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## **BREAST AUGMENTATION EXPERIENCE**

### **What happens during breast augmentation surgery?**

Incisions are made in inconspicuous areas to minimize visible scarring and vary based on the type of breast implant, degree of enlargement desired, your particular anatomy and preference.

Incision types include:

**Periareolar** - an incision made at the edge of the nipple.

**Inframammary** - an incision made at the fold below the breast.

**Transaxillary** - an incision made in the underarm area

### **Implant placement:**

After the incision is made, a breast implant is inserted into a pocket either:

A. Under the pectoral muscle (a **submuscular placement**), or

B. Directly behind the breast tissue, over the pectoral muscle (a **submammary/ subglandular placement**)

The method for inserting and positioning breast implants depends on the **type of implant**, degree of enlargement desired, and your body type.

Incisions are closed with layered sutures in the breast tissue and with sutures, skin adhesive or surgical tape to close the skin.

### **Types of Breast Implants**

**Saline breast implants** are filled with sterile salt water. Should the implant shell leak, a saline implant will collapse and the saline will be absorbed and naturally expelled by the body.

Saline breast implants provide a uniform shape, firmness and feel, and are FDA-approved for augmentation in women age 18 or older.

**Silicone breast implants** are filled with silicone gel. The gel feels a bit more like natural breast tissue. If the implant leaks, the gel may remain within the implant shell, or may escape into the breast implant pocket. A leaking implant filled with silicone gel will not collapse.

If you choose silicone implants, you may need to visit your plastic surgeon regularly to make sure the implants are functioning properly. An ultrasound or MRI screening can assess the condition of breast implants.

Silicone breast implants are FDA-approved for augmentation in women age 22 or older.

### **Gummy Bear Breast Implants:**

Form-stable implants are sometimes referred to as **gummy bear breast implants** because they maintain their shape even when the implant shell is broken. The consistency of the silicone gel inside the implant is thicker than traditional silicone gel implants. These implants are also firmer than traditional implants, but are thought to be less likely to break.

Gummy bear breast implants are shaped rather than round. They have more projection at the bottom and are tapered towards the top. They are shaped more like a natural breast. However, if a shaped implant rotates, it may lead to an unusual appearance of the breast.

### **Recovery:**

During your **breast augmentation recovery**, you will be taken into a recovery area to be closely monitored following surgery.

Your breasts will be wrapped in gauze dressings and an elastic bandage or support bra will minimize swelling and support the breasts as they heal.

You may be permitted to go home after a few hours.

Before leaving, you will be given specific instructions that may include how to care for your breasts following surgery, medications to apply or take orally to aid healing and reduce the risk of infection, and when to follow-up.

You may be instructed to wear a support bra around the clock for the first week or two. It will be important to cleanse the incision sites and apply ointment as directed. Be sure to follow all instructions carefully.

After a **post-surgical breast augmentation recovery period of 24 to 48 hours and an additional reduced-activity period of a few days**, you will likely experience soreness and swelling for a few weeks.

Over time the incision lines will fade.