**Frequently Asked Questions:**

***Breast Augmentation***

**Q:** How what the right size is? How will I choose the right size implant?

**A:** During your Pre-Op appointment, our clinical team will spend time with you to determine the best size breast for you. We do this through a custom sizing process. It is best to wear a fitted shirt or tank top to your appointment for this process.

**Q:** Do I need to take an antibiotic before my surgery?

**A:** Yes, we will prescribe you an antibiotic that you will start ***2 days*** prior to surgery. This is to help lower the risk of potential infection.

**Q:** What can I expect immediately after my procedure, and during the first week?

**A:** Discomfort is expected for about 72 hours post-surgery. This is usually due to skin tightness or from the implant being placed under the muscle. This pain can be addressed using ice, arnica, and pain medications (prescription and over-the-counter). Your implants may feel like they are “sitting high” on your chest. This is also very normal and is due to the muscle spasm that occurs when the implant is placed under the muscle. The implants will naturally “settle” over the first month.

**Q:** Will I lose sensation of my nipples?

**A:** Dr. Ditesheim uses a technique that preserves the blood supply to the nipple, which in turn, preserves sensation. There is always a risk of temporary or even permanent change in nipple sensation. Women who choose a larger implant are at more risk for sensation change.

**Q:** Will I eventually need to replace my implants?

**A:** Not necessarily. What is important to keep in mind is that ***another surgical procedure is likely at some point, but not always medically necessary.*** This is because the body will change over time due to hormone stimulation, weight, and skin quality. Any additional surgical procedures are separate and will incur an additional cost.

**Q:** Can I breastfeed if I have implants?

**A:** Yes. The implants are placed in an area that does not alter the milk ducts and should therefore should not prevent a woman’s ability to breastfeed.

**Q:** What is capsular contraction?

**A:** Capsular contraction is a frustrating and not well understood complication that happens in 8-10% of patients who receive breast implants. It results in a “shrink-wrap” effect of the breast capsule on the implant. This can cause the breast to feel hard, painful, or distorted. Early intervention with antibiotics can sometimes be effective, otherwise surgical removal of the capsule is needed and the implant may be changed. We suggest purchasing the implant warranty, which will cover the cost of the new implants.

**Q:** What kind of range of motion exercises should I do after my surgery, and when should I start doing them?

**A:** You will start range of motion movements immediately after surgery. There is no restriction to raising your arms. In fact, mobilizing the muscles around your chest will help prevent stiffness causing discomfort. You should do “finger walks” up and down the wall. To do this, you will stand at arm’s length facing the wall. You will slowly trace your fingers up the wall, and then down. Each day, your range of motion should increase.

**Q:** When should I start massaging my breasts after surgery?

**A:** You should wait until your incisions are completely healed before starting breast massage, or about 7-10 days. Breast massage helps the tissue to remain soft and natural, and can also help reduce the risk of capsular contraction. You can massage the breasts every day for about 5 minutes during the first few months of recovery.

***Gentle Breast Massage Techniques:***

* Place your hands on the outsides of your breasts and gently push them together towards the center of your chest. Hold for a few seconds, then repeat.
* Place your hands on the tops of your breasts and gently push downward. Hold for a few seconds, then repeat.
* Apply your hands to either side of one breast. Gently squeeze, then release. You should use firm pressure, but this should not be painful.