

Well let's talk about something fun today.

## BREAST IMPLANTS!

What is by far the most popular thing that people talk to me about when talking shop, of course. So let me try to cover the basics of what you should know and what to consider if you're looking to get some.

First off, the most important thing to know is that breast implants are not permanent. Per FDA recommendations, they should be removed or exchanged every 10-13 years. That doesn't mean that the FDA is coming to your house to escort you to surgery, but that's the big thing to remember about breast implants.



### And before we get to the fun stuff I have to mention the main risks:

infection, rupture, and contracture. Breast implant infections happen at the time of surgery and the rate is very low, but often requires removing the implant for a period of time. Rupture rates for implants both silicone and saline are roughly 1% per year. It is not a common occurrence but the likelihood increases as the implants get older, which is why eventual exchange is recommended. Contracture is essentially internal scarring of the breast causing compression or tightening around the implant resulting in the breast looking deformed or out of position.

Ok with that out of the way, here's what you want to know. There are three types of implants available today—saline, silicone, and cohesive gel ("gummy bear"). Saline implants work great and have been the workhorse of the industry for decades. Silicone implants are safe and have been back on the market since 2007. In my

practice, these are by far the most preferred since they feel more natural than saline implants. The cohesive gel implants are a shaped implant and recently approved by the FDA. They are shaped with one end thicker than the other, more of a natural breast shape. And yes, they are the choice if you're looking for a more natural looking breast.

### So which ones should you have?

That's the difficult question. It all depends on you and your breasts. First, decide what you want your breasts to look like. How big do you are aiming for? Are you looking for a natural or more of a "manmade"

type of look? If you already have implants, what do you want to change? These are the questions you should answer for yourself before seeing your surgeon.

From there, a good conversation with your board certified plastic surgeon should help you determine what implants will achieve what you want. Your breast anatomy also will be a big factor determining your procedure as well. And don't forget to tell your doctor about any personal breast history or history of breast cancer in your family. But by the end of a reasonable visit your surgeon should be able to give you a pretty solid idea about what implants and surgery that you need.

And please keep in mind again that I didn't accidentally say "board certified plastic surgeon".

So if you're looking for implants, spend some time thinking about what you want and see the right kind of surgeon to make it a reality.



**Dr. Derek C. Lou**  
Board Certified  
Plastic Surgeon

"As a board-certified plastic surgeon in Houston, Texas, it is my singular goal to bring the benefits of plastic surgery to those who need it, and contrary to what you may have seen or heard, it can be for almost everyone. At first glance, plastic surgery may seem complicated, confusing, and mysterious. As a conscientious surgeon, my role is to help you understand whatever it is that you may need or want and whatever solutions that the art of plastic surgery may provide from breast augmentation, breast reconstructive surgery, to liposuction—in a way that makes sense and in a language that you understand.

I'm confident that after a visit to my office, you will not need to travel any further. It is the ability to help people feel better about themselves that drew me to a career in plastic surgery. I hope you allow me the opportunity to help you.

Dr. Lou is also a regular contributor to RealSelf.com and is considered an expert in the topics of, Breast Augmentation, Breast Implant Revision, and Breast Reduction."



**LOU PLASTIC SURGERY**  
plastic | reconstructive | aesthetic