

INSIDE tip

Before-and-after images are the best ways to gauge the aesthetic style of your plastic surgeon. If you feel the photos of cases that your surgeon shows you look too "plastic" for your taste, your best bet is to find another doctor.

THE #1 FACTOR TO TAKE INTO ACCOUNT

Any plastic surgeon will tell you that to get a natural look with breast implants the proportions of your body need to be considered. Your breast width determines how much projection you'll need and if you are better suited for a wide or narrow implant. "The type of implant we use for someone with a broad, wide frame is different than what we use for a thinner woman," says Dr. Cohen. "Using an implant that's too big for someone who is small will look cartoonish and disproportionate." Peoria, IL, plastic surgeon John Eric Lomax, MD, says that a more natural appearance will more accurately produce the breast symmetry and shape that's desired without surgical deformity.

CAN YOU AVOID A FAKE LOOK?

THE ULTIMATE GUIDE TO GETTING PERFECT BREASTS

01 **SHAPE** Implants come in round or teardrop shapes. Round implants create more cleavage and fullness. Teardrop or "form stable" implants are shaped like natural breasts and slope downward.

02 **PROJECTION/PROFILE** Projection is how far out from the chest the implants protrude. Minimal projection is best for wider chests; moderate projection suits narrow bodies; maximum projection gives the most fullness.

03 **TEXTURE** Kirkland, WA, plastic surgeon Sarah McMillan, MD, says textured implants are firmer than smooth ones, but don't move as much. Depending on patient preference, this may or may not be considered more natural.

04 **VOLUME** This is how full an implant is. "To achieve a natural look, you sometimes have to compromise on size. Too much volume can diminish the thickness of the tissue covering the implant, which is important for a natural-looking result," says Dr. Cohen.

05 **PLACEMENT** Implants can be placed over or under the muscle. "Going under the muscle hides the edges of the implant," says Dr. McMillan. Over the muscle can cause the implant to ripple and be seen if there's not enough breast tissue to cover it.



WRITTEN BY ELISE MINTON

WHEN IT COMES TO BREAST AUGMENTATIONS, MOST WOMEN WANT A NATURAL RESULT—AND GETTING IT REQUIRES GOING TO THE RIGHT DOCTOR AND KNOWING WHAT TO ASK FOR. "FOR SOME WOMEN, BREAST AUGMENTATION IS ABOUT GOING LARGER. BUT FOR MOST, THE SURGERY IS ABOUT ACHIEVING A FILLED OUT LOOK TO COUNTERACT THE DEFLATION THAT COMES WITH AGING AND CHILDBIRTH," SAYS BALTIMORE PLASTIC SURGEON MICHAEL D. COHEN, MD. "MOST WOMEN DON'T WANT TO LOOK LIKE THEY HAVE IMPLANTS. THEY WANT AN ATTRACTIVE SIZE AND PRETTY SHAPE AND POSITION TO THEIR BREASTS." IF YOU OPT FOR SURGERY, YOU CAN GET A NATURAL RESULT WITHOUT THE TELLTALE SIGNS OF A BREAST AUGMENTATION.

what the YOUNGER patient wants...more volume and bigger sized breasts

what the MORE MATURE patient wants... a more proportionate look that's filled out, not necessarily exceedingly larger

MORE >

10 DEAD GIVEAWAYS

THAT YOUR BREASTS ARE FAKE

SOME BREAST AUGMENTATIONS ARE SO GOOD THAT YOU CAN'T TELL THEY'RE NOT NATURAL—OTHERS ARE OBVIOUS FROM MILES AWAY. HERE ARE THE TOP GIVEAWAYS THAT WON'T HAVE YOU FOOLING ANYONE.

INSIDE tip

If your breasts look too "fake" after your surgery, Cherry Hill, NJ, plastic surgeon, Evan Sorokin, MD, says that modifying the implant pocket and changing to a different implant may be all that's needed. "Often I encourage patients to switch from saline to silicone then," he says.

Q&A ←

I've heard that saline makes the breasts look "fake" but I'm more comfortable with the fact that they're made of salt water. What's the best choice?

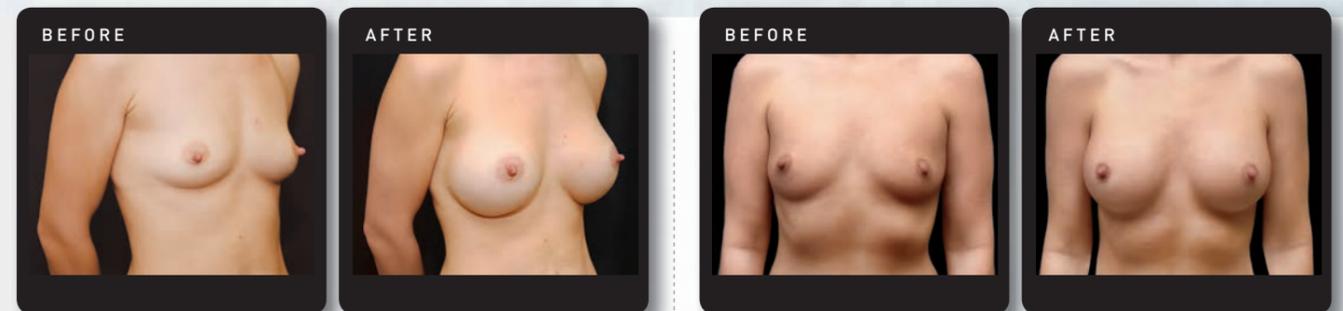
Both saline (which uses saltwater as the filling agent) and silicone implants (which make use of a cohesive gel) are good options, but it really comes down to your body type, the look you want and how much or little breast tissue you have. "For thinner women with almost no breast tissue, silicone gel implants are a better choice because they are less likely to cause visible rippling," says Dr. Swanson. "But, if you are naturally a B-cup or larger, it doesn't make much of a difference which type of implant you choose—it's personal preference at that point." Keep in mind that silicone, unlike saline, mimics the look and feel of natural breast fat—a lot of women say silicone looks and feels more like natural breasts.

MORE THAN
330,000
WOMEN HAD BREAST AUGMENTATION SURGERIES IN 2012

SOURCE: ASAPS



NATURAL-LOOKING BREASTS WITH SURGERY



Dr. Cohen performed breast augmentation on this woman, whose main concern was to look proportionate and natural, taking her from a B-cup to a D-cup by using 375-cc high-profile silicone gel implants.

This 36-year-old woman desired larger, but natural-looking, breasts. Raleigh, NC, plastic surgeon Cynthia Diehl, MD, created an incision in the crease of each breast and placed gel breast implants under the muscle, giving the perfect amount of fullness.

01

YOUR BREASTS ARE TOO CLOSE TOGETHER

Real breasts don't touch each other all the time, unless you're wearing a bra or tight top. Natural breasts typically have a space between them.

02

YOUR BREASTS SIT TOO HIGH ON YOUR CHEST

The top of the breasts should start where the armpits are. If the breasts sit higher than this, they are probably fake. "High-profile implants will often look more pronounced than moderate or low-profile ones," says Torrance, CA, plastic surgeon Linda L. Swanson, MD.

03

YOUR BREASTS ARE TOO ROUND

Real breasts are not perfect circles. If a woman's breasts look more like watermelons than pears, that's a telltale sign that they are implants. "If the breasts are too round, too full in the upper part and the ribs are visible above the breast mound, then it's safe to assume that the breasts have been augmented," says Dr. Lomax. It's rare, but not totally uncommon, for someone who is genetically very thin to have large, round breasts.

04

YOUR BREASTS HAVE NO NATURAL SLOPE

Natural breasts angle downward at the bottom of the breast. Large, round implants have no slope to them.

05

THERE IS A GAP BETWEEN YOUR BREASTS THAT MAKES THEM APPEAR FAR APART

Implants that are too big for your body, or are placed into a breast pocket that is too small, can cause the area between the breasts to look wide and bony.

06

YOUR BREASTS ARE HARD

Dr. Lomax says that using the wrong type of implants can cause the breasts to appear too firm and not move in a natural fashion with normal body movement. Sometimes the right implant is used but the body develops a capsular contraction, which can also make the breasts too firm.

07

YOUR BREASTS ARE PUCKERED, RIPPLED, WRINKLED OR INDENTED

Wrinkles form from aggressive dissection and cutting of the muscle when creating the pocket (it usually contains implants that are too large for the body). The muscle becomes damaged and the skin ripples or becomes indented. "Going too large thins the tissue and causes rippling," says Dallas plastic surgeon William P. Adams, Jr., MD. Thin patients with saline or textured implants, especially if they are in front of the muscle, may have more rippling, according to La Jolla, CA, plastic surgeon Robert Singer, MD.

08

THE SKIN IS STRETCHED OUT

Placing too big of an implant into a naturally small breast forces the skin to stretch out, which may result in an unnatural look. "It's like squeezing a size 10 foot into a size 6 shoe. It just doesn't fit and the result is not a pretty breast shape," says Dr. Adams.

09

THE BOTTOM PART OF YOUR BREASTS ARE EXCESSIVELY FULL

Too much fullness in the lower part of the breasts is an indication of surgery (although some patients develop this from natural aging without implants).

10

YOU HAVE SIDE BREAST

If your implants are too large or too wide for your frame, they can pop out to the side, giving an unusual look. This can be avoided by making sure that the width of the implant does not exceed the width of the breast.

MORE >

IT'S ALL ABOUT SIZE AND SHAPE

WHEN IT COMES TO IMPLANTS, WHAT LOOKS GOOD ON ONE WOMAN MAY NOT LOOK GOOD ON ANOTHER. "YOU CAN'T USE THE SAME SIZE AND SHAPE ON EVERYONE," SAYS DR. MCMILLAN. "THERE ARE A VARIETY OF FACTORS THAT NEED TO BE CONSIDERED SO THAT YOU END UP WITH THE IDEAL LOOK FOR YOUR BODY." ON AVERAGE, GOING LARGER THAN TWO-CUP SIZES CAN GIVE A FAKE LOOK AND MAY CAUSE HEAVY, UNCOMFORTABLE BREASTS.



AVERAGE AND NATURAL-LOOKING



LARGE WITH NATURAL CLEAVAGE



LARGE WITH PROPORTIONATE FULLNESS

INSIDE tip

To get a feel for how your new breasts may look on your body, ask your plastic surgeon if he or she offers 3-D imaging. "We did a study using the Canfield Vectra System to measure patient satisfaction of simulated images post operatively and the result was 98.5 percent accurate with simulation in comparison to the real outcome," says Dr. Adams. "Some surgeons feel imaging promises results that may not always be achievable," explains Dr. Singer.

FACTORS TO CONSIDER

THE WIDTH OF YOUR NATURAL BREASTS

At your consultation, your plastic surgeon may take measurements, including the base and width of your breasts. "This is important because an implant that fits the width and size of the breasts, and the build of the body will create a natural look," says Dr. McMillan.

YOUR BODY SHAPE

It's important that the shape of your body is taken into consideration when choosing your size. "If you have an athletic body, you won't look natural with really large or really narrow implants because it just doesn't match the natural build," says Dr. Cohen. The less natural tissue there is (thinner women tend to have less breast tissue), the harder it is for the body to camouflage the implants.

YOUR COMMITMENT TO WORKING OUT

Any impact that's put on the chest from exercising, sports or any other type of physical activity can actually affect implants. Bigger, heavier implants can put stress on the breasts and cause more drooping.



FIND A BEAUTY DOCTOR NOW!

The essential guide to help you make the right choices. Turn to page 169.

WHAT TO DO IF ONE BREAST IS BIGGER THAN THE OTHER

Perfectly symmetrical breasts rarely exist in nature. But when breast surgery is performed, the breasts can be manipulated to mirror the size and shape of one another. Some women notice that one breast is drastically larger than the other right after surgery, but until about six months out you can't really make an accurate assessment because there is still some swelling. And if your breasts were noticeably asymmetric before surgery, it's likely that they will be like that after surgery. "Two different sized implants may sometimes help with some of the asymmetry but it will still exist to some degree," says Dr. Adams.

BIGGER ISN'T ALWAYS BETTER

The goal of breast augmentation is to get breasts that are larger in size and fuller in shape. When someone refers to the size of her implants in ccs, or cubic centimeters, she is referring to how much filler is in the implant. The higher the number, the bigger the implant—approximately every 150 to 200 ccs equals about one to one-and-a-half cup sizes. "When it comes to the size you want, you can't really depend on going by a bra size," says Eugene, OR, plastic surgeon Mark Jewell, MD. Implants come in many sizes and some patients go much larger than their breast measurements. Most plastic surgeons feel implants beyond 450 or 500 ccs can be unnatural looking and problematic. But, Dr. McMillan says that there are some women who can pull them off. When going larger than what your breasts are capable of carrying, no matter the starting size, the tissue, fat and muscles can start to thin out, the implants can bottom out due to the heaviness of the breasts and implant rippling and wrinkling, which can make visible ridges in the breast more common. "Cup size varies from manufacturer to manufacturer and even within styles from any particular bra manufacturer," says Dr. Singer.

BEFORE



AFTER



New York plastic surgeon David Rapaport, MD, placed 200-cc silicone implants endoscopically via the underarms to give a boost in size while maintaining a very natural look, with no breast scar at all.



AVOID BREASTS THAT LOOK BOLTED ON

Bolted-on-looking breasts are one thing that most breast augmentation patients say they don't want. While good plastic surgeons work hard to avoid this, it sometimes happens. "Bolted-on" breasts are often the result of going too large in size or the development of capsular contracture (thought in many cases to be the result of a bacterial response that forms a capsule and a hardening of the breasts, almost as if the implants are being squeezed by the muscle into a shape that resembles a tennis ball). To prevent capsular contracture during surgery, your plastic surgeon needs to operate in a sterile environment to keep contamination to a minimum and use antibiotics. In spite of all efforts and the best surgery, some patients will develop capsular contraction.

*NewBeauty does not claim to know whether these celebrities have or have not had surgery and/or fillers and injectables, lasers or a combination. The doctors featured in this story have not treated any of these celebrities.

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WHAT TO DO IF YOU'VE GONE TOO BIG

THE VAST MAJORITY OF WOMEN WHO UNDERGO AUGMENTATION ARE HAPPY WITH THEIR RESULTS BUT THERE ARE THOSE WHO AREN'T, ESPECIALLY THOSE WHO END UP GOING TOO BIG OR TOO SMALL. GOING TOO LARGE CAN CAUSE YOUR BREASTS TO LOOK FAKE, BUT SO CAN GOING TOO SMALL. "I LIKE TO USE SIZERS, WHICH ARE LIKE BRA INSERTS, SO PATIENTS CAN SEE WHAT THEY MAY LOOK LIKE IF THEY AUGMENT THEIR BREASTS," SAYS DR. SWANSON.



DO YOU NEED YOUR IMPLANTS REMOVED?

If your breasts are too big after your augmentation (wait at least six to 12 months to make sure all the swelling has gone down and your breasts have matured into place), you may want to consider having them removed and replaced with smaller ones. "A lot of doctors don't perform breast lifts when that's really what is needed. Instead, they think that using a really big implant will solve all of the patient's breast problems. But that's not the solution if the nipples are too low. The patient will simply end up with large breasts that still appear saggy and need a lift," says Dr. Swanson.

- Implants that are too big can cause shoulder and neck pain
- It can be more difficult to find supportive bras and tops
- Working out, running and swimming can be bothersome
- The breasts can sag later on because of implants that are too heavy
- The breasts can become too wide when going too big
- The skin and tissue can stretch out
- Asymmetry can occur

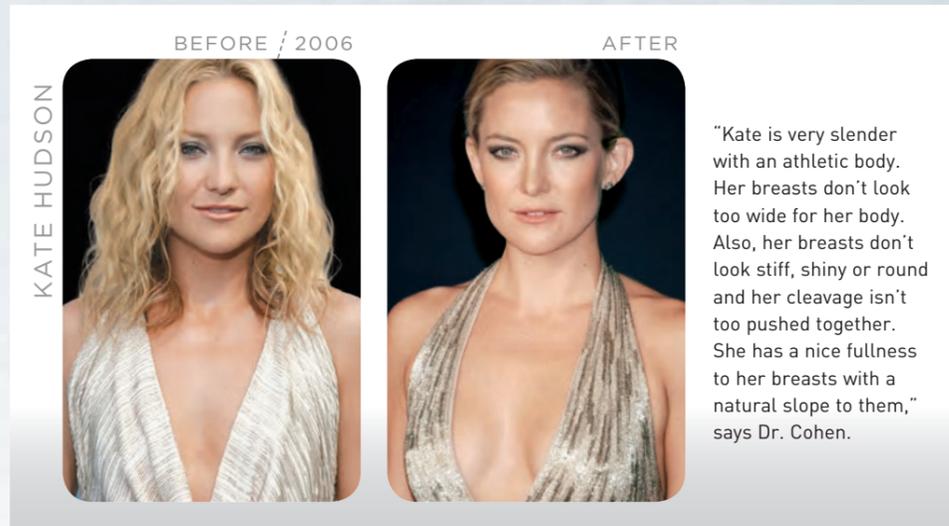
"If you feel that your breasts look fake or unnatural following an augmentation, they can best be corrected by returning to the original anatomy and size, and design a procedure that corrects any changes that produced the result that appears fake."

DR. LOMAX

BREAST AUGMENTATION BASICS

- ✓ **Length of Surgery:** One to two hours
- ✓ **Type of Anesthesia:** General or local with intravenous sedation
- ✓ **Average Cost:** \$3,700
- ✓ **Recovery Time:** About 10 days
- ✓ **Results:** Long-lasting

SOURCE: ASAPS

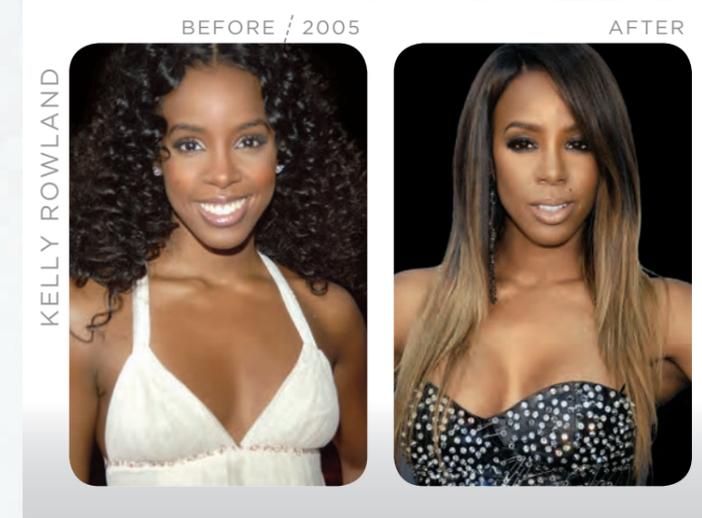


KATE HUDSON

"Kate is very slender with an athletic body. Her breasts don't look too wide for her body. Also, her breasts don't look stiff, shiny or round and her cleavage isn't too pushed together. She has a nice fullness to her breasts with a natural slope to them," says Dr. Cohen.

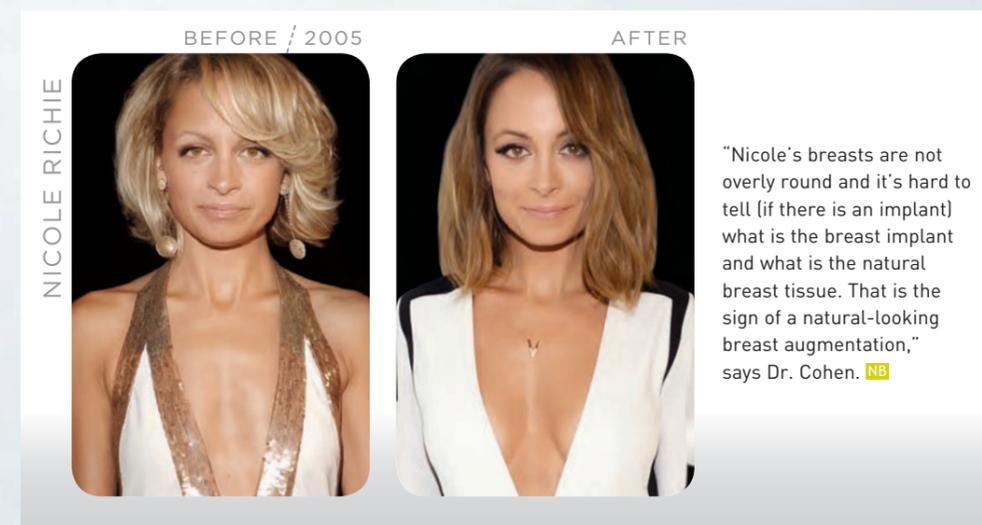
CELEBRITIES WHO GOT IT RIGHT

BREAST AUGMENTATION IS AS COMMON IN HOLLYWOOD AS A RED CARPET. WHILE WE DON'T KNOW FOR SURE IF THESE STARS WENT UNDER THE KNIFE, WE ASKED THE EXPERTS WHAT MAKES THEM LOOK NATURAL AND BEG THE QUESTION, "DID SHE OR DIDN'T SHE HAVE SURGERY?"



KELLY ROWLAND

"Either an implant, or her bra, dress, or even tape can be pushing her breasts closer together," says Dr. Sorokin.



NICOLE RICHIE

"Nicole's breasts are not overly round and it's hard to tell (if there is an implant) what is the breast implant and what is the natural breast tissue. That is the sign of a natural-looking breast augmentation," says Dr. Cohen. **NB**