



DITESHEIM  
COSMETIC SURGERY

A Guide To

**BREAST**  
**AUGMENTATION**  
**SURGERY**

[www.empowermd.com](http://www.empowermd.com)

# Breast Augmentation

Breast augmentation is a surgical procedure that aims to enhance the size of the breasts or correct any asymmetry. This can be achieved by inserting silicone or saline implants, positioning them either above or below the pectoral muscles, or through natural fat grafting. Additionally, breast augmentation can help restore fullness and volume in women who have experienced significant weight loss or have finished breastfeeding.

In this comprehensive guide, you will discover valuable insights and recommendations regarding breast augmentation surgery. It covers a wide range of topics such as cost inquiries, recovery duration, various types of breast implants, important factors to consider before undergoing the procedure, and crucial self-assessment questions that every patient should ask themselves. This resource aims to provide thorough information and guidance for individuals considering breast enhancement surgery.

Having curves that you love can make getting dressed every day a little more fun. Whether you want a little more cleavage, wish to restore breast fullness & shape after pregnancy, or want to correct noticeable asymmetry, breast augmentation surgery can help you get a look you can't wait to show off.

## Is Breast Augmentation the Right Choice for You?

Should you find yourself dissatisfied with the size or form of your breasts and enjoy an overall good state of health, you may well be an ideal candidate for breast enlargement. Picture the change in your self-assurance, the variety of outfits available to you, and the enhancement in life quality - these are all stunning benefits that come with a personalized breast augmentation procedure.

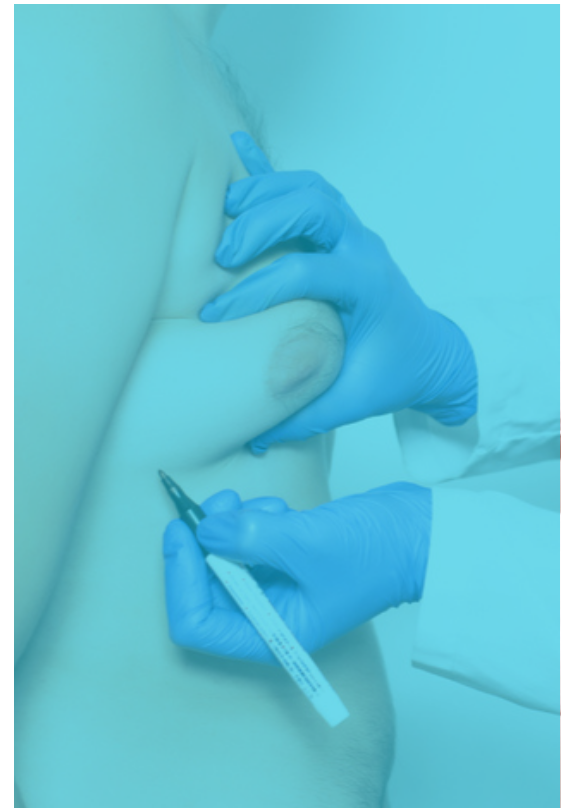
### Did You Know ?

With over 300,000 surgeries performed each year, breast augmentation is the most popular cosmetic procedure performed in the United States. Source: ASPS



## Choosing the Plastic surgeons

Choosing a plastic surgeon is a crucial and personal choice demanding careful consideration of several important factors. This includes leaning on recommendations from others and the surgeon's online presence. Thoroughly examining online testimonials, along with galleries showcasing outcomes before and after procedures, assessing personal ease during in-person interactions, and conducting a comprehensive evaluation of the practitioner's credentials and certifications.



Considering the foundational aspects of the surgeon's background holds significance, specifically focusing on their training and official recognitions. While you might not be able to gauge the relative quality of the surgeon's residency program or specialized training, you can identify crucial milestones on their professional journey. By far, the most vital credential to seek in a plastic surgeon, ensuring both safety and expertise, is certification by the American Board of Plastic Surgery. Obtaining certification from this board entails completing a demanding surgical residency, successfully passing a comprehensive set of oral and written exams, and showcasing proficiency to seasoned peers.

In the end, the process of choosing your plastic surgeon demands thorough research, candid conversations with the surgeon, and insights from individuals who have previously experienced comparable procedures. Adhering to this approach guarantees a well-informed choice that paves the way for satisfying results.

## Initiate the process with an initial consultation

Breast augmentation involves carefully placing selected implants within a patient's existing breasts. Before undergoing this procedure, an extensive consultation with a plastic surgeon is necessary. During the consultation, both the patient and physician thoroughly discuss available options and any recommendations related to implant type, implant placement in relation to the muscle, and incision location.

## Being Prepared

Equipping yourself with knowledge and awareness before your consultation visit stands as a significant step in preparing for a surgical undertaking. Approaching the consultation with clear objectives and a comprehensive understanding empower your cosmetic surgeon to craft a tailored plan that perfectly aligns with your requirements.

## Choosing Your Breast Implants Saline Vs Silicone

It's important to understand that picking out the right implant isn't just about increasing total cup size. It's about creating an ideal aesthetic shape based on each individual's personal goals and current anatomy.

Dr. Ditesheim's unique sizing process allows patients interested in breast augmentation to experience different sizes and shapes of implants to see how they might prefer one or the other. He trusts those who come in for a consultation to know in general what's right for their goals, and he'll recommend the surgical techniques to help them achieve it.



### Real Patient Review

I couldn't be happier with my results. My breast augmentation and breast lift is the best thing I have ever done. Dr. Jeff D. was so easy to talk to and match my request and understood my concerns and feelings. I just walk around now feeling very sexy again and have gotten lots of compliments.



# Silicone VS Saline

Dr. Ditesheim has performed hundreds of breast augmentations using both saline and silicone breast implants, either of which can deliver beautiful, natural-looking results in the right candidates. Together, you and Dr. Ditesheim will go over the details of each implant type in order to determine if there's one that might better meet your goals for breast augmentation surgery in Charlotte.

## Saline

Saline implants are less expensive than silicone ones and are FDA-approved for cosmetic use in women 18 and older. Since the implants are inserted empty and filled after placement, women who opt for saline implants typically have smaller scars. Filling after placement also allows for more precisely symmetrical results, particularly in women with significant asymmetry prior to surgery.

## Silicone

Silicone gel implants are FDA-approved for cosmetic use in women 22 and older and are currently the more popular choice for breast augmentation among breast augmentation patients in Charlotte. Filled with a thick silicone gel that has a jelly-like texture, silicone implants won't wrinkle, and the contents are designed to stay in place even in the unlikely event of a breach in the outer implant shell.ere's one that might better meet your goals for breast augmentation surgery in Charlotte.

### Did You Know ?

Gummy bear implants offer a third choice for women seeking breast augmentation procedures from plastic surgeons. A different type of silicone implant, the form-stable silicone gel in gummy bear implants is firm yet soft, much like the gummy candies they're nicknamed after.



# Breast Implant Size Guide

Deciding on the size and form of your silicone breast implants is an individual choice that requires careful consideration. At Ditesheim Cosmetic Surgery, we provide recommendations based on your desired outcome from the surgery and your body proportions. It may seem overwhelming to determine exactly how you want your breasts to look, but it doesn't have to be. Allow us to guide you through all the necessary information about selecting the appropriate implant size, so you can make a decision that aligns with your personal preferences and requirements.

## Bra size vs Augmentation size

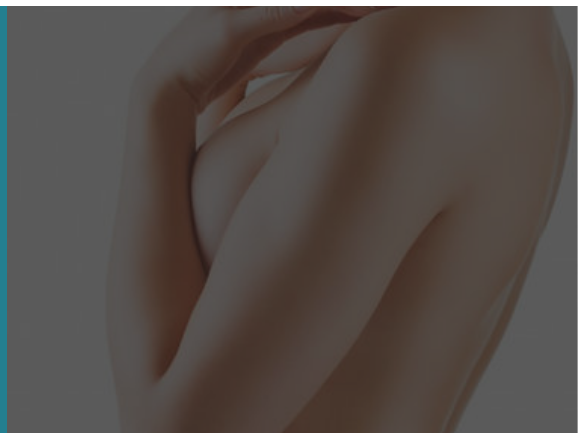
Determining the appropriate breast implant size is crucial, taking into account your bra size. Bra manufacturers utilize cup sizes, while professionals in breast augmentation work with cubic centiliters (cc).

- Smaller implants: Breast implants usually start around 125cc.
- Smaller implants can significantly decrease the likelihood of experiencing breast-related issues such as back or neck pain.
- Most common: The most frequently used range for breast implants falls between 300cc and 500cc.
- For women seeking a fuller shape, implants ranging from 300cc to 360cc are generally sufficient.



## Did You Know ?

According to ASPS Insights and Trends Report: Cosmetic Surgery 2022, Patients in the 31-45 age group were most likely to seek Breast Lift and Breast Augmentation



# Choose the Breast Implants that Will Best Achieve Your Look

Dr. Ditesheim works with all three manufacturers of FDA-approved breast implants in the U.S: Mentor, Allergan and Sientra. Each company offers literally hundreds of choices for breast implants in Charlotte. This is good news, as it allows us to meet the needs of virtually any patient.

Dr. Ditesheim and our staff will help you understand your different options, making suggestions based on your anatomy and personal preferences, at your personal consultation. You'll also get to try on your top choices, so you can compare them on your own body.

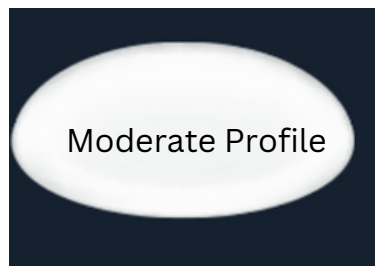
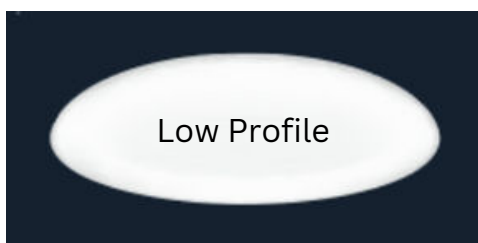
## Understanding Implant Profiles

Implant profile is a measure how far the implant projects forward in relation to its base width, (think the part that sits on the chest wall). You'll see it expressed in terms like low, moderate, moderate plus, and high. But it's not a choice you can make independent of other options.

- Low Profile
- Moderate Plus
- High Profile

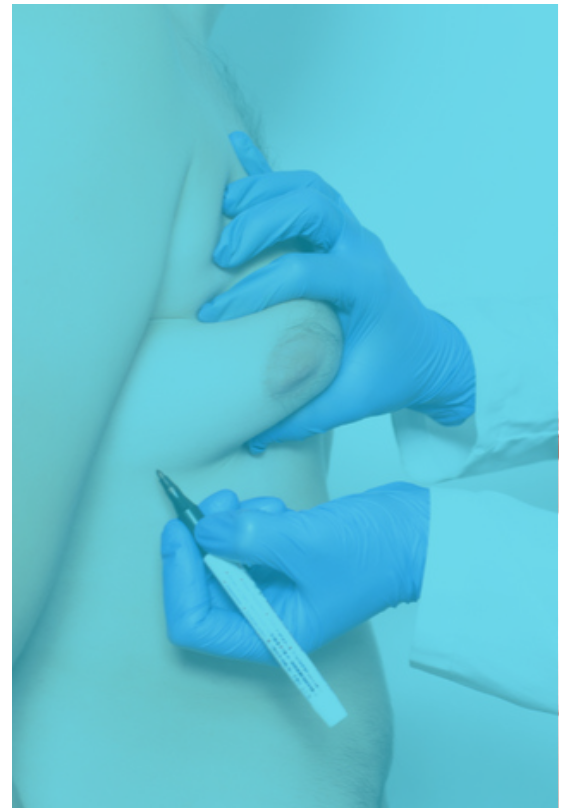
This is what helps Dr. Ditesheim create the right amount of cleavage, and ensures your breasts have a natural shape after augmentation.

The right profile for you will depend on your chest width and existing breast "footprint" as well as your desired size increase.



## Average cost of Breast Implants

Costs of breast implant surgery are widely varied throughout the nation. There are three basic components of most surgical quotes: the surgeon's fee, the anesthesia fee, and the facility (operating room fee). In breast implant procedures, the cost of the implant must be factored in as well. The surgeon's fee varies with the surgeon's level of experience, the extent of his or her training, as well as the location of the practice. Geography and the quality of the surgical facility are likely the most significant factors in determining the operating room and anesthesia fees.



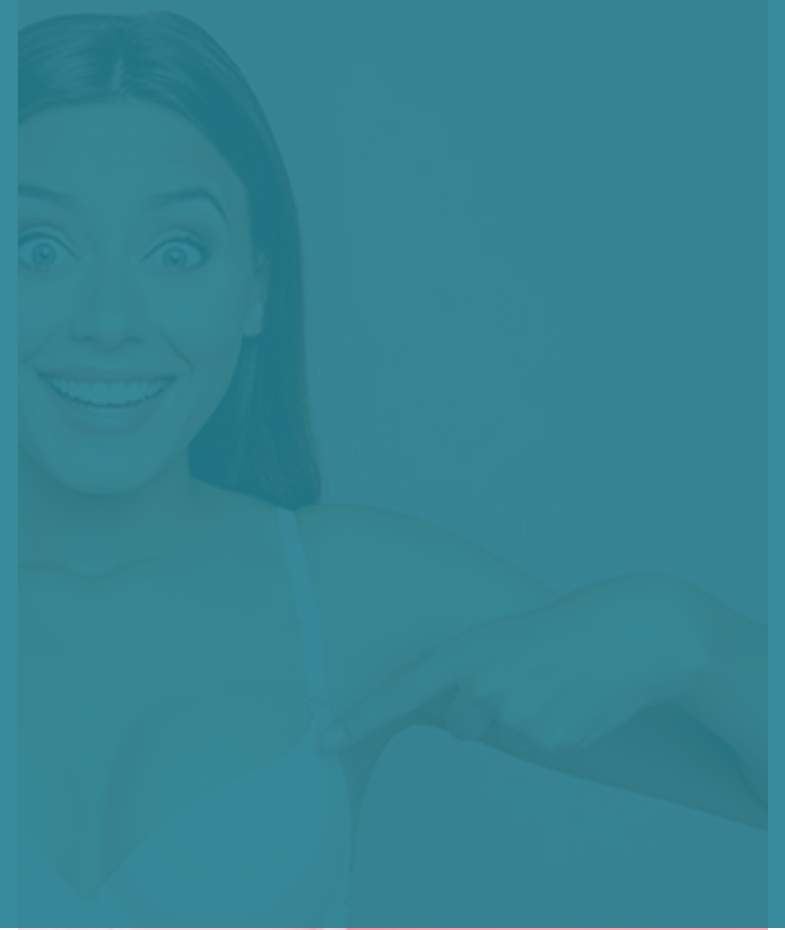
As per data from the American Society of Plastic Surgeons, the mean expense for breast augmentation surgery (augmentation mammoplasty) is reported to be \$3,947, reflecting statistics from the year 2019.

This figure represents the fundamental cost for typical breast implant expenditures nationwide. It's important to note that this figure excludes expenses associated with anesthesia, operating room facilities, and other related charges. In simpler terms, the average costs related to breast implants can potentially surge much higher, ranging between \$5,000 and \$10,000.



## The Procedure

Breast augmentation is an outpatient procedure, typically performed in our on-site [AAAASF fully accredited surgical suite](#). Your entire surgery experience will take several hours, including time to relax before your procedure, about 1 hour for the surgery itself, and 30–40 minutes of post-procedure recovery.



## Recovery Process

After your procedure, you will likely sleep for a few hours at home and then have a light meal. Some women will be pain-free and drive themselves to the office the next day, others with more muscle work may have more soreness or pressure-type discomfort for 3-5 days. We have a complete pain management program in place to ensure a more comfortable recovery process.

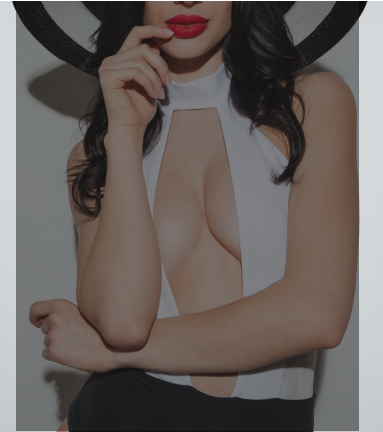
## Personalized Recovery Program

Dr. Ditesheim will provide you with a prescription for pain medication to ease any discomfort following surgery. He encourages early movement and activity as soon as possible, beginning the next day. Easy exercise can be resumed by the second week. Sex is usually limited based on the level of discomfort, although each person is different. High-impact sports like water-skiing should be avoided for the first 6 weeks.

# Before and After

5000 + SURGERIES & COUNTING.....

Experience is a crucial factor in the selection of a plastic surgeon. Dr. Jeffrey A. Ditesheim in Charlotte, NC, has an extensive track record, having successfully conducted over 5000 surgeries and counting.

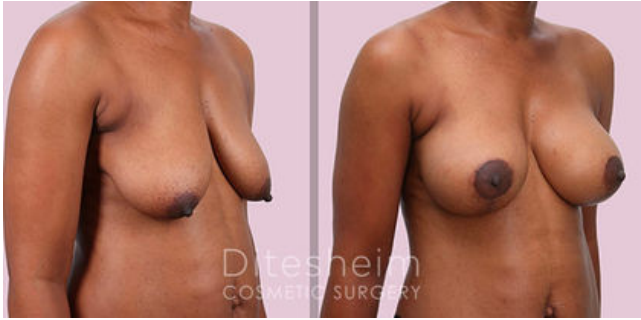


# Before and After





# Before and After



## **Safety. Customized. Advanced techniques.**

**Dr. Jeffrey A. Ditesheim is a highly accomplished, board-certified plastic surgeon with a reputation for excellence. Dr. Ditesheim's extensive professional expertise, spanning over 5000+ successful surgeries, directly impacts surgical quality and recovery time predictability.**

**Having an elite nursing and anesthesia team with a top credential operating room on site to provide the best surgical and postoperative experience.**





# DITESHEIM

COSMETIC SURGERY

If you're considering breast augmentation, there's no better way to decide whether it's the right choice for you than to talk to an experienced plastic surgeon. Your initial one-on-one consultation includes an implant sizing session as well as a chance to go over surgery details, pricing & financing, and anything else you want to know. Call us to get started

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