Please note that this Quick Fact Sheet is NOT intended to replace a consultation with your surgeon. Rather, it is being offered to help educate you about the many choices and different options available to you as a patient.

Enjoy!
Welcome!

If you’re reading this it means that you’re starting your journey to a new you!

Over the past 30 years, millions of women around the world have enhanced their appearance through breast augmentation.

This Quick Fact Sheet is focused on breast implants. As such, it is focused on providing background information on the various implants that are utilized and recommended by Dr. Brian Brzowski.

The decision to have breast augmentation surgery is an important one. This Quick Fact Sheet has been created to help you address the many questions our patients have regarding implant types, shapes, sizes and textures. Since the implant can have a dramatic impact on the overall result, it is important to understand the various options and choices available to you.

It is not, however, a general guide on breast augmentation. Please refer to our website for more information on breast procedures including, but not limited to:

- Breast Augmentation (Mammaplasty)
- Breast Lift (Mastopexy)
- Breast Reduction (Reduction Mammaplasty)

http://www.brzowski.com

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Overview

Breast Augmentation (breast enhancement) is the surgical placement of breast implants to achieve fullness, projection or improve symmetry.

The decision to have breast augmentation, when done for the right reasons, can lead to a dramatic impact on your outlook, self-confidence and quality of life.

Breast augmentation is a popular procedure in the United States and the world. According to the American Society of Plastic Surgeons (ASPS), breast augmentation was the most popular cosmetic surgery in the U.S. with more than 286,000 women getting the procedure in 2012.

Although other types have been used in the past, there are two primary types of breast implants in use today:

- **Saline** (solution-filled)
- **Silicone** (gel-filled)

New “form-stable” silicone implants are now available from leading manufacturers including Allergan, Mentor and Sientra. These implants have dramatically improved the “cohesion” of the silicone molecules, thereby reducing the risks of rupture and providing a consistent, natural feel.
History

The use of breast implants to augment the size of a woman's breasts dates back to the late nineteenth century.

In 1895, surgeon Vincenz Czerny implanted a patient’s adipose tissue (fat tissue) to repair breast asymmetry in a patient. In 1889, surgeon Robert Gersuny experimented with injected paraffin, with disastrous results. Starting in the early part of the twentieth century, surgeons used other materials as implant fillers including ivory, glass, rubber, wool and polyester to help achieve fuller, more desirable looking breasts, all with terrible results.

In 1961, in collaboration with the DOW Corning Corporation, two American surgeons, Dr’s. Thomas Cronin and Frank Gerow developed the first silicone-filled implant. This new implant was first implanted into a patient in 1963. Saline implants were introduced by French company Laboratoires Arion in 1964 and subsequently introduced to the market as a medical device for breast enhancement.

A few noteworthy dates:

- **1964** - Timmie Jean Lindsey becomes the first woman to receive silicone implants
- **January 1992** - FDA Commissioner, David Kessler, calls for a voluntary moratorium on the sale and implantation of silicone breast implants. The manufacturers agree. As a result, saline-filled implants take over the cosmetic breast augmentation marketplace.

- **November 2006** - The FDA approves Allergan and Mentor’s Premarket Approvals (PMAs) for silicone gel-filled breast implants. This was the first time that gel-filled silicone breast implants were available for augmentation since the moratorium was established in 1992.

- **March 2012** - the FDA approves Sientra, Inc’s PMA for a gel-filled silicone implant.

- **February 2013** - the FDA approves Allergan’s PMA for a gel-filled silicone implant that uses a more cohesive silicone gel compared to their previously approved implants.

- **June 2013** - The FDA approves Mentor’s PMA for a silicone gel-filled breast implant that uses a more cohesive silicone gel compared to their previously approved implants.
Implant Types

Saline, silicone, form stable silicone, cohesive gel, gummy bears... what are they and what is best for me?

More than ever, the breast augmentation patient has a broad array of implant options available to them. Let’s take a quick look at the various implant types...

Saline

Saline implants are constructed of an outer shell comprised of silicone rubber. A small valve is present that allows the surgeon to fill the implant once it has been implanted into the patient.

The valve is designed so that once the filling tube is withdrawn, the value seals the saline solution automatically. A small secondary sealing tip is inserted into the top of the valve to ensure a tight seal.

Costs. Saline implants are less expensive to manufacture and, therefore, are less expensive than silicone implants.

Feel. Saline implants offer a soft feel, but are not as “realistic” as silicone. Additionally, some patients say, saline implants feel heavier.
**Size** (Volume Options). Saline implants enable surgeons to easily make minor adjustments in size.

**Wrinkling.** For many patients, saline implants can reveal subtle wrinkles which can be seen and felt at the bottom of the breast or along the lower sides. This effect is normal and for most patients it’s not an issue.

**Ruptures.** Should a saline implant rupture, deflation can happen immediately or occur slowly over the span of several days. Because the implant fill material is sterile saline, the body will simply absorb the solution. This is also referred to as a "flat-tire."

**Silicone**

Silicone implants are constructed with an outer shell made of silicone rubber with "cohesive" gel-filled silicone as the filling material. Silicone implants are available in smooth or textured outer finishes (implant textures are discussed later on in this Quick Fact Sheet.

Modern silicone implants use a more solid "cohesive" gel that remains solid, even if punctured. This prevents liquid silicone from entering the body cavity in the case of a rupture.
A few facts about silicone implants:

**Cost.** Silicone implants are more expensive than saline, but generally are less expensive than form stable/shaped implants.

**Feel.** Silicone (cohesive gel) implants generally feel softer and more natural, compared to saline.

**Size (Volume).** Silicone implants, unlike saline, come pre-filled from the manufacturer. They are available in a broad range of sizes to accommodate different body types and preferred outcomes.

**Wrinkling.** Because of the different materials and construction used, some minor folding is possible, but is much less common than with saline. However, if a capsule formation develops, wrinkling can become much more visible.

**Ruptures.** Modern, cohesive-gel silicone implants are constructed differently than the older, liquid-filled silicone implants. The shell is thicker to reduce perforations and seepage and, if a rupture does occur, the filling material in a cohesive silicone gel-filled implant remains in place and does not liquify.
Form Stable (Highly Cohesive)

Also known as Gummy Bear Implants, form stable or highly cohesive gel-filled silicone implants are new to the U.S. market. These implants have been used in Europe, South America and Canada for many years. These implants consist of layered outer shell made of silicone rubber that is thicker than cohesive gel silicone.

The inside filler material has a firmer, more natural consistency than cohesive gel or saline implants. In fact, the consistency is very similar to a gummy bear, hence the name gummy bear implants!

Cost. These implants are the most expensive of the three primary implant types. It’s important to note that every patient is unique and, depending on your anatomy, amount of existing breast tissue, desired result, etc., Dr. Brzowski may or may not recommend a form stable or shaped implant.

Feel. Form stable implants use a highly-cohesive gel that offers a realistic, but firm feel.
**Size** (Volume). Several different sizes are available to meet a variety of needs. They typically range between 125 cc’s to 700 cc’s.

**Wrinkling.** Highly-cohesive, form stable implants have the least likelihood of wrinkling or rippling and make them a good choice for women who are extremely thin or who have very low breast gland volume.

**Ruptures.** Studies have shown that the risk of rupture has been greatly reduced with form stable implants due to the increased thickness and the texturing of the outer shell. Like cohesive gel-filled implants, in the case of rupture, the fill material remains in place.
Implant Shapes

In the past few years, shaped implants have been introduced by several leading manufacturers that have been approved by the FDA. These implants open up new realms of possibilities for certain patients. Round implants, however, remain the most commonly selected implant shape as they have a proven success record of success in achieving the desire shape and result for most women.

By virtue of the pull of gravity, all round implants will attempt to assume a more tear drop shape when the patient is upright. When lying flat, the implant will flatten and become more round in shape, similar to normal breast tissue.

The risk of developing a misshapen breast due to implant rotation is eliminated with the use of a round implant.

Women who are "long-chested", prefer a fuller upper part of their breasts or have lost significant tissue in that area are encouraged to use round implants.
In the past few years, several leading manufacturers have obtained FDA approval for shaped silicone filled implants. These implants open up new realms of possibilities for patients seeking a more natural slope and outcome.

Shaped implants are “tear drop” shaped to more closely resemble the natural slope of a woman’s breast (in the upright position). They are thinner at the top and fuller at the bottom utilizing a gentle transition as in a natural breast.

Shaped implants do present a potential for rotation that is not present with round implants and they generally offer much less volume correction in the upper part of the breast.

Profile

Within both round and shaped implant categories, there are several different profiles available. Each profile slightly alters the projection of the implant from the chest wall giving a slightly different look.

Profile depths vary slightly between the implant manufacturers, but they generally include low, moderate, high and ultra-high.
Implant Sizes

Selecting the right size implant is an important consideration. Many individual factors can influence the final result and not just the implant. For example, how much breast tissue you have and where the implant is placed will have a significant impact on the overall result.

A consultation with Dr. Brzowski can help you determine the ideal look and he will discuss with you what implant size (and shape) would be required to achieve the ideal result.

Breast implants are typically measured, and referred to, by cubic centimeters, or CCs. This is a measurement of liquid volume, similar to ounces. The larger the CC number, the larger the implant.

Dr. Brzowski will discuss with you the many different options and help you select an implant size that will yield the results you seek. Interestingly, many breasts are not perfectly symmetrical and, as such, implants of different sizes may be used to achieve a more symmetric final result.

Photo Galleries are an excellent way to help determine what post-operative look is most appealing.
Please take a moment to visit Dr. Brzowski’s Interactive Photo Gallery page where you can request Before & After photos that more closely resemble your body type and desired result.

http://www.brzowski.com/photo-gallery/

Example Personalized Photo Package
Textured Implants

Breast implants typically have two different outer finishes: 1) smooth and 2) textured.

Textured breast implants were designed to reduce the chance of a capsular contracture occurring and to prevent the implant from moving once implanted.

Shaped implants typically have a textured outer-sheath which helps ensure that they remain in place and do not rotate. Textured implants are designed to help the body’s tissue adhere to the implant and assist in the prevention of movement or rotation.
Implant Placement

There are two primary positions utilized for the placement of breast implants: A) Subglandular; and, B) Submuscular.

With a subglandular placement, the implant is placed between the breast tissue (mammary gland) and the pectoralis major muscle.

The most common placement is submuscular for several reasons: 1) it provides less interference with mammograms; 2) it’s less likely to develop visible wrinkling; and, 3) capsular contractures are less likely to develop.
Implant Manufacturers

The FDA has granted approval to market and sell cohesive gel-filled silicone breast implants in the United States.

ALLERGAN

sientra.

MENTOR®
About Dr. Brzowski

**Dr. Brian Brzowski** is a cosmetic plastic surgeon with a special interest in Breast Augmentation and problems resulting from pregnancy and weight loss.

He is Board Certified by the American Board of Plastic Surgery. He further distinguished himself with membership in the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery, an honor extended only to plastic surgeons that have attained the highest level of achievement in cosmetic surgical training, continuing education and clinical experience.

In addition, he has been named one of the Top Plastic Surgeons in the United States by a leading consumer group for several years running. Dr. Brzowski is a Fellow in the American College of Surgeons and practiced general surgery for 4 years before receiving specialty training in Plastic and Reconstructive Surgery.

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