

Am I A Good Candidate for Breast Augmentation?

— Choosing the Right Patient. Achieving the Best Results. —

Breast augmentation is one of the most satisfying procedures in plastic surgery. The key is making sure it's the right operation, for the right reasons, at the right time.



YOU'RE PROBABLY A GREAT CANDIDATE IF YOU...

- ✓ Are in good overall physical health 
- ✓ Have fully developed breasts 
- ✓ Are bothered by naturally small breasts or loss of volume after pregnancy or weight loss 
- ✓ Have realistic expectations about what surgery can accomplish 
- ✓ Understand that breast implants are not lifetime devices 
- ✓ Are emotionally ready for elective cosmetic surgery 
- ✓ Are looking for improvement—not perfection 

 The happiest patients are those who choose surgery for themselves.

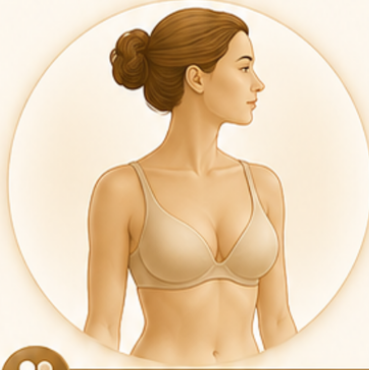


AGE MATTERS

FDA age recommendations for cosmetic breast augmentation:

18+ SALINE IMPLANTS
18 years and older

22+ SILICONE GEL IMPLANTS
22 years and older



EXPECTATIONS MATTER

BREAST AUGMENTATION CAN:

- ✓ Increase breast volume
- ✓ Improve self-esteem
- ✓ Restore volume lost after pregnancy or weight loss
- ✓ Improve overall body proportions
- ✓ Provide confidence for many years

BREAST AUGMENTATION CANNOT:

- ✗ Correct health problems
- ✗ Stop the aging process
- ✗ Prevent gravity
- ✗ Prevent future changes in your pregnancy and/or fluctuations



GOOD HEALTH IS IMPORTANT

Certain medical conditions may increase risk or require evaluation before surgery, including:



Heart or lung disease



Diabetes (poorly controlled)



Autoimmune disease



Active infections



Bleeding disorders



Immune suppression



Severe obesity

Many conditions can still be safely managed with proper care.



SMOKING & NICOTINE

Smoking, vaping, and all nicotine products reduce blood flow and increase the risk of complications and poor healing.

Quit well before surgery and remain nicotine-free during healing.



PREGNANCY & BREASTFEEDING

Wait until completing childbearing and/or breastfeeding.

If pregnancy is planned in the near future, consider postponing surgery.



WEIGHT STABILITY

Major weight changes affect breast size.

If you are actively losing weight or planning bariatric surgery, wait until your weight is stable for the most predictable results.



ATHLETIC PATIENTS

Highly active women may benefit from implants placed above the muscle to minimize animation deformity and preserve muscle function.



VERY THIN PATIENTS

Less natural tissue may increase the risk of:

- Visible implant edges
- Rippling
- Implant palpability

These factors influence implant choice and surgical approach.



NEED A BREAST LIFT?

Larger implants do not "lift" sagging breasts.

A breast lift—often with implants—may be the best way to achieve a higher, more youthful shape.



WHEN I RECOMMEND WAITING

Sometimes the best advice is not to operate—at least not yet. I may recommend postponing surgery if:



You are pregnant or breastfeeding



Your weight is changing significantly



You are actively using nicotine



An untreated medical condition increases your surgical risk



Your expectations are unlikely to be achieved with surgery



I believe another procedure would better accomplish your goals



THE TAKE-HOME MESSAGE

The best candidates are healthy women with realistic expectations who understand both the benefits and the limitations—and who are best suited with breast implants.



Every patient is unique.



Your anatomy, lifestyle, goals, and surgery plans all matter.



We will design a plan that is right for you.



The goal isn't just better—your care is breast augmentation—it's a better YOU at the right time.