

Your Breast Augmentation Consultation

8 STEPS TO YOUR PERSONALIZED PLAN

A comprehensive, individualized process to help you achieve the safest, most natural, and longest-lasting results.

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YOUR GOALS

We start with a conversation to understand exactly what you'd like to achieve and help set a plan.

- More volume
- Restore lost fullness
- Improve proportions
- Feel better in clothing
- Increase confidence



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MEDICAL HISTORY

We review your medical history to ensure surgery can be performed safely.

- Previous surgeries
- Medications & allergies
- Smoking / nicotine use
- Pregnancy & breastfeeding
- Family history of breast conditions



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BREAST EXAMINATION & MEASUREMENTS

I evaluate your unique anatomy to determine what will look beautiful and natural on you.

- Breast width & volume
- Skin quality & elasticity
- Nipple position & symmetry
- Chest wall shape
- Inframammary fold position
- Existing breast tissue



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IMPLANT SELECTION

We discuss all the implant options to find the right choice for your body and your goals.

- Manufacturer
- Size & profile
- Shape
- Gel or saline
- Smooth or textured
- Implant placement
- Incision choice



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DIGITAL IMAGING

We use advanced imaging to visualize potential results so you feel confident in your plan.

- Help set realistic expectations
- Compare different options
- Adjusting size and position



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TRY-ON SIZERS

You'll try on implant sizes to see how different sizes will look and feel on your body in your own clothing.

- See how different sizes look & feel together
- Evaluate confidence in your choice
- Often try preferred sizes



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INSPIRATION PHOTOS

Bring photos you love (or like). They help us understand your aesthetic and your goals.

- Look for similar body types, weight, and light conditions
- Inspiration, not duplication
- Helps guide the plan that's right for you



8



YOUR CUSTOMIZED SURGICAL PLAN

Your plan is all together to make it safe, effective, and uniquely yours.

- Good candidate?
- Recommended size & profile
- Best implant for your anatomy
- Choice of incision & location
- Implant placement
- Safety & risk management
- Recovery plan
- Realistic timeline & results



A PLAN DESIGNED JUST FOR YOU

For results that look natural, align with your goals, and last years.



QUESTIONS MATTER

Ask anything big or small. The more informed you are, the more confident you'll feel.



PLANNING IS EVERYTHING

Careful planning leads to a safe, smooth experience—one you can enjoy today, and results you'll love for years.



A PARTNERSHIP

This is a collaboration. You have a partnership between you and your surgeon.