



Breast Implants

So you've decided to get breast implants. Whether it was a difficult decision or a no-brainer, you now have more choices to make related to the actual procedure. We've enlisted the help of **Robert Louton MD, FACS** Board Certified Plastic Surgeon of **Blair Plastic Surgery** in Altoona and State College, to explain. Here are the four basic, but critical, decisions you need to make when you choose to have breast implant surgery.

1. Saline or Silicone?

Dr. Louton supports the American Society of Plastic Surgeons (ASPS) position that silicone cohesive gel-filled implants offer a more natural feel than saline implants. The gel feels and moves much like natural breast tissue. To this point he adds, "...saline implants sometimes form ripples which can be felt or even seen under the skin. This is mainly a concern for thin and small breasted women." The main disadvantage of silicone implants is that it's harder to detect if an implant leaks, whereas a saline-filled implant leak is readily apparent by the loss of volume in the breast. (FYI — The two largest breast implant manufacturers offer limited warranties on their breast implant products.)



2. Size and Shape

The decision on size includes various factors that are, in part, determined by a woman's "tissue characteristics", including how much stretch she has in her skin, the width of her chest, and the amount of fatty tissue she has under the skin. Then of course there's patient preference. **Dr. Louton** points out that the patient's desire regarding size may be the most important consideration, especially if she understands the implications and long-term effects on her breasts. Size is a personal decision.

Shape is determined by the inherent shape of the breast prior to implant placement. Implants of an identical size can result in a different appearance, depending on whether high or low profile implants are used. A breast lift (mastopexy) can also significantly reshape breasts that sag

and can improve the overall shape of the breast prior to implant placement.

3. Location

Breast implants can be placed over or under the chest muscle. **Dr. Louton** states that he much prefers under the muscle placement because it interferes less with mammograms, there is less chance of being able to feel the implant, better long-term support, and less chance of capsular contraction.

4. Incision Technique


There are four options for incision placement in breast augmentation: Under the breast, around the nipple, through the armpit, and through the belly button. Each incision methods has its advantages and disadvantages. **Dr. Louton** prefers and limits his practice to the first two incision techniques to ensure proper positioning of the implant and the less likelihood of complications.

Dr. Louton has offered cosmetic breast surgery for over twenty years, and has successfully performed thousands of breast surgeries during that time. Besides delivering great results for his patients, **Dr. Robert Louton** is focused on patient safety. He believes that patients deserve the highest quality of care and safety, which he routinely provides in Blair Plastic Surgery's accredited facilities. Call **814-949-7280** to schedule your personal consultation with **Dr. Louton** or start with a **FREE nurse's consult**.

Visit www.BlairPlasticSurgery.com for more information.

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