

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The Facts About Breast Implant Surgery**

**By Jenna Keys**

>From a very early age, women are subjected to ideals regarding the size and shape of their breasts. Modern media - glossy magazines and movies – tell us how big and what shape they should be. Many women consider and eventually have breast implants in order to conform to these opinions but while there are advantages to having this done there are still some concerns and many questions that need answering.

Not all cosmetic surgery is carried out on women who simply want bigger breasts. Many face psychological problems because the size or shape of each breast is different. Breast cancer sufferers consider breast-rebuilding treatment to try and get their lives back on track.

Gone are the days where the only surgical procedure available for women was breast enlargements. There are numerous surgical procedures for various areas of the body although the breasts remain a firm favourite for women. You can now have breast augmentation, breast reconstruction, breast implants, a breast lift and a breast reduction.

You should always consider every view and get the full facts before you consider any surgery, least of all cosmetic surgery.

For most forms of breast implants a small incision of approximately 1.5 inches is made in the fold under the breast, around the areola or in the underarm. For saline implants, a pocket is then created and the implant inserted. Once inserted the implant is then inflated with the saline solution.

More information about the surgery.

The procedure itself usually takes between an hour and two hours and dressing and bandaging is worn for the proceeding 24 to 48 hours. After this a support bra is worn for around 3 weeks although patients can normally be up and moving within 24 hours of the operation. It is advised that strenuous activity and heavy lifting should be avoided for about a month after surgery.

You will suffer bruising and swelling around the breasts that should disappear with time, and also a firmness in the breasts that will disappear with time. You will more than likely feel a little discomfort for

## The Facts About Breast Implant Surgery

several days following the procedure; if this discomfort continues you should consult the clinic where you underwent the operation.

What are the possible side effects of breast implant surgery?

Current research shows no heightened risk of systemic disease or breast cancer in patients, however, as with all surgery there are risks attached. Unfavourable scarring may occur leaving nasty marks around the incision area or around the implant. Infection may occur as with any surgery. Bleeding, excessive firmness, rippling, deflation, asymmetry and a change in nipple sensation may also be encountered but breast augmentation has the highest satisfaction rate of any cosmetic surgery.

What implants are used?

Currently, in the United States, saline implants are used for breast augmentation; these are a silicone rubber shell filled with saline (salt water) during surgery. They are available in a wide choice of shapes and sizes. If a patient has significant problems and saline implants would not be the best solution then gel implants may also be used.

The advantage of saline implants is that if you are one of the unlucky 1% of people whose implants deflate, the body absorbs the salt-water solution and the implant deflates at a rate that means the body can cope with the amount of salt water being absorbed.

How much will breast augmentation cost?

Obviously this will differ dependant on exactly what procedure you want, the incision type you require and where you have the procedure done. It is obviously not advised to plump for the cheapest option as this may lead to using an inefficient surgeon and complications with the procedure. As a very rough guide you can expect to pay between \$4000 and \$10000 for breast augmentation. There are probably cheaper and more expensive options available, but I wouldn't advise either. The price you pay also takes into account the availability of plastic surgeons in that area and the qualifications and expertise of the potential surgeon.

If you are certain you want breast implants but feel that the price is a little too high for your budget, you will be pleased to hear that many surgeons will offer credit agreements to spread the cost over time.

You should always be very careful when picking a clinic or surgeon. Make sure they are professionally certified and be aware that this is a prime example of you get what you pay for; the price you pay is usually indicative of the qualifications, experience and expertise of your surgeon.

Do not be afraid to ask your surgeon for testimonials from satisfied clients; any professional worth his salt will be able to supply them and will be only too pleased to do so.

At the end of the day, you must have confidence in your surgeon. And the only way to achieve that, is to do your research.

©2005 Jenna Keys

Jenna Keys is Editor of

<http://www.change-your-breasts.biz>

, an online resource for breast surgery information.

### **Basics Of Breast Augmentation**

**By Stephen Kreutzer**

Breast augmentation is one of the most sought after plastic surgery procedures. Women of all ages, sizes and walks of life get breast augmentation. For some women the choice is a matter of looking better, for others it may be a way to aid recovery after breast cancer. Whatever the reason it is still surgery. Surgery should always be taken seriously and before undergoing this surgical procedure a women should know as much as they can about it.

Breast augmentation is surgery to enhance or change the size or shape of the breast. Women seeking this procedure are cautioned to understand that it will not solve problems they may be having in their life. Unrealistic expectations regarding breast augmentation can lead a woman to regretting her decision. What breast augmentation can do is help the way you see and feel about yourself.

There was once a lot of media attention directed towards breast implants. Silicone implants were found to be susceptible to leakage which could cause health problems. Today the only approved implants are saline implants. Saline is a natural product already found in the body and leakage, if any, is not threatening. Other concerns, however, are still present with saline as with silicone.

There are always risk with surgery. General risks can range from infection to anesthesia problems. Complications that are specific to breast augmentation include, loss of sensation, problems being able to breastfeed in the future, and hardening of the implant. The most common complications are breast pain and numbness. The most serious complication that can occur are toxic shock syndrome, implants breaking the skin and skin dying.

The long term look at breast augmentation shows that many patients will have a need for at least one additional surgery within 10 years. There have not been studies to indicate how long an implant will last, but it is proven that they can break.

Breast augmentation is an expensive procedure. Most insurance companies do not cover this surgery. It is very important to understand why you want the surgery, what results can be achieved and what long term effects can occur. Reversing the surgery means extra pain and money.

Stephen Kreutzer is a freelance publisher based in Cupertino, California. He publishes articles and

reports in various ezines and provides breast augmentation resources on Breast Augmentation Facts!

<http://www.breastaugmentationfacts.info>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**