



# Your Personal Guide to Breast Augmentation



## When contemplating a **breast augmentation**, you should know:

This is an important decision and a substantial procedure. Have you always considered increasing the size of your breasts, but you didn't know how to go about it?

*That's why we're here.*

We made this guide to inform you about everything you should know about breast augmentation: How To Choose a Plastic Surgeon, Breast Implant Sizes and Types, Breast Incision Placement, Risks, Recovery and more.

*We're here to guide you through this life-changing journey.*



Luna Plastic Surgery & Medical Spa | (678) 892-7820



# Who are we?

[Dr. Patricia Yugueros](#) earned her medical degree in Cali, Colombia. She completed her General Surgery residency as well as her Plastic and Reconstructive surgery training at the prestigious Mayo Clinic in Rochester, Minnesota. Dr. Yugueros specializes in Abdominoplasty, Breast Augmentation, Mastopexy, Liposuction, Breast Reduction and Reconstruction, Buttock Augmentation, Facelift, and Blepharoplasty. She is currently the Chief of Plastic Surgery at EJCH and has been for the past five years.

Dr. Yugueros is a Diplomate of the American Board of Plastic Surgery and a member of many local and national scientific societies, including the American Society of Plastic Surgeons. Dr. Yugueros has presented her academic work in several national and international venues and has written extensively and contributed to many journal articles and book chapters in the field of plastic surgery as well as hand and microvascular reconstructive surgery. Dr Yugueros has also been the recipient of prestigious awards by the American College of Surgeons and the Plastic Surgery Educational Foundation (PSEF) from the American Society of Plastic Surgeons.

*We want to ensure the best education and support for all people interested in plastic surgery, whether you become a patient of ours or not.*

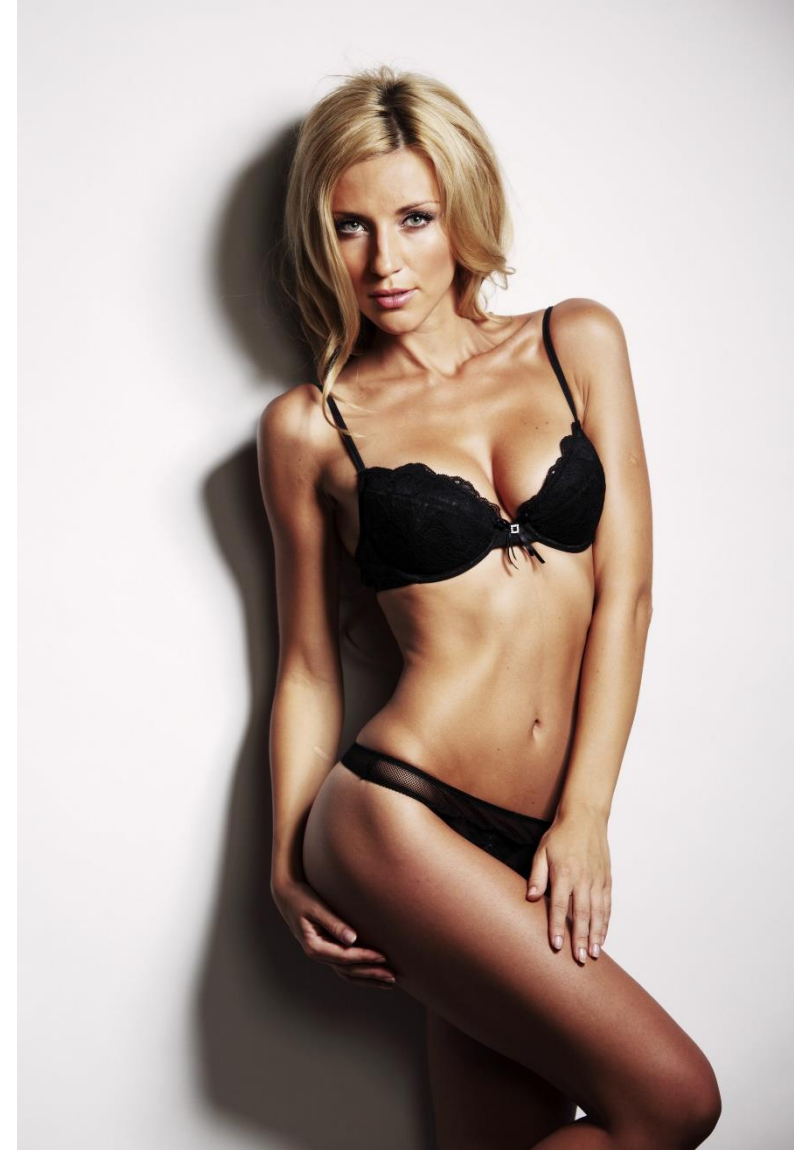
# What is breast augmentation?

Would you like to enhance the size, contour, and the feel of your breasts? Then [breast augmentation](#) with breast implants might be right for you. As you age and especially after weight loss, pregnancy, and breastfeeding, breasts can lose volume and skin can sag. Many women say their smaller, sagging breasts make them feeling older, less confident, and less attractive. The good news is that breast augmentation can help restore your breasts, boost your confidence, and help give you a more youthful outlook!

Dr. Yugueros is adept at using saline or silicone implants to:

- Increase your breast size
- Tighten your skin and increase the firmness of your breasts
- Correct uneven, deformed, or sagging breasts
- Add breast volume lost from aging, weight loss, breastfeeding, and pregnancy
- Reconstruct breasts after mastectomy to restore a normal appearance
- Reconstructing breasts after unsatisfactory breast augmentation

When necessary, Dr. Yugueros can combine breast augmentation with breast lift to restore severely sagging breasts.







# How to Choose Your Plastic Surgeon

The best thing you can do for yourself and your breasts is **selecting the right plastic surgeon** for the procedure. Don't feel rushed or pressured to decide without being well-informed; instead, take your time. Before a consultation, do your own research on the surgeon's training and experience. With the proper information, you can feel comforted and confident in the midst of the process and procedure.

## What to **research and verify** about your surgeon:

- Plastic surgery specialty
- Plastic surgery board-certification
- Years of experience and training
- Hospital privileges
- Surgical facility/office and accreditation by a national or state agency

# Plastic Surgery Certification

There are several ways to identify a qualified plastic surgeon. You can ask for referrals from friends or family members who've had breast augmentations. You can try to find plastic surgeons in your area, and on their website, you can read testimonials from their past patients.

You can also contact either of the following **highly respected professional organizations**:

- The American Society of Plastic Surgeons (ASPS)
- American College of Surgeons



AMERICAN SOCIETY OF  
PLASTIC SURGEONS®



[www.lunaplasticsurgery.com](http://www.lunaplasticsurgery.com)

Luna Plastic Surgery & Medical Spa | (678) 892-7820



# Questions for Your Plastic Surgeon

Asking questions during your initial consultation will help you better **understand the procedure** in order for you feel more confident about the process. Your surgeon should listen to your concerns and answer your questions in a patient, respectful manner.

After researching your plastic surgeon, the following questions will clarify more specific issues you may be concerned about. You should **assess your surgeon's** response as a representation of his or her bedside manner and determine how comfortable you feel with him or her.

- How do I choose the right breast implant size?
- Do breast implants lift slightly sagging breasts?
- Can I have breast implants under local anesthesia?
- Can I have breast implants if I'm planning to have kids in the future?
- Can I breast feed if I have breast implants?
- What is the best shape of implants to achieve more natural looking breasts?
- Do silicone implants harden over time?
- Do breast implants need to be replaced over time?
- How long is the downtime for breast augmentation surgery?
- Between silicone and saline, which breast implant is safer?
- What are the risks of breast implants?





# The Breast Augmentation Procedure

Your consultation for breast augmentation will include discussion about your expectations and desires. Dr. Yugueros also will address your concerns about the procedure, including its limits and risks. After examining you, she will tell you about the different types and shapes of breast implants and recommend the breast implant that will provide the best results for you.

Both saline and silicone implants are proven safe and offer outstanding results.



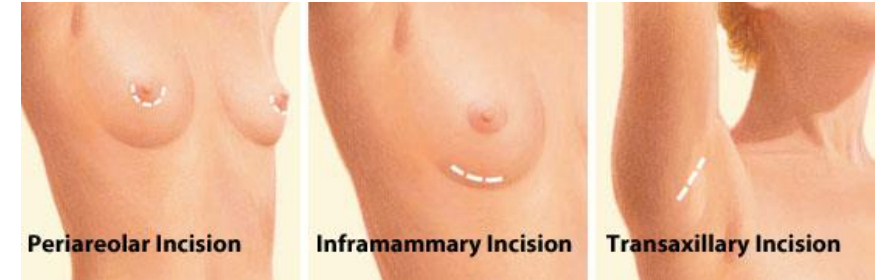
# Breast Augmentation Surgery

## Step 1: Anesthesia

Breast augmentation is performed as an outpatient procedure in the hospital with general anesthesia. Breast augmentation typically lasts 2 hours or less.

## Step 2: Incisions

The location of the incisions depends on your anatomy, goals, and the type of implant you choose. Dr. Yugueros will make every effort to ensure that your incisions are as small as possible. The three most common placements are:



\*Image provided by ASPS

- **Periareolar** (under the nipple) – scar blends well, but it is difficult to place certain types of implants, and there is a higher risk of difficulty breast-feeding
- **Inframammary** (bottom of breast) – space for implant can be seen clearly, scar will be easily concealed, and there is a lower risk of difficulty breast feeding
- **Transaxillary** (crease of armpit) – no scar on breast, but there is the risk of injury to vital nerves and vessels in the arm, and larger implants cannot be placed

# Breast Augmentation Surgery

## Step 3: Placement of the Implant

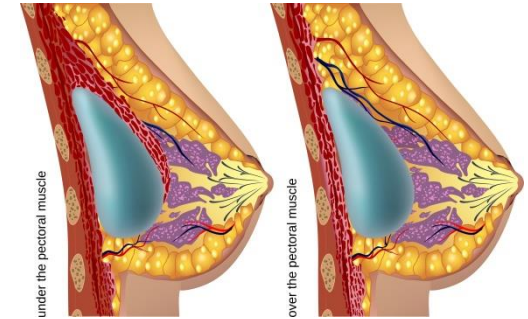
The placement can be either submuscular (partially under the pectoralis muscle) or subglandular (over the muscle and under the breast tissue). Our goal is to maintain the longevity of your implants and to avert deformities that cannot be corrected, which include visible implant edges and rippling.

### SUBGLANDULAR

- Not recommended for thin tissues
- More visible and palpable implants
- Higher risk of capsular contracture
- More difficult mammograms

### SUBMUSCULAR

- Appropriate for thin tissues
- Less visible and palpable implants
- Lower risk of capsular contracture
- Less difficult mammograms



## Step 4: Following the Procedure

Immediately after surgery, small pieces of tape are placed over the incisions. Following your procedure, a supportive bra without an underwire can be worn. Swelling will subside within one month, and the breasts will adhere to their final shape and size within six months. You should not work for three to four days, depending on your job. After surgery, light physical activity, like walking, is permitted and encouraged. However, more strenuous activities such as heavy lifting or running should wait six weeks.



# Breast Augmentation Recovery

You will be given thorough written instructions to prepare for and recover from your breast augmentation surgery. The instructions will include ways to prevent infection and when to follow up with Dr. Yugueros. Most patients can go home within a few hours after the procedure. Dr. Yugueros will apply dressings to the incision areas and wrap your breasts in bandages.

After surgery, you may feel sore for several days. You will be given a prescription for pain medications to manage any discomfort. Bruising is usually minimal, but swelling can last for several weeks. For this reason, you will not be able to see the final results of your breast augmentation for a few weeks. You will, however, see an immediate difference in the appearance of your breasts!

You should be able to return to work within a week after your surgery. As you are healing, you will need to wear a support bra without underwire and limit strenuous activities for six weeks. You should sleep only on your back and avoid lifting anything heavy or exercising vigorously for about a month. Regular examinations and routine mammograms can help ensure that any complications are detected and treated early.

You may notice some swelling, tightness and numbness, but these are all expected and temporary. If you notice sudden swelling in specifically one of your breasts, severe pain, redness, drainage or a fever, please contact the office immediately. View our [Recovery Timeline](#) next.

# Recovery Timeline

## 1<sup>st</sup> Week

- You are allowed to shower the day after surgery.
- Light activity, including walking, is permitted and encouraged immediately following surgery.
- You may be able to return to work 3-4 days after surgery, depending on the nature of your job.
- You should not lift, pull or push anything that causes pain and limit strenuous activity for 2 weeks.
- You will need to set up an appointment with your surgeon to check on your recovery process.

## 2<sup>nd</sup> and 3<sup>rd</sup> Weeks

- You should not lift more than 15 pounds or do any strenuous activities for 6 weeks.
- Most swelling will resolve within 1 month.

## Long-term

- Return to your surgeon's office for follow-ups at the recommended times and if you notice any abnormal changes in your breasts.
- Contact your plastic surgeon with any questions or concerns.





# Potential Risks

Every surgery comes with specific benefits as well as risks. Below are several of the potential risks of breast augmentation surgery:

- **Rupture** – A breast implant may rupture at any time after surgery, but this is more likely to happen after 10 years. MRI screening is recommended by the FDA for silicone implants at 3 years after your initial surgery and every 2 years thereafter in order to check for a silent rupture. If a rupture is found, removal with or without replacement is recommended.
- **Capsular contracture** – Capsular contracture is the tightening of the scar tissue around an implant. This may result in firmness or hardness of the breast as well as pain. Additional surgery may be required if these symptoms are severe.
- **Infection** – Most infections occur within several days following the procedure, but they are still possible at any time. If an infection requires removal, replacement may not be feasible until 3 months later.
- **Hematoma/Seroma** – A hematoma is a collection of blood in the area surrounding the implant. A seroma is a pocket of clear fluid that can develop in the body after surgery. Both can result in an infection or capsular contracture. While small collections may resolve on their own, larger amounts of fluid or blood require additional surgery and scars.
- **Mammography** – Breast implants make mammography more difficult. Although techniques have been developed to move your implants during a mammography, complete visualization of the breast tissue is not possible. You should alert your mammography center that you have breast implants, and you should continue to perform monthly self-examination of your breasts.

# Before & After



Here are a few real images of Luna Plastic Surgery's past patients, so you can see the satisfactory results of breast augmentations done by Dr. Patricia Yugueros. Before and after photographs serve as a helpful tool that enables you to visualize the end product of the procedure. If you are interested in viewing more and maybe finding something similar to your desired breasts, please see our [Breast Augmentation Photo Gallery](#).





# Helpful Resources

To help you begin this journey with personal research on surgery and recovery, please visit the websites listed below. These valuable resources will help you connect with the plastic surgery community, so you can find more information and ask more questions.

- American Society of Plastic Surgeons (ASPS)

<http://www.plasticsurgery.org/>

- RealSelf

<http://www.realslf.com/>

- Luna Plastic Surgery Breast Implants 101

<http://www.lunaplasticsurgery.com/breast-implants-101>

- American Society of Aesthetic Plastic Surgery

<http://www.surgery.org/>