

You Don't Have to Look Like That

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

I was at the car wash recently, waiting for my car, when I noticed an attractive young woman waiting for hers. She was blond, slim, and had fairly large breasts that had obviously been operated on. I thought to myself, you don't have to look like that.

For many years breast augmentation or breast enlargement consisted of placing a large, round implant behind the breast, letting gravity pull the implant downward, and hoping for the best. That often resulted in a woman who looked like she had two cantaloupes on her chest, or small half watermelons, depending on the size of the implants used. The other look was the one this unfortunate young woman had: large round breasts that were too low on her chest wall.

Why do some women who have breast enlargements look so unnatural?

First of all, some breast enlargements are just too large. The Baywatch look, with huge breasts that extend all the way up to the collarbone cannot avoid looking fake. Those augments were simply overdone.

The shape and position of the breast before the implant was put in also plays an important role. If the woman's own breasts are very droopy, and implants are just inserted to fill out the empty skin, it will leave the woman with large, round, droopy breasts. Not a pleasant look after having spent so much money to get an improvement.

A woman whose breasts start out very droopy usually needs her breasts lifted, or reshaped, in conjunction with the enlargement. Plastic surgeons are familiar with this technique.

Unfortunately, not everyone doing breast enlargements in this current era is a fully trained plastic surgeon. Physicians in other specialties also do breast enlargements. Most lack the training, experience, and tools to reshape the breast in addition to making it larger.

The third reason goes back to the shape of the implant. A natural, pleasantly shaped female breast is not round, it is somewhat teardrop shaped, with more volume and projection at the bottom, rising from the upper chest wall toward the nipple, and then hanging down slightly over the fold beneath the breast. A round breast implant most commonly results in a round breast. To achieve an enlarged breast with a natural teardrop shape, it is often necessary to use an implant that will help create the desired shape. That is, a shaped implant.

The shape of the outer wall of the implant controls where the saline sits in a shaped saline implant. The outer wall, plus the consistency of the gel, controls where the volume of the implant sits in a shaped silicone gel implant.

Of course the implant must be positioned perfectly, and the pocket into which it is placed must be exactly the right shape and size, to prevent the implant from moving.

The attractive young woman at the car wash deserved better. She deserved to receive her care from a plastic surgeon who understands the natural configuration of an attractive female breast, and how to achieve it. To find out how you can achieve it, call for an appointment.

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