery has several approaches to meet various budgets.

In general, the expenses of plastic surgery range from \$6,500 to \$25,000. Furthermore, these rates are influenced by several factors, including the surgeon's fees, surgical facility fees, anesthetic expenses, and the cost of pre-op and post-op requirements.

Several surgeons also provide various financing solutions, which is extremely helpful if you are already on a limited budget. So, now that we've gotten that out of the way let's get to the good stuff!



## Pre-Augmentation

Breast augmentation is a cosmetic surgical technique that enhances the volume of your breasts and shapes them. This is usually accomplished by inserting silicone [a thick, nylon substance] or saline breast implants.

As plastic surgeons, we believe that the ultimate objective of breast augmentation is to improve a patient's natural proportions and produce a more defined, symmetrical, aesthetically acceptable breast profile-something the client chooses or desires.



## Considerations & Consultation

There is no standard breast augmentation patient. And women select the treatment for various reasons, the most common of which is simply having bigger breasts-something they can proudly parade about. Breast augmentation is one of the most successful treatments for correcting visible breast asymmetry. Breast implants can repair a wide range of abnormalities or sick breasts too.

Now that you know why individuals visit plastic surgeons' offices for breast augmentation let's go on to the next stage. And how do you select a qualified plastic surgeon?

The most essential choice you will make if you consider breast augmentation is who is the proper person for the job. Who can you put your faith in to mess with your body?

Good. **When you see a plastic surgeon, you should inquire about how many breast augmentations they have completed.** Don't just stroll into an office and get a breast job done because you heard about it from a friend or someone else. Instead, ask essential

questions such as, "Can you tell me how many breast augmentations you have performed ..." Once they have responded, continue. During your Consultation, look at many before and after images. This will allow you to understand the plastic surgeon's aesthetic style.

In addition, as indicated in the introduction of this guide, you must ensure that your plastic surgeon is board certified by the American Board of Plastic Surgery. This assures that they have had specialized training and experience in cosmetic surgery. Take notice of the facility as well-you must ensure that the treatment takes place in a recognized facility, which is critical for your assurance. We'd want to notify you of something else once this is done. A breast augmentation surgeon should not be chosen only on price. Your safety and results are priceless. Most plastic surgeons are well-known for offering several payment options to help customers fit breast augmentation into their budget-ask, and you will get it if it is of high priority.

### People also get breast augmentation for the following reasons:

*Everyone wants to feel more confident in a swimsuit-we surely want others to take a spin at us and say, "Wow, she looks divine."*

*Enhancing self-image-in fact, we can proudly say this is one of the number one attributes of breast augmentation, which has been successful over the years. Clients who have had breast augmentation are found to love themselves more because what they always wanted to be, they are!*

*It restores breast fullness lost after pregnancy and breastfeeding.*

*Adding balance to better complement curvy hips.*

## How To Choose Your Breast Implants

There's never be a better time to have breast augmentation; today, you have more choices than ever to help you customize your new look. So, whether you'd like the more dramatic curves or a modest boost in cleavage, there's surely an option for you. Here are some choices to take note of after being sure of your surgeon in the first consultation process;

- 1. Profile:** Your plastic surgeon will advise you on this, depending on your current proportions and aspirations. Patients with a more petite frame require higher profile implants to achieve the appropriate size increase while ensuring the implants are not overly broad at the base.
- 2. Filling type:** Implants made of silicone gel, saline, or very cohesive silicone "gummy bears." At my practice, I only use gummy bear implants because they are more cohesive, they don't need to be changed every 10 years, and there is a less chance of spontaneous rupture.
- 3. Size:** Breast implants can range from 150cc to 800cc or even more. Many patients require a different size breast implant for each breast, which aids in achieving the finest possible symmetry. The size you pick is determined by your current breast size, your personal objectives, and the suggestions of your plastic surgeon.

As previously said, all of these options make it even more crucial to select a plastic surgeon who is well-qualified and experienced with various breast implants. At this stage, you've passed the Consultation. The next stage is to decide on the type of implant, sizing, pricing, what to expect, and many other factors to consider in this part.



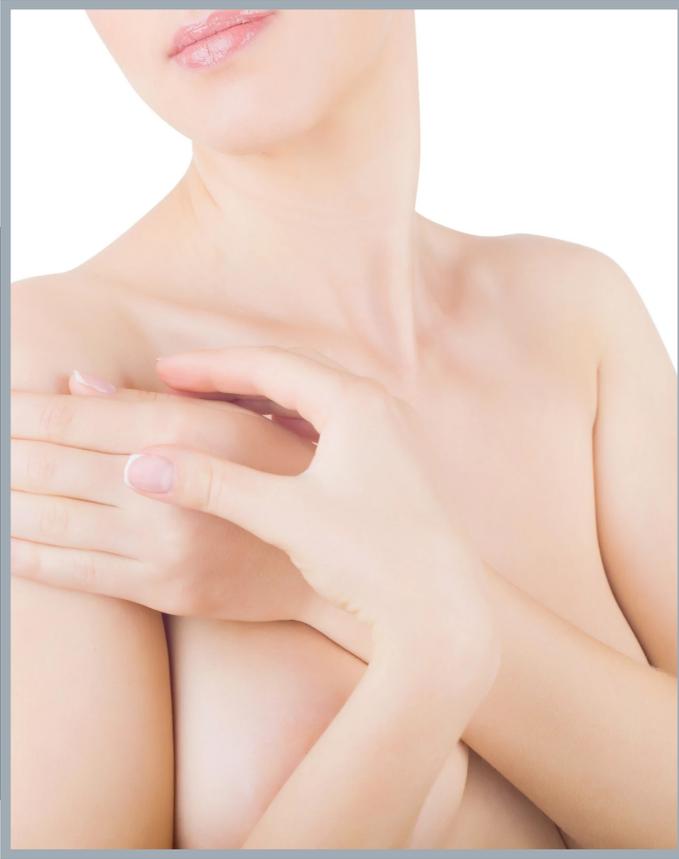
### Types of Implants *[Explained]*

#### **Saline:**

Saline breast implants are filled with a sterile saltwater solution and offer no risk to the patient in terms of extracapsular spread or silicone leakage. Saline implants are appealing to many because they generally cost less than silicone implants. In some patients, silicone may be a better option due to the rippling that may occur along the edges of the implant that can be visible in thinner women.

#### **Silicone:**

Silicone implants are filled with a gel-like substance that feels like natural breast tissue. They're ideal for thin or physically active women. These implants are designed that if they were to break or leak- the silicone gel interior will remain intact within the implant. Silicone implant defects are rare- but can be detected through MRI- unlike saline implants which will deflate upon rupture.



## Selections

Following the initial consultation talk, 3D imaging is performed. This allows you to determine your true size preferences and see how your body might look with your chosen implants.

*Isn't it cool?* A sizing visit is held weeks before surgery to clarify options, but even then, the procedure isn't certain. Most doctors enter the operating room on that day with various sizes available and then make the final selection as to which implant fits the best and seems the most natural.

## Expectations

Breast augmentation is a very simple treatment that is easy for patients to undergo, with a quick and somewhat unpleasant recovery period. So, if you want a nice surgical process with no health complications, get what you desire. You must ensure that you are the best applicant at this time. And an excellent candidate is someone in good health and wants to expand their breast size—that it's easy!

On the other hand, those with drooping breasts are not encouraged to have this sort of surgery alone. They will need to be accompanied by a breast lift to give them a decent appearance.

And the preparation begins six weeks in advance. Patients should avoid smoking and using tobacco and nicotine products during this period and discontinue hormonal birth control techniques.

This is because smoking can interfere with the healing process. In terms of hormones, hormone-based birth control tablets raise the chance of blood clots. Then, around ten days before their appointment, prospective patients are given a laundry list of restrictions to observe. Patients are frequently advised to quit drinking red wine and avoid ibuprofen, Aspirin, and drugs containing those ingredients, as these substances might thin the blood and promote bleeding.

You will have also lowered your supplement intake, including vitamin E, Omega 3s, and so on, for the same reason.

Two days before the major event, you'll be asked to indulge in some self-care (without the glass of wine) with a bath of special disinfection soap. At this time, alcohol drinking is strictly prohibited. Nonetheless, excellent contact with your doctor is critical at this time. This ensures that the surgeon thoroughly knows your expectations, wishes, and position. In most situations, surprising outcomes are obtained when you and your doctor work together.

## The Cost (Once Again)

Cosmetic operations are typically considered out-of-pocket costs because they are not all covered by insurance. However, in some cases they are covered, and there is usually financing plans as an option. Patients could anticipate paying between \$6,000 and \$25,000 in most cases. Pricing varies mostly on the location of the procedure and the doctors experience, training, and skill set.



## Insertions

The 'curious cat question' is the most frequently asked question among people we've worked with before breast augmentation. Please tell me what my scars will look like.

You'll be relieved that an experienced, qualified plastic surgeon will use a surgical technique that places breast augmentation incisions so that the resulting scars are easily hidden or indistinct, even to the patient.

And depending on your anatomy and desired outcome, your plastic surgeon will place your breast implants using one of the following incision techniques:

### **Inframammary:**

This insertion is accomplished by making a short incision in the crease beneath the breast, known as the inframammary fold. This results in a 1-to-2-inch scar crease. The benefits of this incision type include a wider access point, which allows a plastic surgeon to precisely place larger silicone implants or gummy bear implants.

### **Peri-areolar:**

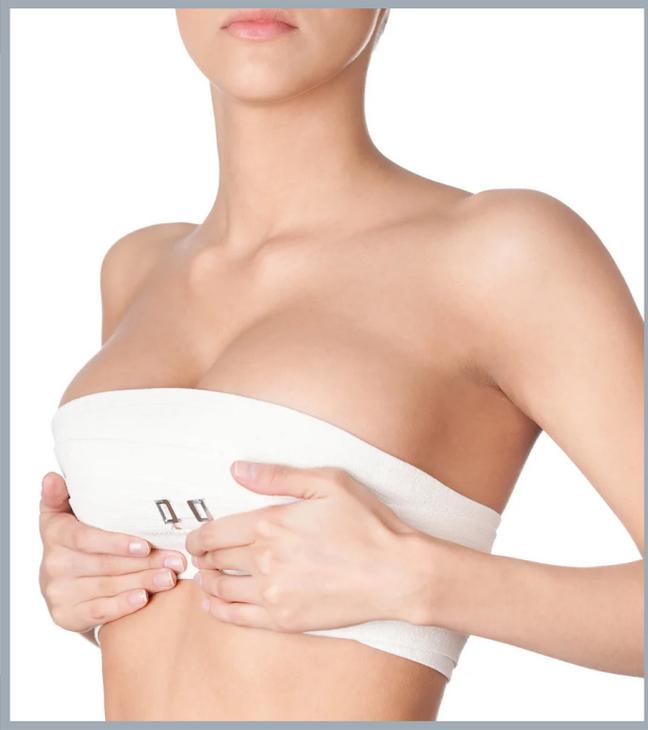
The incision is made around the outer edge of the areola, so the resulting scar is found within this natural pigmentation transition. This incision type is frequently used if a plastic surgeon performs a mild to moderate breast lift.

### **Trans-axillary:**

This procedure entails making a small incision in the armpit through which a plastic surgeon will insert the breast implant into place. I do not perform this type of incision, nor do I recommend it as a surgeon cannot clearly see the border of the pectoralis muscle and any revision would require a different type of incision.

### **Transumbilical:**

An incision just above the belly button is said to be used in the procedure. Each breast implant is inserted through this incision and raised to the breast. I do not perform this type of incision, nor do I recommend it as a surgeon cannot clearly see the border of the pectoralis muscle, any revision would require a different type of incision, and only saline implants can be inserted with this type of incision.



## Surgery Pre-Op

The instructions below are critical for a safe and successful breast augmentation procedure. As your surgery date approaches, you can use this as a checklist. And this is critical to your health and safety—we discussed it briefly previously. Still, we must hammer it home so you understand the risks and benefits of following instructions.

However, there may be many weeks between your decision to have surgery and your actual surgery date. There are numerous important factors to consider at this time. Here are some of the things to take note of before the surgery is done;

### **A. Exercise:**

Please understand that when we say exercise, we do not mean just any exercise. You do not need to start a new or aggressive fitness routine; however, practicing good fitness habits is important for your overall health and well-being.

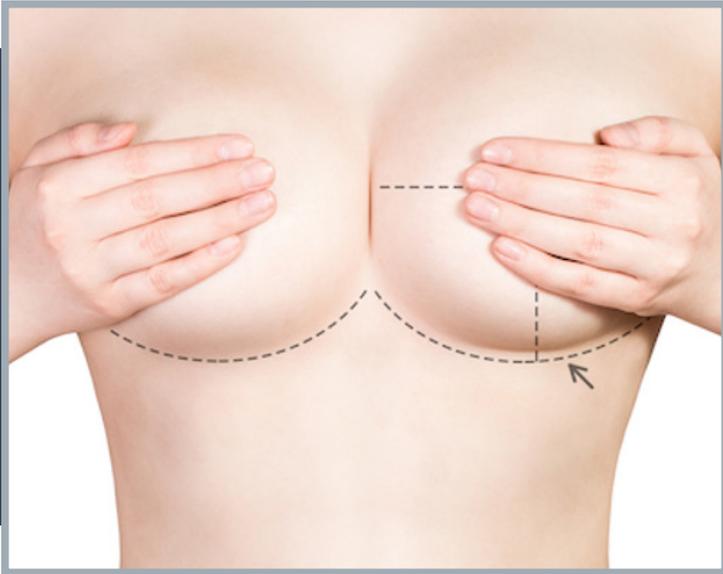
Upper body stretches and light strength training are advised at this time. In the weeks following surgery, this can help to improve posture and strength. Most importantly, don't go overboard. Avoid doing anything strenuous that could injure your shoulders, back, pectoral muscles, arms, or upper body. At this moment, your body must be well-cared for to carry out a successful surgery.

### **B. Eat Good Food:**

You will need to pay close attention to your nutrition at this stage. Eat well in the weeks leading up to surgery. Overeating, crash dieting, or excessive alcohol use can all hurt your general health and well-being. Please take notice that a healthy, balanced diet is important.

### **C. No smokers allowed:**

Smoking is not permitted at this time. And as previously said, smoking can significantly damage one's recovery capacity. Please make it feasible for you to remain nicotine and smoke-free for at least four weeks or a month before surgery. You must also abstain from nicotine patches or nicotine-based products for at least four weeks before surgery. This covers e-cigarettes, vapes, weed/marijuana, and THC-based goods. Avoid second-hand smoke as well, as they have the same consequences. To make this phase more enjoyable, imagine that your healing and health depend strongly on your actions



#### **D. Lead a Healthy Lifestyle:**

Yes, keep this in mind for a safe procedure. We don't want you to have any issues following surgery; in fact, many complications that occur after surgery are caused by individuals who pay little attention to their health.

However, wash your hands frequently and avoid contact with sick individuals. Your operation may be rescheduled if you have a prolonged cold or any other form of sickness. If you notice an illness, treat it immediately, and notify your doctor's office of any major sickness or change in your health.

#### **E. Prepare and plan:**

Schedule any time off from work and any household assistance you may require in the days after surgery, such as housekeeping, babysitting, shopping, and driving. Make sure a responsible adult is verified to drive you to and from surgery and that someone is confirmed to be accessible around the clock for at least a day or 24 hours straight following surgery.

#### **F. Just Relax**

Refrain from overworking your body or mind. Stress and worry over everyday occurrences, as well as your impending operation, can impact you. While some nervousness is normal, any major stress or anguish about the prospect of surgery should be discussed with the office. Your doctor and team are available to help you and answer any questions you may have. And they want you to make your selection with complete confidence and faith in the process.

#### **G. Pre-operative Testing;**

This is the time to make sure you have scheduled ALL of the pre-operative tests and clearance you have been given-you don't want anxiousness at this time, as it might endanger the surgery or post-surgical procedure.



## Post-surgery Bra

You will be given your surgical clothes at the time of surgery, so there is no need to go shopping for a post-surgery bra—that is included in the charge. However, if you decide to buy more clothing on your own, bear the following in mind:

The bra must have a front closure, if possible.

No underwires, please.

Wide, well-balanced shoulder straps and wide supportive band across the back and beneath the breasts.

Elastic cotton or other breathable unpadded fabric with good full-cup coverage and support.

### Stop takings these before the surgery;

Vitamin E.

Estrogen supplements.

Aspirin and Medications containing Aspirin.

Saint John's Wort.

Ibuprofen and anti-inflammatory agents.

Green tea or green tea extracts.

## Post-Op [A Week after]

Now that you've completed surgery. This is the moment to be alert, doing the following in the process: Now that you've completed surgery. This is the moment to be alert, doing the following in the process:

### Day One:

Breast augmentation surgery is often performed as an outpatient procedure under general anesthetic. The procedure usually takes between one and two hours. You will also spend one to two hours in recovery following surgery to ensure your comfort. Before you are discharged, ensure that any nausea is under control and that you are awake and attentive. You will not be permitted to drive; therefore, make sure, as previously said, that you have someone accountable to do it for you.

Your incisions will be covered with a dressing, and you will wear a post-operative bra following surgery. At that moment, your experienced doctor will also advise you on how to care for your wounds that day and in the coming weeks. And you must strictly adhere to these guidelines for optimum healing and scar reduction. Most patients will be prescribed narcotic pain medication to assist them in getting through the first few days.

In essence, your only responsibility on this first day is to rest. Although it may appear that surgery was 'done to you,' your body became an active participant when an incision was created for your breast augmentation. It instantly went to work to assist you in healing from the procedure. So, take it easy and let your body do its job.

## First Week:

By this point, your body is hard at work, repairing what needs to be repaired—healing surgical wounds and keeping foreign matter from entering your body. Please utilize this week to relax and eat healthily so your body can recuperate. Take at least a few days off from work to unwind at home. Avoid all hard exercise and heavy lifting. You will not be taken off guard or tempted to overdo it if you educate yourself on what to anticipate following surgery and prepare ahead of time.

The surgeon makes incisions in the skin and muscle during breast augmentation surgery. This will be painful, especially in the first several days. You may also discover that certain actions, like pushing and tugging with your arms, aggravate the discomfort.

You will also be given a substantial dose of medicine for the first three to five days. Do not be startled or scared to utilize medicine as advised by your surgeon to keep ahead of your pain rather than allowing it to build up.

Allow your body to recuperate for the first week by utilizing pain medication and avoiding lifting, pressing, or tugging.

In addition, your breast will appear bloated and tight. This usually worsens for the first two to three days following surgery, then stabilizes and begins to improve during the first and second weeks. By two months, the majority of the edema will have subsided. During the first week, you may also feel a squeezing sensation or hear a squeaking sound from your breasts. This is very normal. And it's because the body absorbs a little quantity of fluid around the implant during the first week.

When you experience less pain, your doctor will most likely prescribe an over-the-counter pain reliever such as Motrin.

## Post Augmentation

### Post Augmentation [First Month and beyond]

You should begin to feel more like yourself by the end of the first week. Your surgeon will likely release you to drive and return to work soon.

However, suppose the job is physically demanding and requires heavy lifting. In that case, you may require more time before returning to your regular workload. You may be tempted to push it, but remember that it is best to be cautious to avoid problems and allow your body to heal properly.

During this period, avoid wearing any bras with underwires. Wear the soft underwear recommended by your surgeon. You don't want to do anything that would impede healing. Tight, ill-fitting, and underwire bras can all contribute to this.

Your surgeon will inform you when it is safe to begin low-impact activity at the end of the month. In the weeks that follow, you should be able to gradually return to your usual schedule.

## Post Augmentation

### Post Augmentation [First Year and beyond]

By the end of the first month, the swelling has subsided—you can see how swiftly the healing process is progressing at this stage. In addition, the incisions should be healed.

However, some edema will stay for several months. As a result, it is prudent to postpone purchasing new bras or swimsuits until three months after the operation. Bras may be pricey, and you want to avoid investing in something that will fit the same way in a few months.

Furthermore, scars will continue to evolve throughout the following year and a half. In fact, you may notice that your scars appear worse before they improve. Scars might take at least 12 to 18 months to take on their final look. Follow your surgeon's incision and scar care program at this stage to minimize their appearance and get the greatest outcomes.

It is also crucial to understand that it may take many months for your new breasts to feel like your breasts. They may seem strange and alien at first, but they will gradually become a part of your body image with time. The year following surgery is a time of healing and transformation for your new breasts. It is critical to prepare oneself ahead of time for what to expect during the transition year. Equally vital is a plastic surgeon you can call if things aren't going as planned.

## Lifestyle

Breast augmentation can have a significant influence on your quality of life. To get the best outcomes, breast augmentation patients should make several lifestyle modifications in the next weeks and months—some of which have already been mentioned. Still, we don't want to be repetitive.

Nonetheless, these modifications will hasten healing, lower the chance of problems, and simplify surgery recovery.

### Here are the simple lifestyle changes to make:

A. Sleep in a reclining position for at least a week:

The first significant lifestyle change after breast surgery is the way you sleep. As previously stated, in breast surgery, people frequently feel swelling and pain around their incision sites. As a result, by sleeping in an upright or reclining position, patients can lessen swelling and the length of time edema occurs.

Most ladies can sleep totally flat on their backs after a week. Avoid sleeping on your side and your abdomen for eight weeks.

### B. Avoid standing water:

Bathing or swimming in pools, seas, or hot tubs is one worry that might create difficulties after breast surgery recovery. Standing water submerges the incisions, perhaps causing infections or other difficulties during recovery.

Baths and swimming should be avoided for at least eight weeks. This is partly healed. Wounds can still become infected if exposed to standing water. Showers are crucial for patients who should avoid immersing their breasts in water. Patients must shower the day after their operation, and it is vital to cleanse the incision site daily with soap and water. This aids in infection prevention.

### **C. Avoid chores or straining activities:**

When we talk about physically demanding activities, we mean things that are done. You should avoid physically strenuous activities for at least eight weeks after a breast augmentation. Strenuous activities might put an unnecessary strain on the incision sites. Incisions may heal more slowly as a result, increasing the risk of problems.

It takes time to recover following surgical treatment. You are expected to give your body time to heal as a patient. Light exercises such as walking are encouraged as soon as the patient feels ready. And, to aid with housework or other physical responsibilities, we recommend that patients have a friend or a family member or hire some help. Some hospitals include recovery rooms where patients can get professional treatment while recovering. These solutions are great for patients who do not have access to this type of help in their community.

### **D. Maintain healthy habits:**

Some of these have already been discussed. However, these are the lifestyle adjustments you must adopt to heal quickly and with little or no incision scars.

#### **Quit smoking:**

Smoking is one of the most dangerous things you can do as a patient right now. Nicotine—whether derived from cigarettes or other sources—significantly lowers blood flow. This is risky during healing for a variety of reasons. Smoking can raise your chances of;

- i. Stroke.
- ii. Blood clots.
- iii. Tissue necrosis.
- iv. Heart attack.
- v. Capsular Contracture (hardening of the capsule)

Patients must refrain from smoking for at least two weeks to be safe. Smoking is extremely dangerous both before and after surgery. Given the length of time, patients must abstain from nicotine.

#### **Don't drink Alcohol:**

Because Alcohol thins the blood, it increases the chance of problems following surgery. For at least a week, patients should abstain from Alcohol and any other blood thinners.

Before you restart drinking Alcohol or using any blood-thinning drugs, consult with a board-certified plastic surgeon. This will eliminate the possibility of difficulties with post-surgical plan drugs.

#### **Take lots of water:**

Keeping hydrated might help you recover faster. You should drink more water than normal when healing from breast surgery. It would help if you aimed to drink at least 64 ounces of water daily. Drinks containing electrolytes, such as electrolyte-rich sports drinks, might contribute toward that total. During recovery, patients should also reduce their intake of dehydrating liquids such as caffeinated tea, coffee, and soda.

#### **► Avoid buying underwire bras for a couple of months:**

You may be eager to fill up your new outfit after breast augmentation. However, there are certain factors to consider.

The first thing to note is that it will take several months for your breasts to take on their ultimate form. And buying new clothes before then may cause you to return those things in a couple of weeks.

The second thing to remember is that you cannot wear an underwire bra for several weeks or months after your surgery since the wire will irritate the incisions. This is particularly true for women who have inframammary incisions.

Once your physician has cleared you to wear underwire bras, it will be time to stock your new wardrobe. Most people experience this after two to six months of having their breasts augmented.



► **Avoid direct sunlight on your incisions for at least eight weeks:**

Keep your incisions away from direct sunlight to help the healing process. Sunlight can hasten to heal and make scars more evident. All you need to do for the best outcomes is keep your incisions away from direct sunlight for at least six weeks.

**Cross-fit, is it necessary?**

CrossFit requires great fitness, approaching athletic level. This training emphasizes a range of motion, strength, and automation. Please remember that breast implants may impair one's capacity to participate in CrossFit exercises. You can, however, continue CrossFit as long as you consult with your plastic surgeon about the best form, size, and location of your breast implants.

You should inform your doctor if you are active CrossFit or other intense fitness regimen participants so that they may advise you on the best course of action for your breast augmentation. Remember that you must minimize or stop exercising completely throughout the healing period. Added Lifestyle changes you might have after Breast Augmentation.

**Some lifestyle changes:**

**A. Having better self-confidence:**

Yes, getting acclimated to new breasts may take some time. Still, most individuals begin to perceive themselves in a more favorable perspective following the process. This boosts confidence and makes some women more outgoing and comfortable in social situations. As a result, an opportunity for good life improvements is created.

**B. It opens up a whole new range of clothing:**

Finding clothes that fit both their bust and waist is one of the most difficult challenges for most women. As a result, many women who have had breast augmentation surgery find it much simpler to shop for the sort of apparel they want, new flattering attire. There is also the possibility of developing a new style to complement their new figure.

**C. Exercise:**

Women with sub-pectoral implants or implants under the muscle should avoid workouts resulting in strong muscular tension, such as planking, for eight weeks after surgery. It is also critical to realize that breast augmentation surgery is not a panacea for people who are unhappy or psychologically unwell. Before therapy, qualified surgeons analyze patients to see if they are appropriate for surgery.

## Post-Augmentation Care

Now that you've completed surgery. This is the moment to be alert, doing the following in the process: Now that you've completed surgery. This is the moment to be alert, doing the following in the process:

### After the surgery, you will have to:

- ▶ Gauze bandage over the incision (surgical cut). This bandage will be kept in place by your bra or transparent tape.
- ▶ Your doctor would prescribe you pain relievers and antibiotics.
- ▶ If you are traveling by automobile, lay a cushion or cloth between the seat belt, and you've worked or rebuilt breast. The skin above your rebuilt breast is frequently thin and easily scratched. If not treated properly, this might lead to infection and complaints from many people.

### What you need to do at home:

- ▶ Follow your plastic surgeon's post-operative care instructions.
- ▶ Your doctor will implant sutures or stitches beneath your skin that you cannot see to produce a natural fold under the breast. They will disintegrate on their own and will not require removal. These sutures can be uncomfortable and generate a pinching or tugging feeling. Take your pain medicine if you are in pain.

### For the first 48 hours or 2 days after your surgery;

- ▶ You may have a slight fever. Your temperature could skyrocket to 101-degree Fahrenheit or 38.3 degrees Celsius.
- ▶ The skin around your reconstructed breast may become pink or red.

These aren't symptoms of an illness. They are symptoms of your body adapting to the implant. Contact your doctor if the redness or fever does not improve after 48 hours or if the temperature exceeds 38 degrees Celsius.

### Things you will need to do in the shower;

- ▶ Do not shower or wet your bandage for the first 48 hours after surgery.
- ▶ Do talk to your doctor about showering with your JP drain in place.
- ▶ Avoid baths, hot tubs, swimming pools, and the ocean, as explained previously, for at least six months after surgery.
- ▶ Before using deodorant, lotion, or cream anywhere near your incision, consult with your doctor or nurse.

### Kinds of clothing to wear when caring for yourself;

- ▶ Do not wear a bra that has an underwire

### Medications for your care;

- ▶ Your doctor would be the one to give you the necessary medication to treat your pain as needed.
- ▶ Your doctor would also be the one to give you the right antibiotic to avoid all types of infection. Do take the antibiotic as it is prescribed by your doctor.

## **Do not perform the strenuous activity of any type;**

Breast augmentation does not imply that you are a vegetable who should not do anything that causes the body to function or create heat. No. But we really mean that you should avoid intense exercise that might interfere with the healing process. And here are some tough activities you should avoid:

- ▶ Don't do any exercise that will tighten your chest muscles. Talk to your doctor or nurse if you have any questions about this.
- ▶ Do not lift any object heavier than five pounds for at least six weeks.
- ▶ Check with your doctor or nurse before starting heavy exercises, such as running, jogging, or lifting heavy weights.

And when exercising, please, you will need to remember to wear your soft and supportive bra. Now, the minute you have any of the following, call your doctor or nurse;

Trouble taking deep breaths or breathing generally.

There's drainage oozing out from the incision.

You have shaking chills.

The fever has gotten so high that you cannot contain it.

Redness, warmth, or increased pain or swelling in your breast area.

## **Concerns**

### **Your chest feels quite tight:**

As stated multiple times throughout this book. It is normal to have edema following surgery. And around the 3-5-day mark, your breast tissue will begin to repair and grow comfortable with the implants that have been implanted, perhaps intensifying the sense of pressure on your chest. Normally, you will have soreness following breast augmentation surgery for the first few weeks. However, stiffness can last for up to a month. The bulk of the swelling will occur within the first three weeks of the breast augmentation operation, but mild swelling will most likely last for three months.

However, suppose the swelling is substantial, and your breasts are warm or engorged. In that case, you should call your surgeon immediately because these are classic indicators of bleeding and infection.

### **Your breasts must have time to 'drop and fluff' throughout the recuperation period.**

This is a word used to describe how the breasts eventually fall into place, and the scars vanish at this stage. This usually happens for around three to six months.

Your breasts are likely to seem very high on the chest at first, and you will notice differences in how they appear. One breast may look somewhat larger than the other, or one may sag lower than the other. Please don't be frightened, thinking your surgeon performed a botched operation on you; instead, it only implies your breasts require extra time to recover.

As a result, you'll need to allow your breasts some time to acclimate to the new implants. Asymmetry may emerge post-operatively when edema heals, and one breast recovers faster than the other.

Your breasts will begin to take shape and exhibit their ultimate results in about three to six months. You must consult your doctor if your breasts still appear different, hard to touch, or unnatural after this period. Breast augmentation revision may be possible if you are still dissatisfied with the outcomes after 12 months.

## **Shooting pains are being felt around out nipples:**

As your muscular tissues recover, you may experience unusual feelings and soreness around your chest and nipple area. Other typical symptoms may arise in the chest, and you may have back discomfort during the first several weeks.

Spasms in the chest muscles are common in the first three to four weeks following surgery as the pectoral muscles adjust to the implant.

While aches may persist for up to six months following breast augmentation surgery, they should eventually fade. However, if the pain persists at high rates for an extended time, making you uncomfortable and causing you to sleep less. Then you should contact your surgeon.

## **Do you feel bloated in any way?**

It is normal to have some anxiety following your operation, stomach discomfort, and nausea. The body may also react differently to pain medications and anesthesia. Most of the time, the discomfort is caused by a lack of physical activity during the first few days of recovery, which produces lethargy and bloating.

This sense of constipation should only persist a few days after the first shock of the procedure to the body. So, drinking enough water and taking basic measures with your medicine might assist in alleviating this sensation. Short walks, for example, might assist with stomach troubles if you have limited exercise options.

If the discomfort lingers longer than it should, you should speak with your surgeon about your concerns. There may be remedies accessible, even if they are as simple as changing the way you eat or your entire diet. These can be discussed with your doctor at your next appointment.

## **Stay in touch with your surgeon.**

Because everyone recovers differently after breast augmentation surgery, you may not even notice these symptoms. Nonetheless, it is critical to maintain contact with your doctor so that they can monitor your development over time. As a result, if you experience any issues following the go to your

To begin with, it is natural for tastes to shift throughout the course of a lifetime. However, one of the greatest methods to ensure that your implants survive for a long time is to choose a size and form that you feel comfortable with for ten to twenty years.

## **That being said, here are some strategies to keep your boobs going for a long time”:**

- ▶ Follow all of the postoperative instructions- never miss one of them.
- ▶ Choose your surgeon carefully-as have been hammered in this guide, make sure he or she is qualified to do the job.

***When having a Breast Augmentation, you may want to consider a full “Mommy Makeover”: ask Dr. Azad about this procedure during your consultation.***

## Post Augmentation Tenure

### How long are the implants supposed to last?

Although breast implants are not uncommon in terms of expiration, they are not guaranteed to last a lifetime. The usual saline implant will likely survive ten years, whereas the gummy bear implants are likely to survive twenty years.

Nonetheless, many are removed earlier than expected because of problems, aesthetic concerns, or people just changing their minds. Within the first eight to ten years up to 20% of patients have their implants replaced.

### Now here are signs to remove go to your doctor and remove those implants:

1. You notice hardening: Few of us get capsular contracture, rigid scar tissue around one or both implants. This can also result in breast tightness, discomfort, soreness, and aberrant aesthetic changes. Hardening of the breast may occur more than once in some circumstances. Discuss with your doctor at your next appointment

2.]Leakage or what we call Saline rupture: A saline breast implant ruptures due to a rip or hole in its shell deflating like a balloon. Your implant's saline will seep out and be absorbed by your body. This leak might happen all at once or gradually over a few days. The deflation may only be apparent once the salines have leaked out. The damaged breast may lose size and contour and appear significantly different from your other breast. Breast implant ruptures are uncommon in the first few years, although the risk rises with time.

### 3. Silicone rupture or silent rupture:

Silicone implants can rupture, but it is rare with gummy bear implants. Silicone gel is much thicker than saline. When a silicone implant ruptures, the gel frequently remains within the implant or the surrounding scar tissue.

As a result, burst silicone implants frequently go unreported. As a result, silicone ruptures are often referred to as quiet ruptures.

### Most people do not suffer any symptoms. However, when symptoms do exist, they are as follows:

- ▶ Hard knots
- ▶ Decreased breast size
- ▶ Tingling
- ▶ Changes in sensation
- ▶ Burning
- ▶ Pain or tenderness
- ▶ An uneven appearance of the breasts
- ▶ Numbness

Although the amount of silicone rupture is unclear, it is thought to be between 2% and 12%, however, this statistic is less with gummy bear implants.

### 4. Rippling and palpability:

Rippling happens when the implant wrinkles or ripples. The capacity to feel these waves when you touch your breast is called palpability. These alterations can sometimes be detected through the skin.

If you notice or suspect wrinkling in your implant, you should consider replacing or removing it.

### 5. Change in position:

Breast implants will not keep your breasts from drooping as you get older. Gravity will still take its toll, one way or another. Breasts can expand and sag as a result of weight increase and decrease.

You may also notice that one of your breasts hangs lower than the other or that your nipples point differently than they did previously.

## Conclusion

Breast augmentation is a very popular cosmetic process, and based on current trends, it can be predicted that its use will continue to rise. More than 34% of American women are unsatisfied with their breast size or shape and are interested in breast augmentation. Incisions such as the peri-areolar and inframammary are routinely utilized nowadays. And with the FDA's approval of silicone gel breast implants in November 2006, it has been demonstrated that silicone gel breast implants have grown in popularity since that time, particularly in the United States, where its usage has progressively acquired acceptability. As a result, there are more options for breast augmentation because cohesive molded silicone gel implants and all other forms of implants are legal in most states.

However, as this guide has constantly stressed, it is critical to select a licensed plastic surgeon. Check if your surgeon is a member of the American Society of Plastic Surgeons (ASPS). In addition, they must have expertise and professional training in the sort of surgery you want, operate in authorized medical facilities, follow a strong code of ethics, and adhere to medical education criteria, which include patient safety standards and advances.

For whatever reason you are considering a breast augmentation, we hope this guide provided some insight in your decision-making process. You are making the choice for you, and our goal is to provide the desired results with the understanding of the process.

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