



## Breast Augmentation San Francisco

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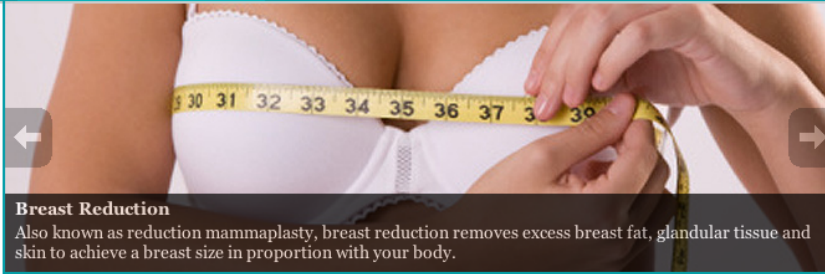
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### Breast Reduction

Also known as reduction mammoplasty, breast reduction removes excess breast fat, glandular tissue and skin to achieve a breast size in proportion with your body.

### An Interview with Dr. Carolyn Chang on Breast Augmentation

**Dr. Carolyn Chang, M.D. is a plastic surgeon certified by the American Board of Plastic Surgery. Here the Doctor has answered some of the common questions bizymoms visitors have about breast augmentation.**

#### **Q. What is breast augmentation?**

A. A breast augmentation is a surgical procedure designed to increase the size and/or fullness of the breasts. Currently, the most medically accepted way to achieve this is with the use of breast implants. There are many options available when contemplating a breast augmentation, and the perfect solution for each individual varies according to their personal preferences, goals, and anatomy. In general, however, breast augmentation can be performed with either a saline or silicone filled implants. These implants can be placed in a pocket that is formed immediately underneath the breast tissue or underneath the large muscle in the chest called the pectoralis major muscle. The incisions most commonly used are either under the fold of the breast, through the nipple and areola, or under the arm. Your plastic surgeon can best advise you as to the combination that best suits your goals and anatomy.

#### **Q. Who is a good candidate for breast augmentation?**

A. A good candidate for a breast augmentation is someone who desires an increase in her breast size and fullness. Her breasts should be fully developed and relatively stable in size. Her health should be good, as this is an elective surgical procedure, and her weight should be relatively stable. Psychological motivations for this surgery should be healthy, and aesthetic expectations should be realistic and achievable.

#### **Q. What type of anesthetic is used for breast augmentation surgery?**

A. In most cases breast augmentation is performed under a general anesthetic in an operating room. Breast augmentation can also be performed with local anesthetics strategically placed, in combination with IV sedatives. But in general, these techniques are less reliable in their effectiveness, and many patients are very uncomfortable during the procedure. As anesthesia has become more and more safe over the recent years, most surgeons prefer using a general anesthetic for this reason.

#### **Q. What are the risks associated with breast augmentation?**

A. The most common risks associated with breast augmentation include hardening of the scar tissue capsule that naturally forms around the breast implant. Correction of this phenomenon, called capsular contracture, may include the need for further surgery. Other specific risks include the potential for loss of nipple sensation or numbness in portions of the breast, and the loss of the ability to breast feed. General risks of any surgical procedure include the risk of post-operative bleeding, infection, the formation of blood clots, or anesthetic reactions.

#### **Q. What is the recovery time for breast augmentation?**

A. Recovery time varies from person to person. In general, however, the acute time of recovery is approximately one week. At this time, most people can resume work and normal daily activities without much difficulty. Full unrestricted activities and exercise can resume at approximately 3 weeks after surgery. Complete recovery is a gradual process that continues over several months, and the breasts will continue to "settle" and change slightly over the first 6 months. During this time period the changes are very gradual, and most people do not even notice that it is occurring.

#### **Q. What are the possible immediate post-operative effects in breast augmentation surgery?**

A. The most common things that my patients notice immediately after surgery include numbness of parts of the breast and nipple. This is generally temporary, and feeling usually resumes gradually. Swelling is also prominent at first, particularly in the upper parts of the breast if the muscle is lifted. The vast majority of this swelling resolves by the end of the first week. Initially patients will also feel some discomfort that may require pain medication during the acute time that they are recovering.

#### **Q. How much does breast augmentation cost?**

Prices vary tremendously according to the geographical location, a surgeon's skill and reputation, the specific procedure performed, and whether the procedure is performed in an office operating room or in a hospital. A good rule of thumb in plastic surgery is to realize that there is a certain "fixed cost" to any procedure, and so it is often true that you do "get what you pay for." In that sense, you should question any price that is significantly off the bell-curve for your community. In San Francisco, a breast augmentation usually runs between \$8000-\$10000. In this case, the procedure is most likely performed in the hospital with board-certified anesthesiologists. The implants are from reputable manufacturers based in the United States, and the surgeon is a board-certified plastic surgeon.