

Is It Too Late to Fill Out That Bathing Suit?

By Schuyler C. Metlis, M.D., F.A.C.S.

Summer is upon us. Do we still have time to improve our appearance to look good at the beach, or in a brief top? Exercise takes time. Liposuction most often requires that you wear a (warm) elastic garment for several weeks. Breast augmentation, when done with the proper technique, can now be accomplished with a minimum of down time.

Although there are several different incisions used for this operation, the one placed in the fold at the bottom of the breast proves most expeditious. It allows the surgeon to create a pocket, or place for the implant, in a straightforward operation, and does not require much twisting, turning, or going through or around the breast. As a result, there is less trauma to the tissues, less bruising and less pain.

Placing the implant behind the chest wall muscle, which is often favored for several reasons, allows the surgeon to use a site for the implant the major part of which has very few blood vessels crossing it, so an operation with less bleeding and less bruising is possible.

Careful surgery done by an experienced surgeon can usually be accomplished with a minimum of trauma to the surrounding tissues, with less discomfort, even in the immediate post-surgery period.

Less discomfort means more normal activities, sooner. Unless there is a problem with a wound, there should be no reason why bathing suits and more revealing clothing can't be worn. There is also not much to keep you out of the ocean or pool after allowing a week or two for the wounds to heal.

To find out if you are a candidate for a breast augmentation with a quick recovery, call for an appointment.

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