

# Breast Augmentation

"Enhancing your shape. Empowering your confidence."

## What is Breast Augmentation?

Breast augmentation is a **cosmetic surgery** that enhances the **size, shape, and fullness** of the breasts.

It is done using:

- **Breast implants** (silicone or saline)
- Or **your own fat** (fat grafting)

## Why Do Women Choose Breast Augmentation?

- To increase breast size or volume
- To restore breast shape after pregnancy, weight loss, or aging
- To correct **asymmetry** (uneven breasts)
- To improve body proportions and self-confidence
- As part of **gender-affirming surgery**

## Types of Breast Augmentation

### 1. Implant-Based Augmentation

#### ◆ Silicone Implants

- Feel more natural
- Pre-filled with silicone gel
- Require a slightly larger incision

#### ◆ Saline Implants

- Filled with sterile salt water
- Inserted empty, then filled in the body
- Slightly firmer feel

### 2. Fat Grafting (Natural Augmentation)

- Fat is taken from areas like the abdomen or thighs via liposuction
- It's purified and injected into the breasts
- Ideal for **modest increase in volume** with a more natural look

💡 Not suitable for large size changes

✅ Bonus: Body contouring + breast shaping

## Implant Placement Options

- **Under the breast tissue** (subglandular)
- **Under the chest muscle** (submuscular)
- Your surgeon chooses based on body type, lifestyle, and goals

## Recovery Timeline

- Back to routine: 5–7 days
- Resume exercise: 4–6 weeks
- Final shape settles in: 2–3 months
- Wear support bra for healing

## Common Questions

### Q: Will I have scars?

Yes, but they are small and usually hidden in the breast crease or underarm.

### Q: Will I be able to breastfeed?

In most cases, **yes**. It depends on the technique and implant placement.

### Q: Are the results permanent?

Implants may last **10–15 years**, but some women choose to replace or remove them later.

## Final Word:

**Breast augmentation is a personal choice.**

When done by a **qualified plastic surgeon**, it is **safe, customizable, and transformative** — helping women feel more balanced, confident, and feminine.