

# How to Achieve the Look that's Just Right for You

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What is the perfect breast shape and size? It's whatever is right for you. But, is it attainable? I guess it depends on how long you've been waiting. As a teen you waited and watched for something. As a young woman you applied the goldilocks assessment: Too small? Too big? Just right? Unfortunately, time, health and gravity will make changes – not to mention the changes your body undergoes bearing children. Some women don't develop breasts. Others have significant asymmetry, while yet the shape of others is limited by the constriction of the skin around the breast tissue. Some women want to change their breast size and shape – well, just because. All of these examples represent the variety of concerns patients have when seeking breast enlargement.

### **Amastia**

Lack of development of breast can leave a woman with little or no breast tissue after puberty. Breast augmentation can provide enough tissue to anchor a two-piece bathing suit in place without fear of sudden exposure of her chest. Breast enlargement can make clothing choices less stressful – and shopping more enjoyable.

### **Congenital Asymmetry**

Women with a significant difference between the size of each breast can also be made to feel at ease correcting their asymmetry. Using either the same sized implant with different filled volumes or different sized implants will completely depend on the asymmetry present.

### **Constricted Breasts**

These patients have irregularly shaped breasts with a very narrow base with most



of the breast tissue protruding through the nipple. Depending on the degree of constriction, expansion of the tissue followed by augmentation has provided several of these patients an enormous improvement in self-esteem.

### **Involitional Atrophy**

These are the moms who have sacrificed of their bodies for their children and lost much of their pre-pregnancy breast size and shape with or without breast-feeding. The amount of droop of the breast depends on the amount of remaining breast tissue. Many times an augmentation can correct the loss of volume as well as the droop. Occasionally the patient with too much droop will also require a lift.

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### **Creating Symmetry in Breast Reconstruction**

When breast cancer patients who are undergoing mastectomy with implant reconstruction are referred to me for planning reconstruction, we always discuss the effect surgery can have in creating a more youthful looking breast. It is a federal mandate for insurance companies to cover the surgery on the opposite breast to create chest wall symmetry. This includes breast augmentation as well as breast lift or reduction.

### **Just Because**

Last, but not least, are the women who have normally shaped breasts that they feel are not proportionate with the rest of their body. They would like to have a more shapely appearance. They are doing it for themselves, looking to create a more positive self-image.

### **Augmentation Choices**

Choices in augmentation are many. Shaping can happen in the armpit, the edge of the areola, the inferior fold of the breast, and even the belly button. Implants can be filled with Saline (salt water) or silicone gel. They can be shaped or round, smooth or textured, and can be placed above or below the chest muscle or a combination of the above (dual plane).

With all these choices, it is important to seek out a board-certified plastic surgeon when you begin your quest for the perfect breast size and shape. They can help you decide whether breast augmentation is right for you and then select the best method based on your needs.

What is "just right" is completely up to you. Your surgeon is knowledgeable in ways to help you determine what is just right. Make sure your goals and wishes are understood before you go to sleep and that there is a thorough plan for postoperative pain and nausea. Go to the American Society of

Plastic Surgeons at [www.plasticsurgery.org](http://www.plasticsurgery.org) to find a board-certified plastic surgeon in your area.

*Dr. Jeffrey Poulter is a board-certified plastic surgeon with over 18 years of experience, with offices in Bloomington and Peoria. For more information you may contact Dr. Jeffrey Pouter at (309) 663-1222 or call toll-free (888) 841-4108. Or email your question to [info@bodycontouringexperts.com](mailto:info@bodycontouringexperts.com). Visit [www.bodycontouringexperts.com](http://www.bodycontouringexperts.com) for additional information, before and after photos and videos of various procedures, in the privacy of your own home.*