

# COASTAL Lifestyle

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December-January 2014

MADE  
holidays

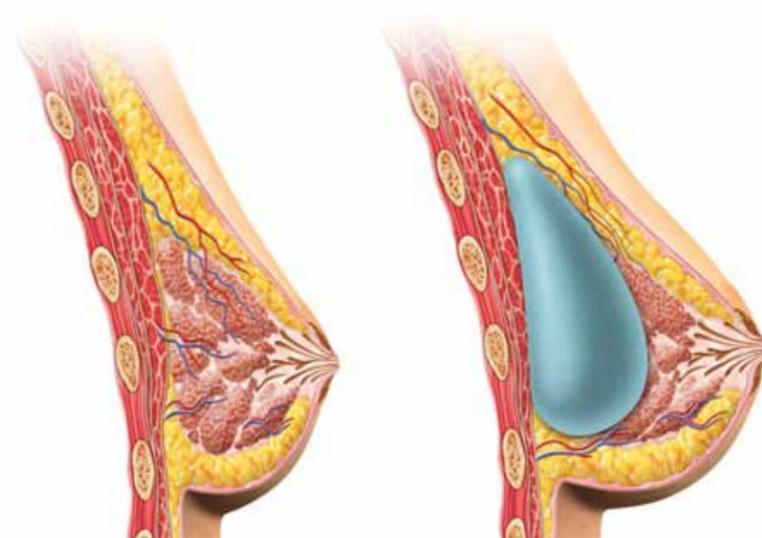


DISPLAY UNTIL February 16, 2015

# BREAST augmentation MYTHS

*There are a multitude of reasons a woman may decide to have breast augmentation surgery, but all reasons point to looking and feeling her best. Breast augmentation can create a sense of satisfaction with her looks by increasing the size or volume of her breasts, can serve to restore volume lost after childbirth and/or breast feeding, and achieve better symmetry if one breast is smaller than the other.*

At *Gulf Coast Plastic Surgery*, they understand that the selection of a plastic surgeon is an extremely important decision for any prospective patient. Dr. Peter Butler and Dr. Jocelyn Leveque of *Gulf Coast Plastic Surgery* are certified by the American Board of Plastic Surgery and are leaders in plastic surgery of the face, breast and body who believe communication, education and individualized patient care are the foundation for creating a strong and trusting patient-physician relationship. Their entire staff is absolutely committed to providing compassionate, personalized, individual attention before, during, and after surgery. They work together with you to deliver the best possible aesthetic outcomes in a setting that embodies the standards and lifestyle you seek. If you need more information, please visit [www.gulfcoastplasticsurgery.com](http://www.gulfcoastplasticsurgery.com). If you would like to schedule a consultation, contact us to discover the way to beautiful living.



Dr. Jocelyn Leveque



Dr. Peter Butler



## **Myth: All Breast Implants Look Fake**

One of the biggest decisions most breast augmentation patients make is that of size. At your consultation we will take as much time as you need to discuss the procedure, answer your questions and discuss the look you would like to achieve. We specialize in beautiful, natural looking results. At GCPS we offer state-of-the-art Vectra 3-D imaging software. The three-dimensional technology captures and highlights the individual physical features of each patient to create the most personalized image before and after surgery. Vectra 3-D imaging allows patients to “try on” different sizes and projections of breast implants, and with the viewing tool they are able to compare likely outcomes side by side. We find Vectra 3-D imaging an extremely helpful tool in guiding our patients through the entire process of choosing an implant size. Patients feel more confident in making the decision after we explore different size options, address any asymmetry issues, and make any adjustments beforehand. Vectra 3-D imaging is 97% accurate with pre-op size and post-op results.

## **Myth: Breast Augmentation means No Breastfeeding**

Breastfeeding with implants is a very real concern for many women. The good news is breast implants should not interfere with your ability to breastfeed. The ability to naturally breastfeed varies from woman to woman. Some women, who have never had breast surgery, are naturally unable to breastfeed. How a breast augmentation surgery is performed and the location of the incisions is a crucial factor in determining whether she may breast feed after breast implant surgery. Implants placed through infra-mammary fold (natural crease under the breasts) or trans axillary incisions are less likely to disrupt milk production and delivery. Surgeries using incisions around the areola (called periareolar incisions) are more likely to sever milk ducts, and affect important nerves responsible for triggering milk production. If you have any plans to breastfeed in the future please discuss this with Dr. Butler and Dr. Leveque.

## **Myth: Recovery is Very Painful**

Our goal for patients is to have them return to their normal lives as soon as possible following any procedure. Although some patients recover faster than others, it is not uncommon for patients to experience discomfort the first 48-72 hours. Pain medication is prescribed to minimize discomfort and soreness. Because of our careful and precise surgical technique, our patients experience minimal bruising and swelling. During recovery you will be fitted for a surgical compression bra to wear as you heal. Meticulous aftercare, such as wearing your surgical bra and following the surgeon’s guidelines, is necessary to reduce any risk of potential complications and ensure that the implants settle into a softer natural, more beautiful appearance. Many women are able to return to work after 4-5 days depending on their jobs. For the first four to six weeks following surgery, there will be some exercise and heavy lifting restrictions.

## **Myth: Breast Implants are Universal**

The fact is, no two women are exactly alike; therefore no two breast augmentation surgeries are exactly alike. Each woman’s surgery will be specialized to her body and her specific goals will be achieved through appropriately shaped and sized implants, implant material, and pocket location, among other options.

## **Myth: I Will Lose Breast or Nipple Sensation if I Get a Breast Augmentation**

If the breast augmentation is done via an incision in the breast fold, then nipple sensitivity should be unaffected.

## **Myth: Breast Implants Must Be Changed Every Ten Years**

There is no medical necessity for breast implants to be replaced every ten years. Breast implants should be replaced when there is a problem or the patient desires a change. In our Pensacola practice, most of our patients exchange their implants from saline to silicone breast implants or to go larger.

