

6 Minute Read



FREE GUIDE

The 4 Questions Every Active Mom Needs Answered When Considering a Breast Augmentation



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Question #1: Breast Augmentation or Breast Lift: Which is Actually Best for Me?



Breast surgeries. You've probably heard every name for them from boob job to breast implants. The truth is, many women don't understand the wide variety of options they truly have. Breast enhancement surgeries are highly-individualized procedures. You may come into our office asking for a breast augmentation when what you really want is a lift.

While the terminology can be confusing, the two procedures are completely unique to one another. What's right for one

woman, may not necessarily be the case for another.

So, which is best for you? Depending on your individual needs and goals, you might be a good candidate for either a breast augmentation, a breast lift, or both. Take a look below to start the decision-making process today.

Breast Augmentation

Breast augmentation surgery allows women to enhance the size and shape of their breasts through implants. You have full control over everything from type (saline or silicone), size, shape, and where the implant is placed (above or below the muscle). The procedure can create a fuller appearance,

provide a better fit to clothing, and boost self-confidence.

You may want to consider [a breast augmentation](#) if you are unhappy with the cup size you were naturally given or suffer from age-related volume-loss.

Breast Lift

A breast augmentation can improve the appearance of loose, sagging skin, however, it cannot reposition the nipple to a more youthful position. That's where a breast lift comes in. Women who are okay with the size of their breasts but would like a firmer contour should consider a breast lift.

[Combining both procedures](#) is ideal for women that want to increase the size, improve the shape, and/or reposition the nipple higher for a more youthful appearance. Having a breast lift performed alongside an augmentation can provide dramatic results with one recovery time.





Question #2:

What Makes Me A Good Candidate?

For the right candidate, [breast augmentation surgery](#) can be a wonderful thing. It can improve your self-image and boost your confidence for years to come. Women with small or naturally underdeveloped breasts may wish to increase their bust size with implants. Augmentations can also restore lost volume caused by significant weight loss, childbearing/breastfeeding, or through the natural aging process.

Breast augmentations aren't for everyone though. It's a surgical procedure, however, downtime is minimal. Breast implants should be done for yourself and never for

someone else (family, husband, boyfriend/girlfriend, etc).

The best candidates for a breast augmentation are those who are both physically and emotionally healthy. Non-smokers typically have a better outcome from the procedure. You should have realistic expectations about what the procedure can do for you before going into any surgery. Patients are encouraged to take at least one week off for rest and relaxation to achieve an optimal outcome and minimize recovery time.



Question #3: Saline or Silicone?

Breast enhancement surgery is a decision that is individualized to each patient. Just because a friend of yours got a certain size or style may not mean that is what will fit your body or your goals.

Silicone Implants

Silicone implants are generally more popular than saline implants. They have a more natural look and feel compared to saline implants. **Silicone implants** are

thicker and firmer allowing them to move and sit in a more realistic fashion. They come in a wide range of sizes and can be placed either above or below the chest

muscle making them a suitable choice for any woman. Additionally, silicone implants are less likely to have “rippling” which is an up and down ridge more commonly felt with saline implants.

Pre-filled silicone implants require a slightly larger incision for placement. If a rupture occurs, the implant will likely need to be removed and/or replaced which may be partially covered by the implants’ 10-year warranty.

Saline Implants

Saline implants are filled to your desired fullness at the time of your surgery with a sterile saline (saltwater) solution allowing for a smaller incision and scar. If saline implants rupture, it will deflate like a balloon. Other women simply prefer the way they look or feel. Over time, saline implants can cause a rippled effect that many women find unnatural. While both options are safe, saline implants are usually less expensive than silicone. Therefore, many women choose saline for financial reasons. We will work with you and your aesthetic and financial needs.





Question #4:

How Much Does Breast Augmentation Cost?

Many women opt to have breast surgeries after pregnancy or later in life as volume loss occurs. However, the procedure can also be beneficial for women who are unhappy with the body they were naturally given. The procedure can have a dramatic effect on both your physical appearance and self confidence.

from \$4,300 to \$7,400 in Nashville with an average cost of \$5,925. Each augmentation procedure is uniquely performed and comes with its own set of variables. Let's take a closer look at what goes into the cost of your surgery.

Costs can vary significantly from woman to woman. According to RealSelf.com, breast implant surgeries cost anywhere

Surgeon's Fees

The main variable of your breast augmentation price is based on the skill of your surgeon. [Dr. Brady Harris](#), a Triple Board-Certified Cosmetic Surgeon, has helped many women achieve the results

they want through breast enhancement surgeries. His experience, expertise and training provides patients with the best outcomes to reach each woman's aesthetic goals.

Facility Fees

Facility or operating room costs are one of the most significant fees associated with surgical procedures. At Image Surgical Arts, you'll save on expensive, ill-equipped hospital rooms by having your procedure done in our

state-of-the-art surgical center. Patients benefit from cosmetic surgery ready rooms and a highly-trained staff that specializes in caring for patients who've undergone cosmetic procedures.

Your Breast Implant Procedure

Not all breast enhancement procedures are created equal. Some require more surgical skill and may include a [breast lift](#) to achieve

an optimal outcome. More advanced procedures come with a higher price tag.

The Type of Breast Implants Chosen

There are two types of implants; saline and silicone gel. While [both have advantages](#), you may be leaning towards one over the

other. However, it should be noted that saline implants tend to be less expensive than silicone styles.



Take the Next Step

If you're interested in finding out whether you're a good candidate for a **breast augmentation**, we encourage you to [schedule an in-person consultation](#) at Image Surgical Arts in Nashville, TN. Call us at 615-499-4224 or fill out our online contact form today. We look forward to hearing from you!



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