

LOVE YOUR LOOK

Breast Augmentation Should Be In Proportion to Body

Plastic surgery, specifically breast augmentation, can enhance your appearance and boost your self-confidence. There is no better time than now to explore this option. The procedure and recovery can be completed before your summer vacation, a time when women want to feel especially confident in swimsuits and lighter clothing.

Many women who consult with us want breasts that are more proportional with the rest of their bodies. They want to feel good about themselves and they want their bodies to reflect their healthy outlook on life.

Mothers who consult with us sometimes report that their breasts have lost volume since childbearing.

Studies show most women seeking breast augmentation are in their 30s and 40s, educated and coming from all income levels. They are informed and have given much thought to undergoing surgery. The vast majority said if they had to do it over again, they would.

Recent life-changing events prompted one of our patients to have breast augmentation.

"I saw the surgery as a new beginning, an investment in and a reward to myself for all I've been through and an affirmation for moving on with my life," the administrative assistant said.

Another patient, a mother of two, noted, "They've been a big boost for how I feel about myself."

It's important to be realistic about your expectations if you considering breast enhancement. You want proportionate, not exaggerated results. For a natural look you must take into account your physical build, the width of your chest wall, the amount of natural breast tissue and your overall figure.



**Put your best self forward:
Breast augmentation can enhance confidence.**

That's why you should talk to a board-certified plastic surgeon about your options.

Once you decide you want breast augmentation surgery, there are two choices for implants: silicone gel-filled or saline filled.

Silicone gel-filled implants are filled with silicone gel, a semi-solid. Saline-filled implants are filled with salt water, the same kind used in I.V. fluids. Each has its benefits, depending on your body and personal preferences.

Implant placement is another decision. Your breast shape and lifestyle may determine which implant position is best for you.

Just be sure you communicate your goals with your surgeon, and together you can make the right decision for you.



PLASTIC SURGERY
SERVICES OF
FREDERICKSBURG

Love Your Look is a column by Dr. Thomas Albert, Dr. Howard Heppe and Dr. Harold Bautista, the board-certified plastic surgeons of Plastic Surgery Services of Fredericksburg. For more information, please visit www.loveyourlook.info or call 1-800-793-7730. For a free consultation with one of our doctors, just mention this story.

Members



AMERICAN SOCIETY OF
PLASTIC SURGEONS