

# Breast Enhancement Surgery

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For a moment imagine two high school aged girls. The first develops a woman's physic very early, proud of her new matured look she pulls her shoulders back and develops a kind of strut. The second girl simultaneously never seems to develop like any of the girls around her becoming increasingly withdrawn skipping out on gym and other activities while developing a poor sense of body image. Implant surgeries are successful at evening out the breast appearance, filling out new contours and most importantly increasing self-confidence while improving body image.

Today it seems impossible to not concern oneself with appearance. We are bombarded with pretty faces and models with picturesque figures. The pressures put on today's women (and men) to appear perfect are enormous. It wasn't too long ago I remember reading about Hedi Montag undergoing not one or two surgeries but ten simultaneously.

Montag, recently, has gone back for revision plastic surgery to redo something done previously – her size F breast implants. Confessing to Brooke Anderson from Entertainment Tonight, "Sometimes when I'm sitting there my breasts hurt so bad, I just wanna like, rip them off." Over the years her large breasts have caused a number of serious health problems including a ruptured disc.

Montag advises other women considering larger breast to "really think about it" and "research it," admitting she put her personal security and sexuality in her breast size instead of her confidence.

Montag says, "They look great and sound fun but once you get them you've done damage to your skin, back and muscles." With her smaller D sized implants she feels great, she was never warned about the potential back problems and other repercussions of the large implants while her new doctor explained she should never have been allowed to get implants that big before. For this reason it is important to select your plastic surgeon carefully.

Find a surgeon who is a member of the American Society of Aesthetic Plastic Surgeons, like Dr. Roberta Gartside at New Image Plastic Surgery in Reston. Someone who is board certified and will work with you to create a plan to realize your cosmetic goals.

## Why Implants?

According to Dr. Gartside, breast implant surgery is a permanent way to enlarge the breasts along with increasing fullness and projection. While the surgery most people come to think of first is breast enlargement or augmentation, breast implants are also used to give women back a fullness or firmness to the breast following significant weight loss or after pregnancy. If you find that you are not satisfied with the size or projection of your breasts or would like to correct asymmetry then breast augmentation may be an option to consider.

## Choosing an Implant

When considering an implant do your research. Implants come in a variety of types, shapes, profiles, sizes and textures which can be tailored to your cosmetic desires. Implants now often come in two shapes: round and tear drop. Round implants are circular and able to shift slightly while not distorting the shape of the breast, while tear drop implants are thinner at the top and gently slope to a fuller projection, naturally mimicking the silhouette of a breast. Implants come in a variety of projections ranging from a moderate profile to a high profile referring to the level of forward projection

from the chest in relation to the base of the implant. Implant size is measured in volume, cubic centimeters (often referred to as cc's). While breast implant sizes do not correspond to traditional bra cup sizes choosing the right size implant in general is the most important decision in determining one's satisfaction. During your consultation your plastic surgeon should evaluate your existing breast tissue along with your cosmetic goals and work with you in determining the best implant to accommodate your desired size.

## What They Don't Do

While implants alter breast fullness and projection they will not correct severely droopy breasts. If you want your breasts to be lifted, to fix sagging, a breast lift may be required in conjunction with implants to achieve fuller and higher contours. Sometimes women are concerned about the additional scars from a breast lift, however, in some cases it is necessary to achieve the best results.

## The Procedure

Prior to breast augmentation, Dr. Gartside and her patient will discuss the placement of the incision, the implant and its placement. Depending on the anatomy of the patient, the surgeon's recommendation, and the patient's cosmetic goals incisions can be placed in the crease where the breast meets the chest, the armpit or the areola. Dr. Gartside will work through the incision sight to create a pocket for the implant either behind the breast tissue or behind the pectoral (chest) muscles. Placement of the incision and implant is important because it determines the appearance of scars, the risks of capsular contracture, and affects the associated recovery times.

For additional information see Dr. Gartside's webpage [www.gartside.com/breast-surgery](http://www.gartside.com/breast-surgery)

## Considering Augmentation

Carefully consider the procedure. You must decide for yourself if this is right for you. Seeing a plastic surgeon can help you get the information needed. One should not consider these procedures to fulfill someone else's desires or in an effort to fit an ideal image that does not reflect who you are as a person.

At New Image Plastic Surgery, Dr. Gartside will thoroughly review your medical history, discuss your goals, and based on your physical examination give you a personalized recommendation on the type of surgery and implants that are best suited for you.

More information can be found at the websites of the American Society of Aesthetic Plastic Surgeons ([www.surgery.org](http://www.surgery.org)) and American Society of Plastic Surgery ([www.plasticsurgery.org](http://www.plasticsurgery.org)).

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