

# THE ULTIMATE GUIDE TO **BREAST AUGMENTATION**

(Augmentation Mammoplasty)



  
DR. BRYAN  
MCINTOSH  
*Refining Natural Beauty*

# THE ULTIMATE GUIDE TO **BREAST AUGMENTATION**

**Has pregnancy, breast feeding, or age caused your breasts to deflate?  
Are you uncomfortable about the size or shape of your breasts?**

Being concerned or self-conscious about attributes of your physical appearance is completely normal. But why leave it at that? Why be one of the hundreds of thousands of women each year that choose to continue living with body image issues, low self-esteem, and self-conscious thoughts?

Advancements in medicine and medical technology have provided access to treatment options to address these types of issues, providing that self-confidence we need to allow our inner beauty to shine through. Cosmetic surgery is a safe, affordable, and effective way to enhance aspects of your body that detract from your self-image and self-confidence.

By choosing a highly trained, board certified plastic surgeon like Dr. Bryan McIntosh, you can be assured that you've made the right decision to have a breast augmentation procedure, and achieve a renewed self-confidence because of your attractive new figure.

# Preparing for Plastic Surgery

Plastic surgery spans a wide range of procedures, including: breast augmentation (augmentation mammoplasty), tummy tuck (abdominoplasty), dermabrasion, reconstructive procedures, and many more. According to the American Society of Plastic Surgeons, of the 1.7 million cosmetic surgical procedures performed in 2016, the top 6 were:

1. Breast Augmentation (290,467 procedures—up 4% from 2015)
2. Liposuction (235,237 procedures—up 6% from 2015)
3. Nose Reshaping (223,018 procedures—up 2% from 2015)
4. Eyelid Surgery (209,020 procedures—up 2% from 2015)
5. Facelift (131,106 procedures—up 4% from 2015)
6. Tummy Tuck (127,633 procedures—no change from 2015)

## **CHOOSE THE RIGHT SURGEON**

We believe that choosing the right surgeon is one of the most important factors in your decision to have a breast augmentation surgery. Because it is legal for any licensed physician to offer cosmetic services, a doctor calling themselves a “Cosmetic Surgeon” could be an ENT (Ear, Nose, and Throat) Surgeon, a Dermatologist, a General Surgeon, an Ophthalmologist, a General Practitioner, or an actual Plastic Surgeon. However, in order for a physician to be a “Plastic Surgeon”, they must complete an approved Residency training program specifically in Plastic Surgery. And only a highly-trained and very experienced Plastic Surgeon can become Board Certified by the American Board of Plastic Surgery.

Of course, you should choose a surgeon that is highly-qualified, experienced, talented, and certified in plastic surgery by the American Board of Plastic Surgery. But you should also choose a surgeon who is patient, understanding, able to communicate well, and someone with whom you connect. You need to feel comfortable asking your surgeon a lot of questions, so you can assess whether or not they will be a good fit for you and your needs.

### *Questions You Should Definitely Ask:*

- ✓ Are they a highly-trained plastic surgeon, or merely a “cosmetic surgeon”—a doctor from another field of medicine offering cosmetic procedures? What kind of training have they received? What schools did they attend and graduate from? And what post medical school residencies and fellowships did they complete? (They should have completed a residency or fellowship specifically in Plastic Surgery. You don’t want someone whose only training was a brief, several week course in cosmetic procedures.)
- ✓ Does your surgeon have enough of the right kind of experience performing the type of surgery you desire? How many of these procedures have they performed? (It’s best if your surgeon has performed a lot of these types of procedures over the course of several years.)
- ✓ Are they Board Certified? (It’s best to find a Plastic Surgeon that has been certified by the American Board of Plastic Surgery, as Dr. McIntosh has been.)

### **UNDERSTAND THE RISKS**

Is your plastic surgeon suggesting that your procedure will be risk-free? This should be viewed as a huge red flag, because real professionals know that there is never a risk-free surgical procedure. Every surgery presents some level of risk to the patient, so it’s important to know exactly what these are for you.

During your consultation with Dr. McIntosh, he will be open and honest about the possible risks of a breast augmentation, or any other procedure that may be discussed. In order to fully assess whether a procedure would be a good fit for you, it is vitally important that you fully disclose all of your current health conditions, whether or not you think they are important or would be relevant. Chronic headaches, STD’s, heart disease, or even something as small as a residual chest cold could make the difference between safely performing a procedure next week, having to wait, or not being a candidate at all.

Health conditions, medications, herbal medicines, and even herbal supplements can all affect you while under anesthesia, during surgery, or during your recovery. Full disclosure will allow Dr. McIntosh to minimize the risks associated with a breast augmentation, and keep you safe and healthy while helping you achieve your goals.

## **VERIFY YOUR INSURANCE COVERAGE**

Generally, cosmetic procedures such as breast augmentation are not typically covered by insurance. So it is very likely that the surgery will not be covered by your insurance company. This means that you should plan to pay for the entirety of the procedure out of your own pocket, or through special financing.

While there are certain procedures that may be covered by insurance, this typically only applies if they are deemed medically necessary by your insurance provider. Examples of this might include an eyelid lift (blepharoplasty) to improve impaired vision, or a nose job (rhinoplasty) to repair a deviated septum. It is rare that breast implants would be considered medically necessary by an insurance company.

If you feel that your cosmetic surgery may be able to qualify for insurance coverage, call your individual insurance carrier to discuss the possibility of filing a claim or obtaining prior approval. We'd be happy to write a letter to your insurance company to assist you in obtaining pre-authorization for a procedure as well.

## **UNDERSTAND YOUR PROCEDURE**

It is important that you have a clear understanding of all that your desired surgical procedure entails. A thorough knowledge of the procedure itself, how to prepare, what to expect during recovery, and a realistic expectation of the results and what to expect in the years to come is the best way to ensure your overall satisfaction.

Tell your surgeon what your goals are, and how you think the specific surgery you're requesting will fulfill them. While many things can be modified and improved by plastic surgery, there may be some limitations to what can actually be achieved. You should not go into any surgery with unrealistic expectations of the outcome. Having an open and honest discussion with your plastic surgeon about this will ensure that you are not disappointed with the results of your procedure, but instead are thrilled and inspired!

## **KNOW THE COSTS**

The cost of plastic surgery varies greatly. Not including anesthesia, elective cosmetic procedures can range in cost anywhere from \$500 to \$10,000 or more. These costs will vary according to the type of surgery being performed, what type of sedation or anesthesia is needed, and whether or not an overnight stay is required.

Because plastic surgeons understand that the costs of surgery can be high, and that some patients may not be able to afford to pay the full amount that's required at the time of surgery, most offices, ours included, have partnered with lenders who

specialize in providing healthcare financing options that accept payment plans. We don't want financial burden to hinder you from achieving the look that you've been longing for and dreaming about for years.

## **HAVE REALISTIC EXPECTATIONS**

Of course, making the choice to have plastic surgery should not be one that is entered into lightly or too quickly. The decision to have your body and physical appearance permanently altered through surgery is a serious one, and you should have realistic expectations of what cosmetic surgical procedures are able to achieve for you in helping you attain your desired appearance.

Becoming educated about the procedures that you desire, and having honest and open conversations with a trusted plastic surgeon will help move you closer to achieving your individual goals.

# Understanding the Breast Augmentation Procedure

In 2013 alone, over 23,000 breast augmentations were performed. Breast augmentation has been one of the highest ranking cosmetic procedures for decades, and has only continued to increase in popularity. Each year, more and more women are receiving breast rejuvenating procedures and loving them!

Breast augmentation is a surgical procedure to improve the size, shape, and contour of a woman's breasts. Sometimes referred to as a “breast aug” or “boob job” by patients, involves using breast implants or fat transfer to increase the size, or improve the shape and contour of a woman's breasts. This procedure can also restore breast volume lost after weight reduction or pregnancy, to achieve a more rounded breast shape or improve natural breast size asymmetry.

The procedure involves placing implants of either saline or silicone gel behind the breast tissue or under the muscle of the chest wall. This is usually done through an incision in the fold of the underside of the breast, around the areola, or along the side of the breast near the armpits.

Breast augmentation procedures are best for women who wish to have larger breasts for cosmetic purposes, or for women whose weight loss, age, or previous pregnancies have affected the size and shape of their breasts. Decreased volume of breast tissue may be restored by breast implants.

## *What breast augmentation surgery can do:*

- ✓ Increase fullness and projection of your breasts.
- ✓ Improve balance of breast and hip contours.
- ✓ Enhance your self-image and self-confidence!

Breast implants may also be used for breast reconstruction after mastectomy or injury.

## *What breast augmentation surgery can't do:*

Breast augmentation does not correct severely drooping breasts. A breast lift may be required along with a breast augmentation for sagging breasts to look fuller and lifted.

Breast lifting can often be done at the same time as your augmentation, or may require a separate operation. Your plastic surgeon will assist you in making this decision.



## WHO IS A GOOD CANDIDATE FOR BREAST AUGMENTATION?

Because women's breasts can continue to grow naturally throughout their late teens and early twenties, the American Association of Plastic Surgery has placed guidelines upon the ages of patients allowed to receive such procedures. Women should be over age 18 for a saline breast implant, and over age 22 for a silicone breast implant.

The best candidates are women in good health who want to improve the appearance of their breasts by increasing the size, while adding lift and firmness. Breast augmentation is often paired with a breast lift (a procedure in which sutures are used to lift up sagging breast tissue).

## Preparation for a Breast Augmentation

The first thing you need to do is find an excellent plastic surgeon who is trustworthy, board certified, experienced in breast augmentation procedures, and someone with whom you feel comfortable. During your consultation, it is important that you ask questions and understand the answers that you are given. Having a candid discussion with your plastic surgeon about your personal goals and desires for your appearance following the procedure will help to ensure that you are pleased with the results.

### PREPARING YOUR BODY

*Before undergoing a breast augmentation procedure, you should:*

- ✓ Have a thorough knowledge of the procedure, including the length of recovery and possible complications.
- ✓ Quit smoking at least four weeks before your scheduled surgery. If you require nicotine patches or other assistance to help you stop smoking, inform your plastic surgeon. It is important that smoking is stopped completely, as the use of tobacco makes complications more likely, and it also tends to slow the healing process.
- ✓ Eat well. Do not participate in any major dieting or fasting before the surgery. Instead, regularly eat well-balanced and healthy meals. Fresh fruits, vegetables, and whole grains will help your body on the road to recovery.
- ✓ Tell your surgeon about any prescription medications, herbal medicines, or herbal supplements that you are taking. Your surgeon may instruct you to stop taking one or more of these of these medications for a span of time prior to and following your surgery.



- ✓ Have any blood tests done that your plastic surgeon recommends.
- ⊘ Do not take Aspirin, Ibuprofen, or similar drugs for at least 10 days prior to your surgery.
- ⊘ Do not eat or drink anything during the 8 hours before surgery.
- ⊘ Do not consume alcohol for at least 48 hours prior to surgery.

## PREPARING YOUR HOME

You'll also need to devote some time to preparing your home for your return after surgery. It will be some time before you're up and about, so preparation is key in ensuring a smooth recovery. You'll want to explain to your family members that you'll need to take it easy. If you have pets that require a lot of attention, you may want to board them for the first week following the procedure.

*Before your procedure, you'll want to get a few things ready:*

- ✓ Ice packs.
- ✓ Loose and comfortable clothing that may be put on and taken off easily. It may be painful to lift your arms, so button up or wrap clothing will be easiest to manage. Later in your recovery, you will need some very soft bras without underwires.
- ✓ Hand-held shower head.
- ✓ Over the counter pain medications recommended by your cosmetic surgeon.
- ✓ A comfortable place where you will be able to rest without disturbance from other family members or pets.
- ✓ You'll need a friend or family member to drive you home after your breast augmentation and stay with you overnight.

## ON THE DAY OF YOUR PROCEDURE

On the day of your breast augmentation surgery, plan to arrive at the office about 15 minutes before your scheduled appointment time. This will allow you to complete any paperwork that has yet to be finished. And any additional questions that you have regarding the procedure may be asked at this time as well.

*When you go in for your surgery, keep these things in mind:*

- ✓ Wear loose-fitting, comfortable clothing.
- ⊘ Do not wear contact lenses.
- ⊘ Do not wear jewelry.
- ⊘ Do not wear makeup.
- ⊘ Do not wear nail polish.

After you have been prepped for surgery, you will be given anesthesia to put you to sleep for the duration of the procedure. A normal breast augmentation procedure takes up to two hours. If a breast lift will be performed in conjunction with breast implants, surgery will take longer.

Once you're awake after the procedure, you will be monitored to ensure that you have no residual effects from the anesthesia, and to verify that there is no excess bleeding. You may have drainage tubes placed in the incision areas. In some situations, you may be kept overnight, but this is rare. If it becomes necessary for you to stay longer than originally anticipated, your surgeon will discuss this with you once you're awake.

Pain will be controlled with over-the-counter pain relievers unless your surgeon prescribes a stronger medication. Generally, the pain is minimal and easily controlled.

## **DURING YOUR RECOVERY**

There will be stitches and bandaging that you will need to take care of when you get home. Your surgeon will provide you with specific instructions on how to care for the bandages in the days following the surgery, and it is important that you follow them closely in order to prevent infection or excessive bleeding.

Your plastic surgeon will provide guidelines for you regarding physical activity, including recommendations for how to sit and sleep without additional discomfort. Showers should be taken using a handheld shower head, and it is important to avoid getting your bandages wet.

Swelling and bruising around the incision area is normal. Numbness around the incision is also a common occurrence and may continue for several months or more after the breast augmentation is complete. Residual tiredness is also to be expected during the recovery. Soreness will usually continue for up to two months, and there may be tenderness for some time.

You will be advised to strictly limit your physical activity for up to 6 weeks following the breast augmentation procedure. Because of this, it may be necessary that you take up to a couple of weeks off from work after the surgery to ensure a full recovery. Heavy objects should not be lifted for at least two weeks, and you should keep from wearing restrictive clothing.

## **POSSIBLE COMPLICATIONS**

As with any surgery, there is a possibility of complications. Although these are rare, some complications that may occur are:

- Infection.
- Bleeding around the implant.
- Development of blood clots.
- Excessive bleeding.
- Excessive scarring.

If any abnormal bleeding or drainage occurs, you should call your plastic surgeon immediately. Those who have other health conditions, such as poor circulation, diabetes, autoimmune diseases, heart, liver, or lung diseases are more likely to experience complications than average, healthy individuals.

Scarring is a normal part of surgery. If you experience insufficient healing, however, this can result in more significant scarring. In such situations, you may need to return to your surgeon to have the area repaired.

It is important for women to be careful that they do not have sudden trauma to their breasts, as this could damage or break the saline or silicone implants. Your surgeon will explain the signs of breast implant damage, so that you are able to identify any problems in the slight chance that they would occur. For instance, breast pain or sudden changes of the shape and contour of the breast are indications that a rupture has occurred in the saline or silicone implant.

Women who suspect their implant has ruptured should contact a physician immediately to have this treated. Regular mammograms and other routine screenings will help to catch any ruptures that are 'slow leaks'. A slow leak refers to a rupture that is slowly leaking into the body but is not producing a change to the breast shape or causing any pain.

## ENJOYING YOUR NEW BODY

Breast augmentation is a very popular form of plastic surgery in the United States. It's not surprising, then, that nearly everyone who undergoes this procedure is thrilled with the results!

Women who have had breast implants should be aware that they will always have some amount of scarring where the incisions were made. These will fade over time, and using creams designed to minimize scar tissue will help them to fade more quickly. For several months following the procedure, however, try to protect the tender healing tissue from sun exposure.

## Personalized Consultation

**Welcome to the new and improved version of you!** Dr. McIntosh specializes in performing breast augmentation surgeries as well as many other procedures to help patients look and feel their best. He loves to help patients uncover new beauty and gain self-confidence. Our patients are consistently pleased with their results.

We would love to connect with you during one of our consultations to hear your concerns, and learn how you would like to rejuvenate your appearance. Our goal is to help eliminate any feelings of self-consciousness you may have about your physical appearance so you can be confident in your beautiful new body.

*Contact us to schedule a personalized consultation for Breast Augmentation:*

**(425) 357-7727**

[office@drbryanmcintosh.com](mailto:office@drbryanmcintosh.com)



Office of Dr. Bryan McIntosh  
12301 NE 10th Place, Suite 101  
Bellevue, WA 98005