



Your Guide to Breast Augmentation

A complete guide to your
pre-operative planning,
your breast augmentation procedure,
and your postoperative comfort.

MONTECITO PLASTIC SURGERY

ADAM LOWENSTEIN, MD, FACS

A note from Dr. Lowenstein

I hope that you enjoy reading this e-Book and find the information helpful- I'm very proud of my outstanding staff for their work with this as well as the care they provide to our patients every day.

Whether or not you are a client of our practice, please feel free to review everything here and ask me or your plastic surgeon about any questions you may have.

Breast enhancement is a wonderful procedure (one of my favorites to perform) and the happiness and confidence reflected in our patients is the best reward in our profession. I'm lucky to work with such a wonderful staff, and I'm certain that you will find them as outstanding as I do.

Sincerely,
Adam Lowenstein, MD, FACS

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LADIES, MEET US LADIES



Stephanie
Aesthetic Nurse Specialist



Cynthia
Patient Care Coordinator



Jeanine
Patient Care Coordinator

WE'RE HERE TO HELP! Figuring out the world of medicine can be hard enough, but working through a decision about plastic surgery can be overwhelming. You've probably talked to friends, co-workers, and relatives about breast implants and breast augmentation.... and that can be helpful.

Yet, we live and breathe this stuff every day. We are all in this world of aesthetic surgery because we love what we do, and we love who we do it with... each other, and Dr. Lowenstein! We want to do our part to help you understand what you are doing, how to go about doing it, and what you should be thinking about when you are thinking about a breast enhancement.

Whether or not you decide that breast surgery is for you, and whether or not you choose Dr. Lowenstein or another Board Certified plastic surgeon, we hope this information that we have put together for you is really helpful. If you like it, pass it on- we want to spread good information, share our excitement, and provide some great education for all women who are interested in breast enhancement!

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WHY DOES THIS MATTER?



This is the sign of a surgeon who has the qualifications to do what he or she does. If you can't find this on their website, you need to ask—be sure your surgeon is certified by the American Board of Plastic Surgery and a member of ASPS.

WHAT IS A PLASTIC SURGEON?

As incredible as it may seem, anyone with a medical degree can call themselves a plastic surgeon. Yes, we know.... it makes no sense!

An ENT surgeon may call themselves a plastic surgeon. Some have done extra training in “facial plastics” and are, in fact, quite competent in performing aesthetic surgery of the face and neck. While they are “Board Certified” in otolaryngology, they don’t have the same training or qualifications as a true plastic surgeon.

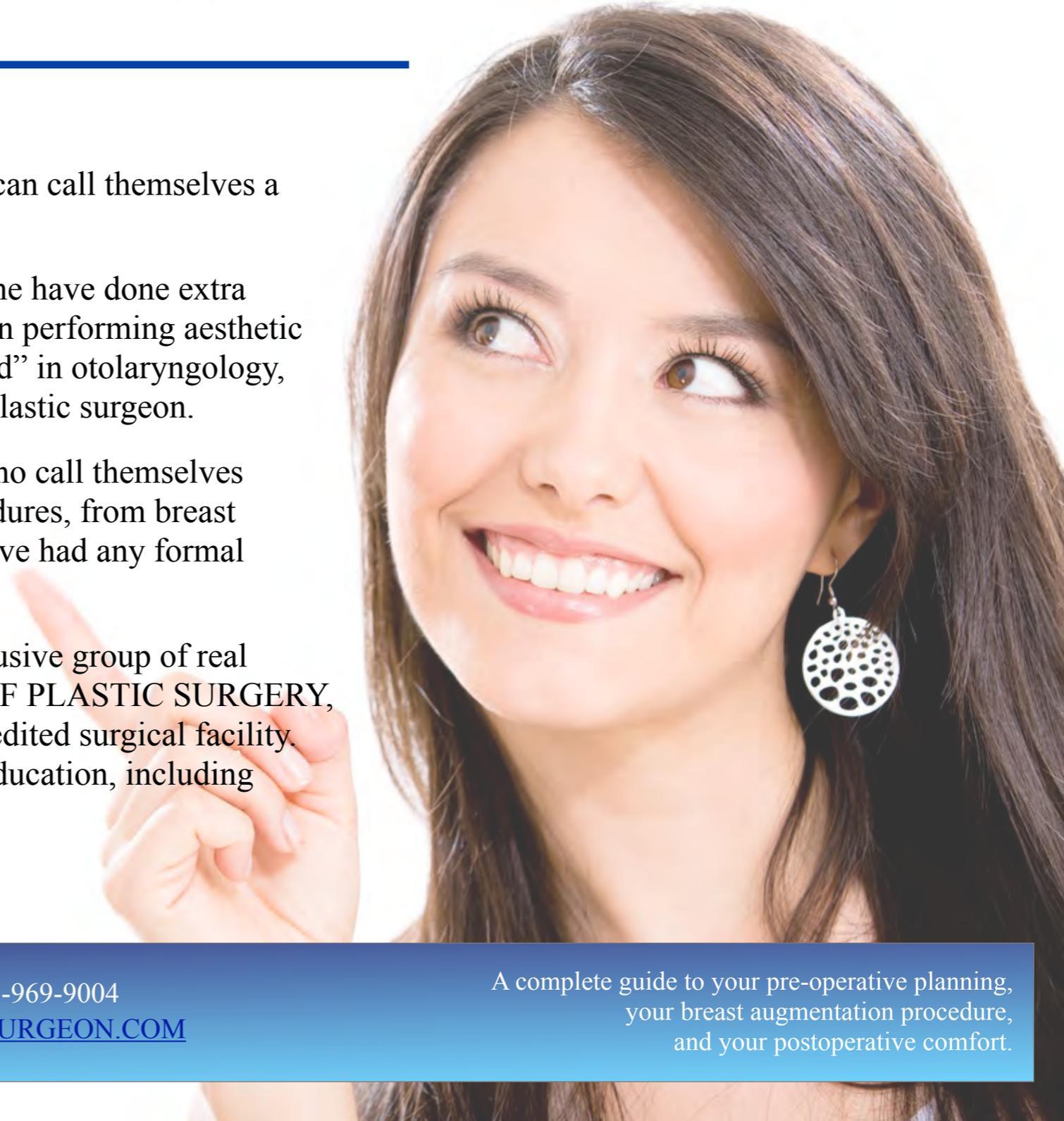
There are even plenty of doctors, some not even surgeons, who call themselves plastic surgeons. They may do various plastic surgery procedures, from breast implants to liposuction to tummy tucks, and may not even have had any formal training at all.

The American Society of Plastic Surgeons (ASPS) is an exclusive group of real plastic surgeons, all certified by the AMERICAN BOARD OF PLASTIC SURGERY, all held to a strict code of ethics, and all operating in an accredited surgical facility. Additionally, membership in the ASPS requires continuing education, including patient safety techniques.

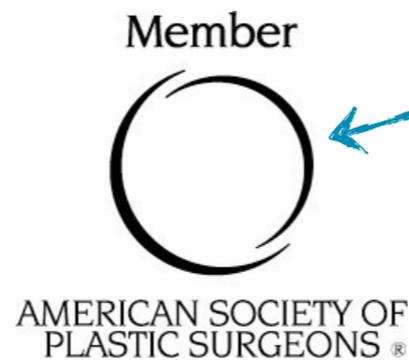
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THE AMERICAN BOARD OF PLASTIC SURGERY (ABPS)

Not all medical boards are equal when it comes to Plastic surgery. Certification by the ABPS requires vigorous training, professional and moral proficiency, and intensive examination. If your surgeon has been certified by the ABPS, you know that she or he has:

- at least 6 years of surgical training
- at least 2 years of training specific to plastic surgery
- comprehensive written testing demonstrating extensive factual knowledge
- 2 days of oral testing including a review of patient cases, ethical integrity, and professionalism

Most surgeons who are board certified by the ABPS are members of the American Society of Plastic Surgeons, so looking for that symbol above can assure you of your surgeon's qualifications.

Were you asking? Dr. Lowenstein is a member of the ASPS and in fact has served on their Board of Directors! He has long been active in organized plastic surgery, and being an examiner for the American Board of Plastic Surgery is one of the most rewarding aspects of his service to the plastic surgery community.

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FIND YOUR COMFORT ZONE

Five things to look for in a Plastic Surgery Practice

1. CERTIFICATION BY THE AMERICAN BOARD OF PLASTIC SURGERY
2. MEMBER OF THE AMERICAN SOCIETY OF PLASTIC SURGEONS
3. A STAFF THAT FEELS HELPFUL AND INVESTED IN YOUR EXPERIENCE
4. A SURGEON THAT EXPLAINS YOUR SITUATION AND EDUCATES YOU ON YOUR PROCEDURE
5. A GROUP THAT SEEMS HONEST AND CONFIDENT IN THEIR ABILITIES



YOU KNOW WHEN IT FEELS RIGHT...

That favorite book on that favorite couch with that favorite blanket. The sweatshirt you never want to take off. That's the feeling you are looking for when deciding on your plastic surgeon. You should get a good feeling from the surgeon, the staff, and the office. If you don't get that feeling with the first practice that you meet with, get a second opinion.

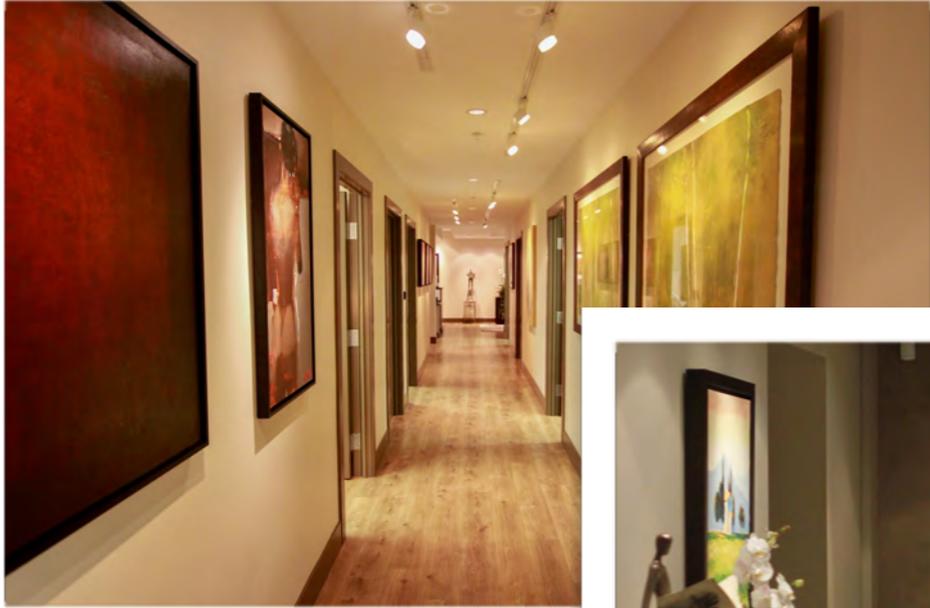
While several factors may go into the choice of surgeon, remember that you are in this for the long haul. Of course you want a surgeon and staff that you think will give you a great outcome. Also remember that they are likely going to be close to you before and after the surgery as well. Our patients tend to choose us because it's the right fit. A comfortable fit.

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ABOUT THE OFFICE



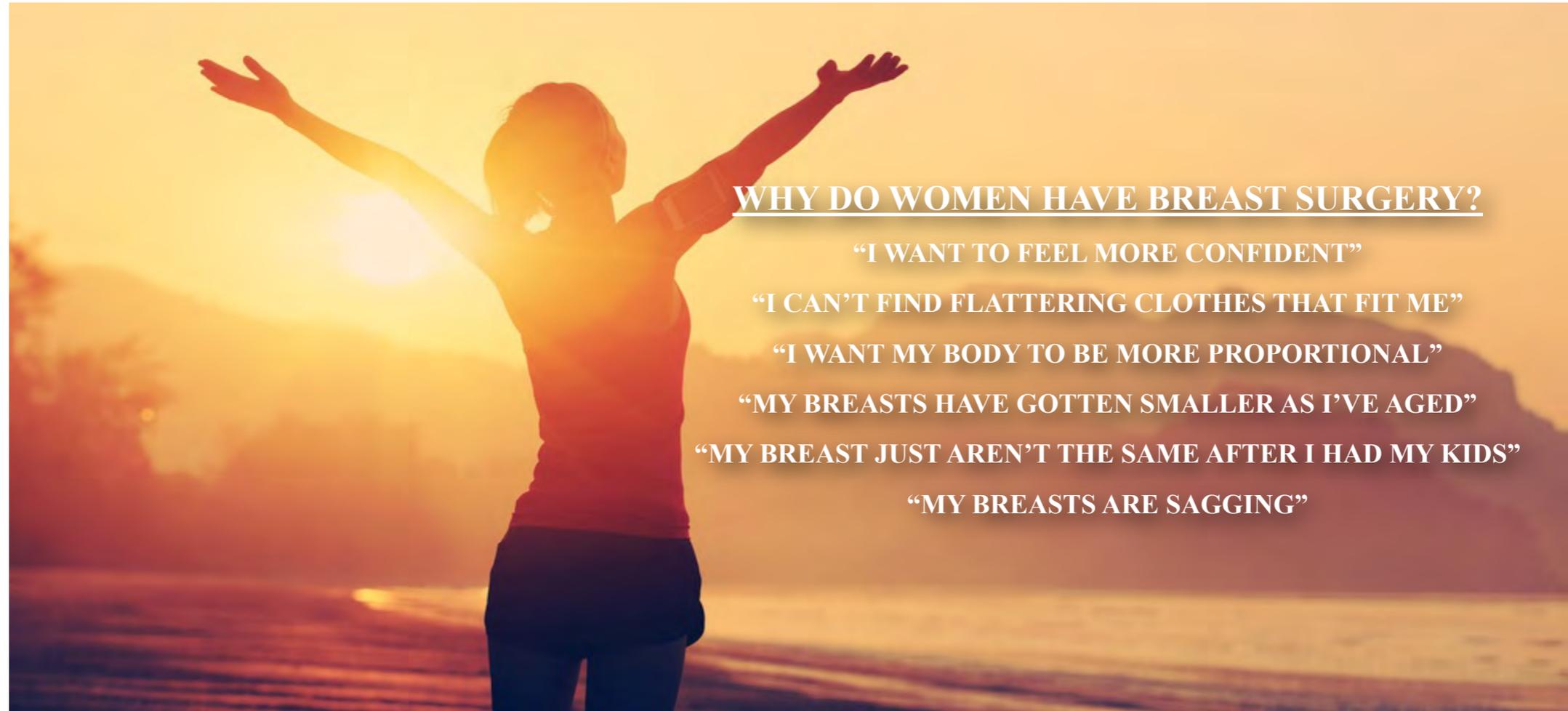
An office usually reflects the surgeon and the way that she or he practices. That includes the staff and the environment. Is the office neat? Is the staff disorganized? Not every practice needs to look like an art gallery like ours does, but a surgeon's attention to detail is usually apparent by the environment where he or she works. Ask for a tour of the operating facility.... Is it clean? Does it have the latest equipment? Are the pre-operative area and the recovery room private or are you going to be sharing space with other patients? All of these questions are appropriate in finding the right practice fit for you.

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GET CONFIDENT



WHY DO WOMEN HAVE BREAST SURGERY?

“I WANT TO FEEL MORE CONFIDENT”

“I CAN’T FIND FLATTERING CLOTHES THAT FIT ME”

“I WANT MY BODY TO BE MORE PROPORTIONAL”

“MY BREASTS HAVE GOTTEN SMALLER AS I’VE AGED”

“MY BREASTS JUST AREN’T THE SAME AFTER I HAD MY KIDS”

“MY BREASTS ARE SAGGING”

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MAKE GOOD CHOICES

MAKE SURE YOU ARE HAVING SURGERY FOR THE RIGHT REASONS

Breast enhancement is a very personal decision, and should be made for personal reasons. You should never feel pressured from others to change anything about your body.

None of us will ever pressure you to have surgery, and nobody in your personal life should be doing that either. Larger, higher, or even smaller breasts are not the answer to a problematic relationship.

If Dr. Lowenstein is concerned that you are ambiguous or uncertain about your decision, he will likely ask you directly- and privately- if you are uncomfortable about your decision. Don't take offense as he has your best interests at heart!



AND ALWAYS REMEMBER WHAT IS MOST IMPORTANT...

“How I feel about myself is more important than how I look. Feeling confident, being comfortable in your skin — that's what really makes you beautiful.” -Bobbi Brown

“Happiness and confidence are the prettiest things you can wear.” -Taylor Swift

“True beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she knows.” -Audrey Hepburn

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DOES SIZE MATTER?

You're going to hear it from Dr. Lowenstein, so we might as well tell you at the start...



When you are thinking about breast enlargement surgery, there are two sizes that don't matter: **cup size**, and **implant size**.

Wait! Let us explain.... Bra sizes have two parts. The number is the size of your chest below your breasts (that doesn't change much), and the cup (or letter) size is supposed to be the size of your breast. Some genius long ago figured that a woman's cup size should be represented by letters, and each increasing letter would mean another inch of projection of the breast. While that may sound sensible, different bra manufacturers have taken things into their own hands, and anyone familiar with bra shopping will tell you that a C cup in Victoria's Secret is different than a C cup at Nordstrom.

So don't use cup size as a goal.

But the size of breast implant should matter, right? Well, you have to remember that women come in different sizes. That's why your tiny girlfriend may have gotten a huge result with a 325 cc implant, but those implants might be just right for you if you are of average size.

It's not the size of the implant that is important, nor the size of the bra, but the size of the actual breast you want that matters.

When you think about your goals for breast implant surgery, take into account your body, your personality, your activities, and your lifestyle. All of these things should factor into how you want your body to look and feel after surgery.

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SHIFTING SHAPE?

**WANT TO SEE HOW THESE BREASTS
TURNED OUT? SEE OUR GALLERY
BY CHOOSING ONE OF THE
PHOTOS...**

REMEMBER THAT YOUR BREASTS ARE UNIQUE, AND CHANGING THEIR SIZE MAY OR MAY NOT MEAN CHANGING THEIR SHAPE.

Certain aspects of your breast shape can be changed with breast augmentation, such as the roundness of a flattened breast or the fullness of a deflated breast. Other things may not be so easily changed, such as the direction of your breast projection or the position of your breast on your chest wall.



FLATTENED BREASTS



DEFLATED BREASTS



LATERAL BREASTS

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FINDING JUST THE RIGHT SIZE

(WE CALL THIS THE GOLDBLOCKS TEST)



THE FUN PART- YOU GET TO TRY THEM ON!

When you come to our office for your consult, Dr. Lowenstein will take measurements of your breasts and discuss your goals with you. Based on that information, he will show you several different sized implant sizers. Then one of us will help you try the different sizers on in a bra, with and without clothes.

Dr. Lowenstein wants you to see what an implant that is too large will look like, as well as an implant that is too small, so you can choose your Goldilocks implant- the one that fits you just right!

In order to make this work best, wear one of your favorite tops to your consult so you can see how your new breasts will look in your clothes. We will take some pictures and load them into your MyTouchMD account so you can access them yourself, to show your friends or just stare at! (Ask us about MyTouchMD- we will get you free access to an account of your own for photos, videos, and much more.)

SPOILER ALERT- you have to give the implant sizers back at the end of the consult, but we will arrange to get you a pair of your very own for Dr. Lowenstein to implant during your surgery!

MAKING JUST THE RIGHT SIZE

(WE CALL THIS GOOD JUDGEMENT)



Remember not to worry too much about implant size- a difference of 25 or even 50cc is often not even noticeable- these differences are best used by Dr. L for minor changes to make the perfect outcome.

To that end, Dr. L is most interested in seeing what you look like with the implants that you like in place during the sizing. He may or may not end up using the exact implant that you choose, depending on how things look in the operating room- here's why:

Dr. Lowenstein uses sterile sizers in the operating room, too. Once he makes the pocket for your implant, he will use the implant size that you picked, and sit you up to see how it looks. This is where his judgement comes in. If it seems as though the size that you chose makes a breast mound that is too small, he will use a larger implant. If the size that you chose seems to look un-natural or larger than you asked for, he will use a smaller implant.

The awesome part... Dr. L gets his patients just the look they want more than 99% of the time!!!!

THINGS TO THINK ABOUT



BREAST IMPLANT RUPTURE

We want you to consider this- your implants, if left long enough, will rupture. Nothing lasts forever except diamonds. You should hope that you outlast your implants!

What does this mean? Saline implants are filled with the same fluid that makes up most of your body. When a saline implant ruptures, your body absorbs the saline and the breast implant gets smaller. Your breast becomes smaller and you know something has happened.

Since your body doesn't absorb the filling of a silicone gel implant, your breast may show no indication that a silicone gel implant rupture has occurred. This is called a "silent rupture" because there may be no signs that something is wrong.

To deal with the "silent rupture" issue, the Food and Drug Administration (FDA) says that every woman who has silicone gel breast implants should get an MRI after 3 years, and every other year after that. The MRI should detect any problems with your implant.

CAPSULAR CONTRACTURE

Capsular contracture occurs when the natural scar tissue, or "capsule" that forms around the breast implant gets thick and tight.

This tightening of the tissue around the implant causes the breast to get hard, and in some instances, to be uncomfortable.

While capsular contracture is the topic of intense research all over the world, nobody knows for sure why it happens. We also can't predict who it's going to happen to.

Because of all of the study that goes into capsular contracture, we know that reports say it can happen up to 20% of the time.

Dr. Lowenstein has a very low rate of capsular contracture... about 5%, which is a lot lower than most surgeons. He has a lot of tricks up his sleeve that he will tell you about when you meet with him. Even so, there are still those few patients who will fall into that 5% and have a problem with this breast tightness.

Turn the page to learn about the warranties that the implant companies provide...

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BREAST IMPLANT WARRANTY

Dr. Lowenstein uses two brands of implants- the simple saline implants and all of the silicone gel breast implants at our practice come from the Allergan corporation. The structured saline implants that we have (more about all of these implant types later) are made by the Ideal Implant Corporation. Included in the price of your surgery (more about that later, too) are the warranty that these manufacturers place on these implants.

- The Ideal Implant warranty covers their breast implants for 10 years against rupture.
- The Allergan warranty covers their breast implants for 10 years against rupture.
- The Allergan also warranty covers their breast implants against capsular contracture for 10 years if it is your first implant surgery.

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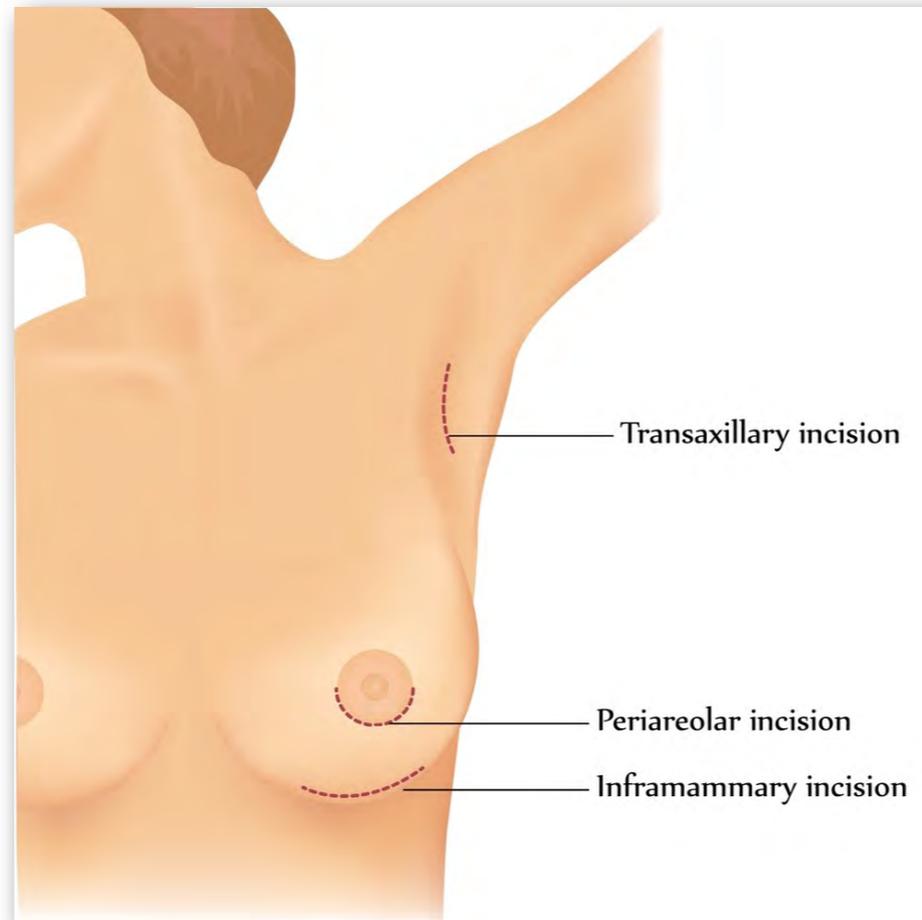
DECISIONS ABOUT INCISIONS

Trans-axillary Incisions

This incision has the advantage of being hidden near the armpit, but the disadvantage tends to outweigh the camouflage.

When an implant is placed into a breast pocket, most of the important part of the surgery is down below the nipple toward the center of the chest. This is the farthest spot from this armpit incision, and this is a long tunnel to work in. We've seen patients with these incisions from other surgeons with lopsided breasts. That's not a good thing.

The short version of this discussion.... **Dr. L does NOT recommend this incision.**



Peri-areolar Incisions

While some people feel that having an incision around the areola is well hidden, experience tells us otherwise. These scars often show front and center on the breast, and often will prevent the nipple from contracting properly. (eek!- it looks funny when you're cold)

More importantly, a recent study showed that this incision resulted in capsular contracture 11% of the time- more often than other incisions.

And so... you guessed it... **Dr. L does NOT recommend this incision.**

Infra-mammary Incisions

This incision is placed under the breast, in the crease called the infra-mammary fold, or IMF. The bottom of the breast naturally falls over this spot, and so this incision is usually very well hidden. Because it is in a fold, there is minimal strain on the incision and so it tends to heal beautifully. It has the lowest rate of capsular contracture, and is closest to the area that needs the most work done in during the operation, so getting it right on each side is much more likely.

It's a win-win-win, and yes..... THIS is the incision that Dr. Lowenstein recommends!

THE OLD WAYS TO MAKE IMPLANT POCKETS

OVER THE MUSCLE

Not often used by Dr. L or really by most surgeons, this position does have the advantage of a natural shape in ideal conditions. Problem is, these ideal conditions hardly ever exist!

Implants in this position can be easily felt and sometimes seen- especially if saline implants ripple. This pocket has the advantage of involving a less painful operation, but at the end of the day, most patients prefer to put up with a bit more discomfort to get a nicer, more natural result.

Also, this pocket has the highest rate of capsular contracture... bad news!

UNDER THE MUSCLE

This more common breast pocket allows the muscle layer to be some additional soft tissue to cover the implant. That means more of you to cover the implant and a more natural look and feel. Even better- this position has a lower rate of capsular contracture than putting the implant over the muscle. We think that's because movement of the upper body causes the muscle to massage the pocket and the implant in your day to day activity.

Unfortunately, when completely covered by the muscle, the implant can ride high and give a shelf type of look in the upper breast- a sure sign of a breast implant and a look most patients really try to avoid.

Turn the page to learn about how
Dr. Lowenstein solved these
problems

THE DUAL PLANE POCKET

The Best of Both Worlds

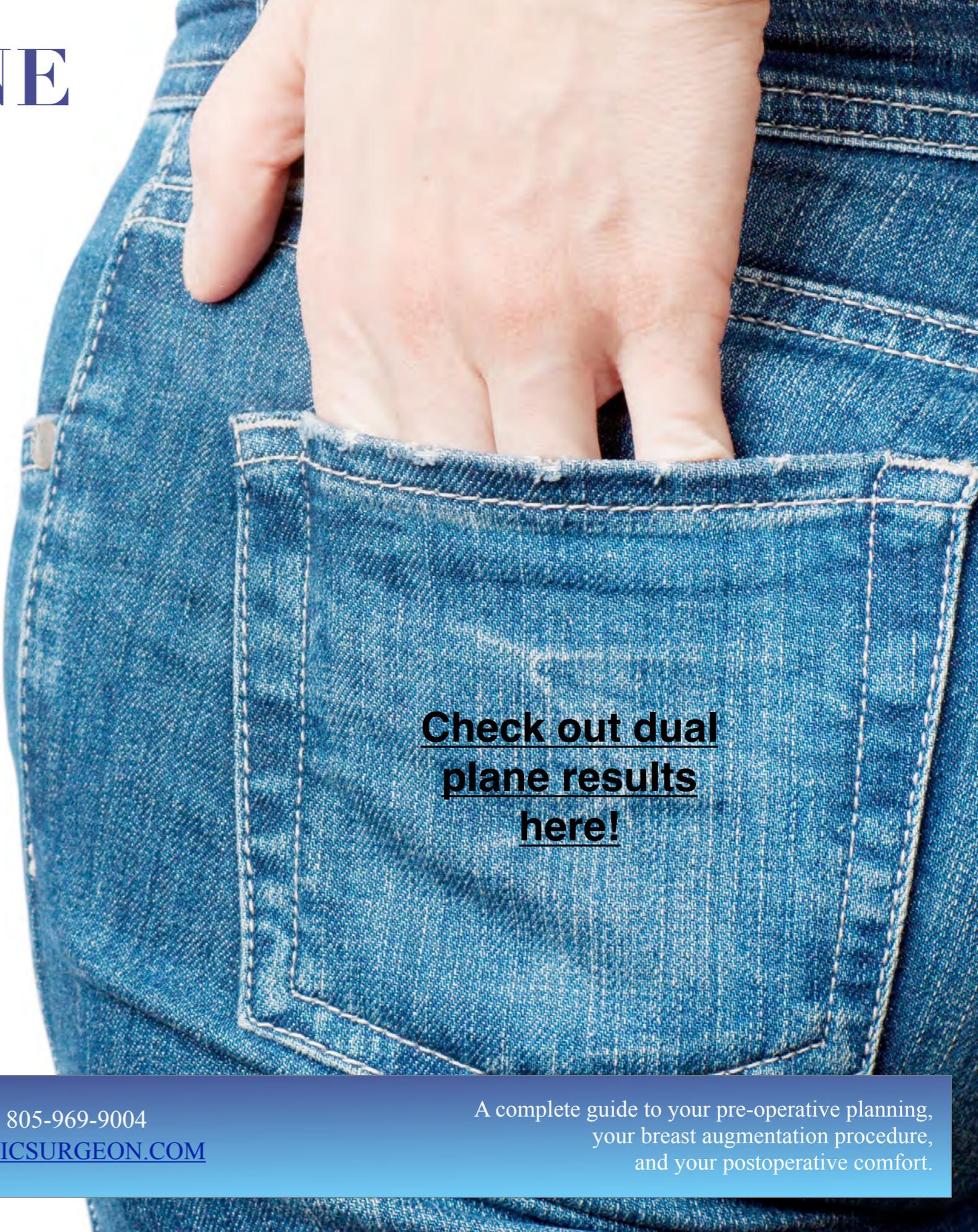
(and Dr. Lowenstein's Favorite)

This pocket lets the muscle cover most of the implant, but there is some additional release of the muscle from the lower part of the chest and the breast tissue. The breast implant can relax into a spot that is just right to create a nice natural tear drop shape.

Have you been wondering why Dr. Lowenstein's augmentation patients look so natural? Now you know some of the secret!

In the dual plane position, there is still the low risk of capsular contracture, and yet the shape of the breast remains beautiful and natural. There is a nice amount of tissue to cover the implant, so your breast looks more like you were born with a stunning figure.

Dr. Lowenstein has still more tricks up his sleeve. As breasts often need a bit of shaping in order to look like an ideal tear drop shape, special releasing techniques are often done to maximize symmetry and beauty. Dr. L is meticulous about his surgical technique!



**Check out dual
plane results
here!**

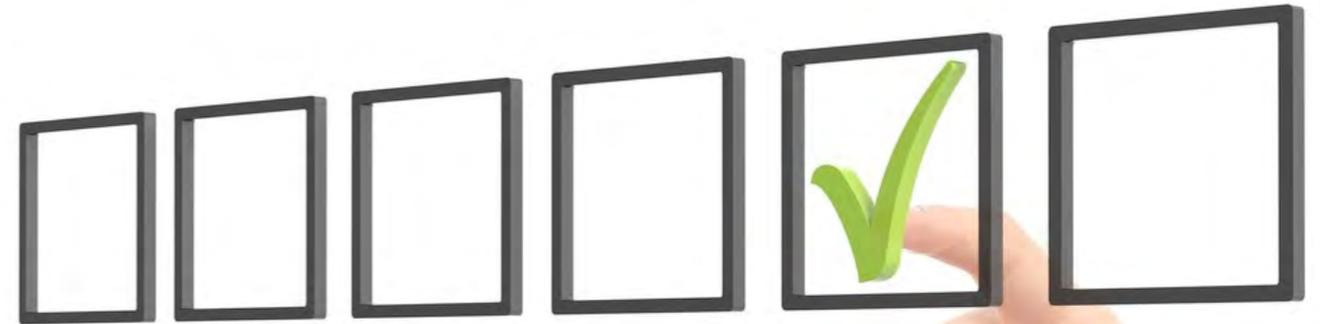
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YOU'VE NEVER HAD SO MANY

IMPLANT CHOICES



This is an amazing time to be getting breast implants. The choices have never been so abundant. Silicone breast implants are widely available in several different shapes and sizes.

And now there is even a variety of saline implants available- both simple and structured.

With so many choices available to you, It's important to choose a surgeon who is well versed in the pros and cons of each type, and can help you make the right decision about what type of implant is right for you.

Remember, there is no such thing as a "best implant". There are pros and cons to each type. The trick that your surgeon and their staff should be good at is finding which implant is best for you.

Let us do our part, and share a little bit about a few different implant types and styles to get you off on the right foot.... or right breast, you might say....

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SMOOTH ROUND SILICONE IMPLANTS



THE GO-TO BREAST IMPLANT FOR MANY WOMEN AND MANY SURGEONS, THE SMOOTH ROUND SILICONE GEL BREAST IMPLANT MOVES AND FEELS MOST LIKE NATURAL BREAST TISSUE.



Advantages

The clear advantage here is the feel of these implants. They are smooth, and move around in the breast pocket so they will shift more like natural breasts do in different positions. Because they are soft, they feel the most natural and so.... they are harder to detect in women for whom discretion is most important.

Disadvantages

Like all silicone filled implants, your body does not absorb the silicone when these implants rupture. The “silent rupture” phenomenon is a concern for some women who don’t want to get MRI studies of their breasts every other year as the FDA suggests.

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TEXTURED SHAPED SILICONE IMPLANTS

THE NEWEST TYPE OF SILICONE GEL IMPLANT IS SHAPED USING A FIRMER GEL, AND IS OFTEN CALLED THE “GUMMY BEAR” IMPLANT.

So here it gets a little complicated... This implant is textured. It is firmer than the smooth round silicone gel implants, and is made not to move once it is put in place. (If it rotates, it's gonna look funny!)

Who uses these implants?

When these implants came out, we saw a lot of media surrounding them and a lot of surgeons marketed them as the newest and best for all women. Not so...

While these implants may be preferred by some women, it is usually for one of three reasons (and they are good reasons, if they are important to you.)

1. These implants have the lowest rate of capsular contracture than any other implant on the market.
2. If you have a *little* bit of drooping, these implants can help with a little bit of lifting on their own.
3. Some women prefer the firmer feel of these shaped implants.

Dr. L. uses textured shaped implants about 10% of the time

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SMOOTH ROUND SALINE IMPLANTS

THE IMPLANT THAT HAS BEEN AROUND THE LONGEST, THE SIMPLE SALINE IMPLANT IS THE LEAST EXPENSIVE OPTION FOR BREAST AUGMENTATION.



The saline breast implant has been around for years and until recently has been the only option for women that wanted to avoid silicone for any reason. Women have usually chosen this implant to avoid getting the MRIs needed with silicone gel implants to detect silent rupture.

Issues here?

Saline implants feel a bit like water balloons, and they tend to ripple. You can usually feel this and sometimes even see it, and most women find this an unattractive feature of these simple saline implants. Structured saline implants (on the next page) were designed to solve these problems.

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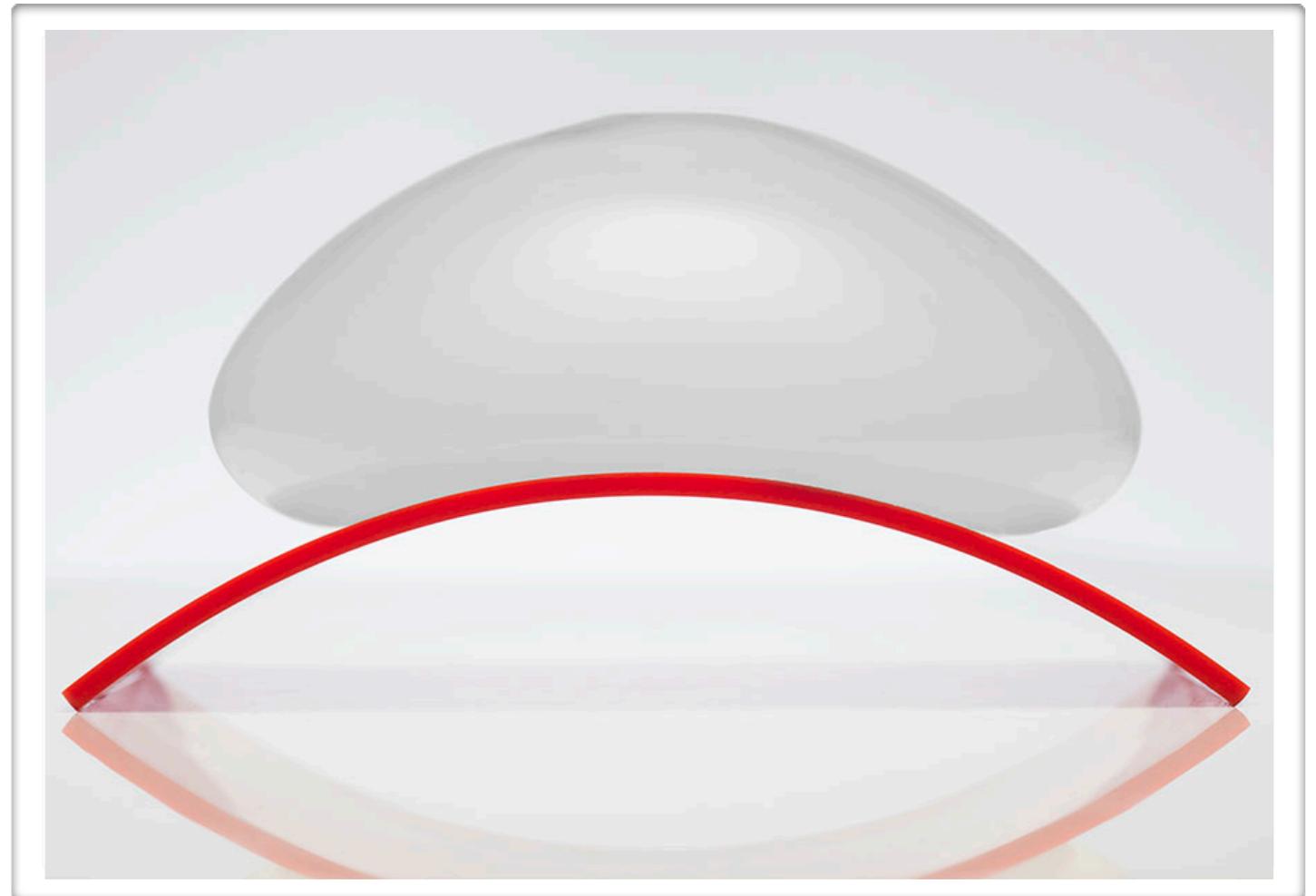
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STRUCTURED SALINE IMPLANTS

THE NEWEST IMPLANT TO THE MARKET AND ONE THAT FEW SURGEONS CAN OFFER, DR. LOWENSTEIN PROVIDES THESE IMPLANTS TO WOMEN WHO WANT TO AVOID SILICONE BUT STILL WANT A NATURAL LOOK AND FEEL.

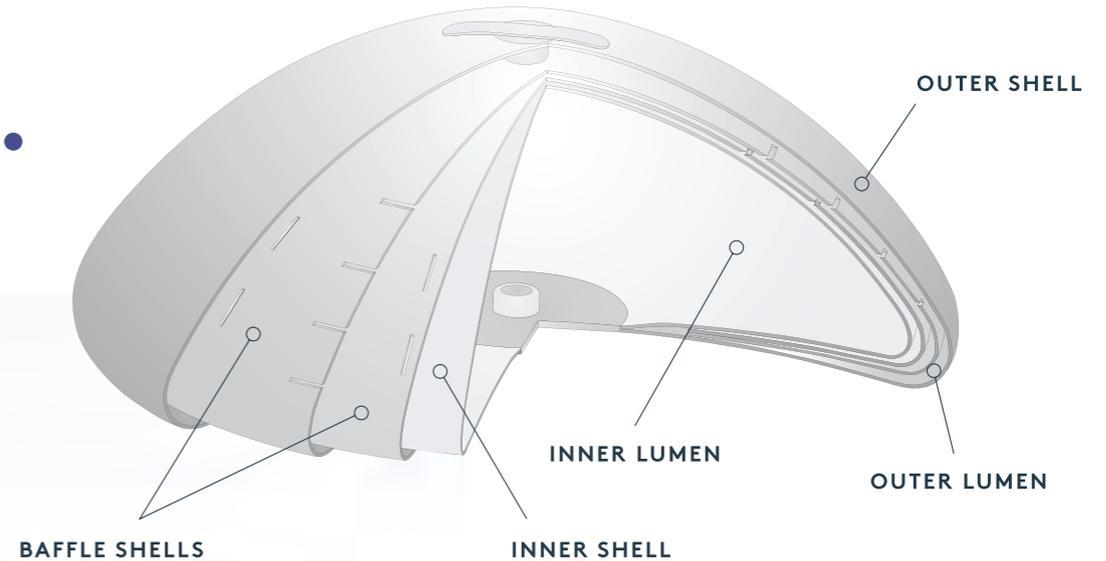


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STRUCTURED SALINE IMPLANTS... HOW DO THEY WORK?



This implant has layers inside, called baffles, that give the implant more structure than classic saline implants. These baffles make the implant feel much more like a silicone gel implant. There is hardly any rippling, and because there is no silicone gel filling, no MRI is needed to detect silent rupture. When this implant ruptures, your

breast will just get smaller as the saline is absorbed.

But...

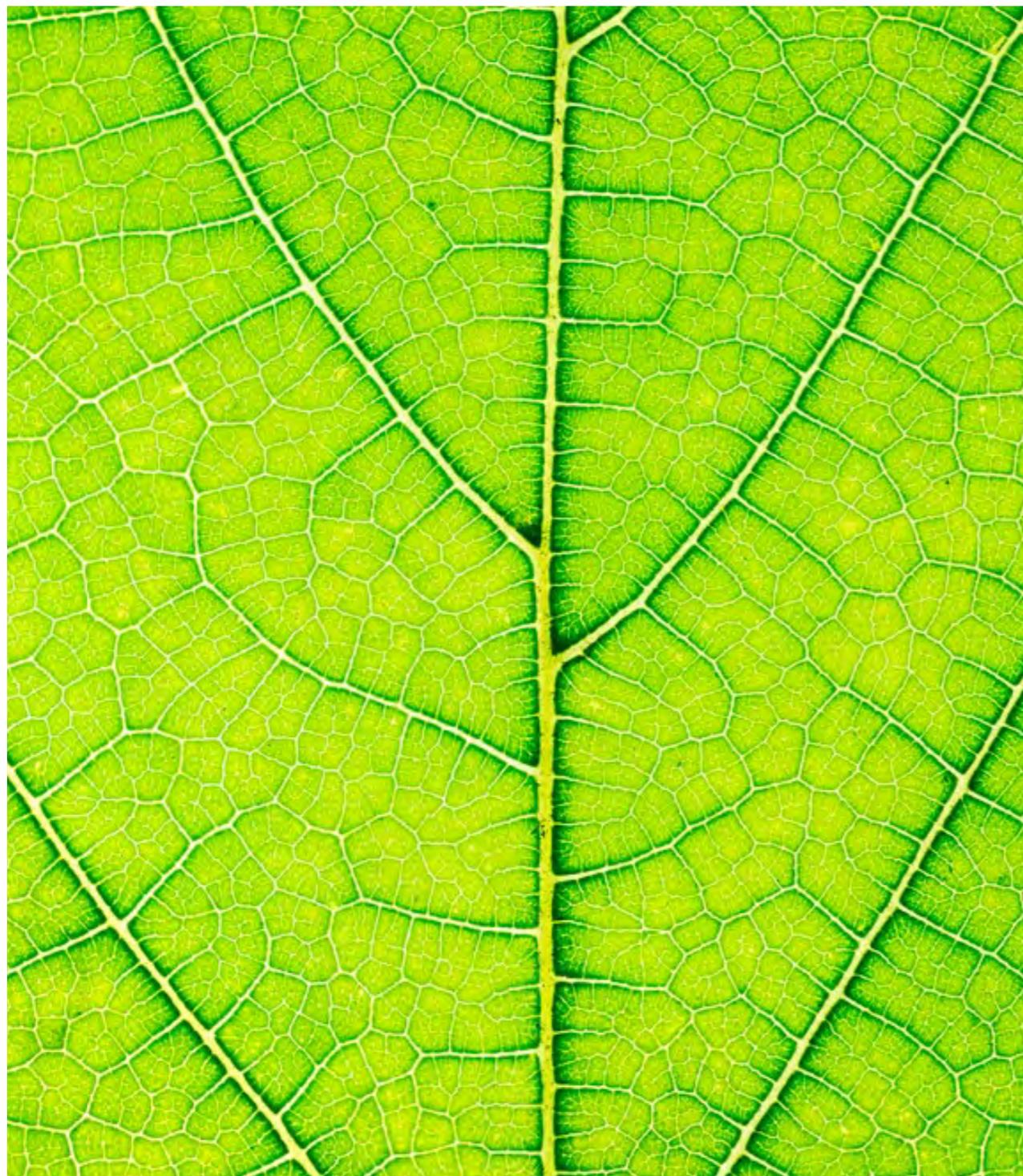
This implant is more expensive, and it only has one shape that has a bit more projection than most implants. This is not really a disadvantage but may limit the number of patients who want the look this implant provides.

Dr. L. uses structured saline implants about 10% of the time

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ASYMMETRY

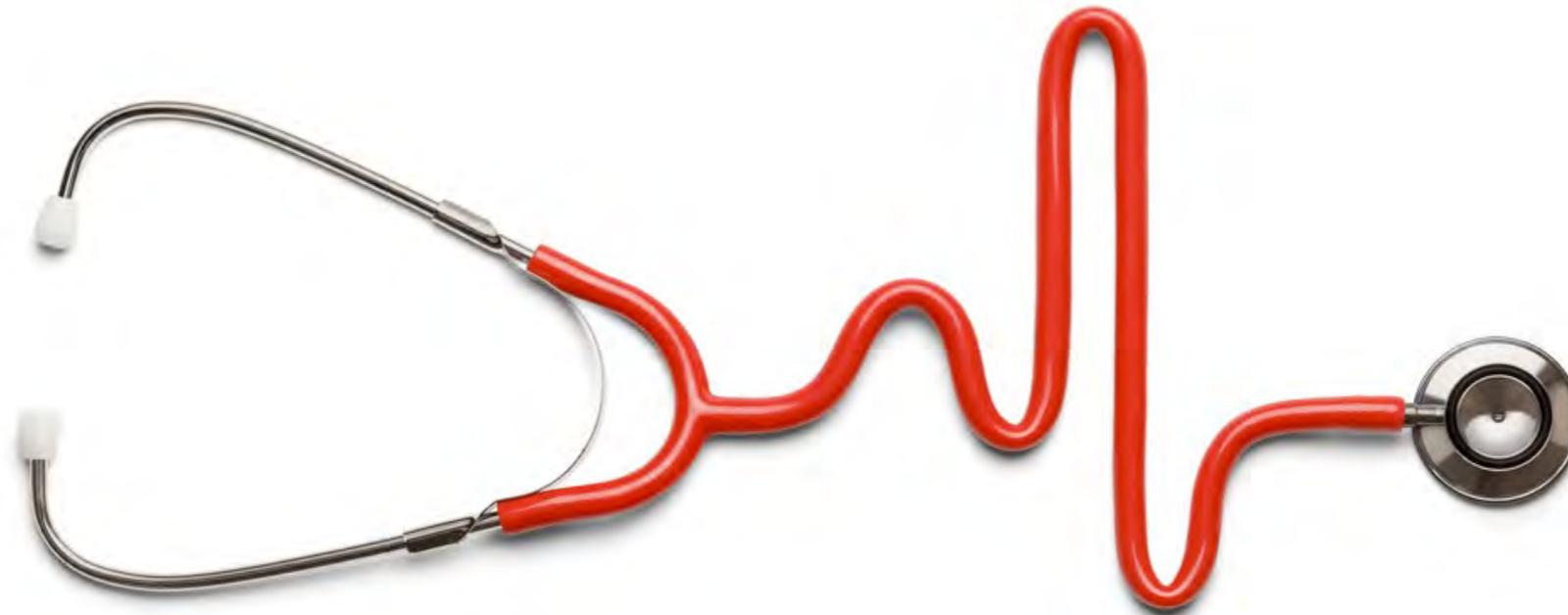
You're a natural- person that is, and with that honor comes the asymmetry found everywhere in the natural world. Your breasts are no different- no two are exactly the same. Some women have more asymmetry than others.

Dr. Lowenstein is here to help! Though he will be the first to tell you that you won't be perfect after surgery either, there are often options to improve symmetry: different implants, different tricks he's got to make your breasts closer to each other in size or shape.

He may tell you that you need a lift on one side or the other... or both. What's a breast lift? That's a topic for discussion with Dr. L because different lifts are performed in different ways... Dr. L is best known for tailoring each operation individually to each patient, and he will do the same for you!

**Want to see some examples
of Dr. Lowenstein's results
with asymmetry? See them
HERE!**

HOW'S YOUR HEALTH?



One of the most important things we will go over before surgery is your health. Do you take any medications? Do you have any significant medical history? Have you had surgery before? How was your experience with any previous anesthesia?

If your medical history is straight forward and not very remarkable, Dr. Lowenstein will do a pre-operative exam to make sure that there is nothing missed. If you take medications or have medical issues, you will probably be asked to see your own doctor for a “clearance”, to make sure that your doctor feels that you will do well during and after your operation.

We don't take any chances with your health, and we recommend that wherever you go for surgery, you follow this type of plan.

THINGS TO AVOID BEFORE SURGERY

Many drugs can cause thinning of your blood and make you more likely to have a problem with bleeding or hematoma....

Here is a list of some things to avoid:



- Aspirin, Advil or Motrin
- Diet pills
- Diet herbs
- Chromium
- Echinacea
- Ephedra
- Feverfew
- Flaxseed
- Fish oil
- Garlic
- Ginger
- Ginkgo
- Ginseng
- Goldenseal
- Kava-Kava
- Licorice
- Melatonin
- Saw Palmetto
- St. John's Wort
- Valerian Root
- Vitamins

WHAT TO EXPECT ON THE DAY OF YOUR SURGERY

Be ready to pee!!!

Often forgotten, one of the things we need to do at the time of your surgery is make sure you are not pregnant. Anesthesia can be dangerous to an early pregnancy, and Dr. Lowenstein has on more than one occasion been the guy who had to reveal the big news to his patient... and postpone her surgery for over 9 months..

Blue Marker...

In the pre-op room, Dr. Lowenstein will come in and review the plan before marking you up with some blue pen. Don't worry, it comes off either during the surgery or shortly after.

Some of the marks will represent incisions, but most are just landmarks so don't be too concerned if several marks or lines are made.

Meeting Anesthesia

Your anesthesia provider will have called you the night before your surgery to review the plan and answer any questions that you may have. We guarantee you will love Lorie or Tim- they are both extremely experienced in both aesthetic and general surgery anesthesia.

Dr. Lowenstein often says, "Most people like me, but everybody loves Lorie and Tim." And it's true... both parts.

Having Surgery

To you, this will seem to happen in a wink of an eye. You will be escorted to Dr. Lowenstein's state-of-the-art operating room, and given a "cocktail" to make you relax, and then rest, and then nap...



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WHAT TO EXPECT AFTER YOUR SURGERY

Waking Up after Surgery

This can be a little disorienting, like waking up from a deep sleep in the middle of a dream. Everyone around will make you comfortable, and soon you will realize that all the anticipation is over! You will be getting some medications in your IV as well as by mouth to help with any pain. The pain will be there (anyone telling you differently is trying to sell you something) but it should be well managed and very temporary.

Going Home

After waking up, you will spend some time in our private recovery room, and your caregiver will be escorted there to see you after surgery. They will get some detailed instructions on taking care of you for the next day or so, and both they and you will get to ask any questions. We are not the team to dump you in the street after your procedure! You and your care giver will know that your ongoing care is critically important to Dr. Lowenstein and our staff. That afternoon or evening you will get a call from us to check on you... the whole team remains involved in your ongoing care.

Overnight

You will be tired after surgery, even though you slept through the operation. Be sure to have some bland food on hand, and plenty of water or even a sports drink to stay hydrated. You're going home with pain medications, antibiotics, and some medications in case you get nauseated, though this is pretty rare. You need to rest, but also get up and around periodically and stretch your legs!

The next day

Dr. Lowenstein will want to see you the day after surgery, so if you live out of town we will help you make some arrangements at a local hotel for your first night after surgery. Dr. Lowenstein and all of us will be there to answer more questions, make sure you are doing well, are comfortable, and are happy with your results!



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THE FOLLOWING FEW WEEKS

Much sooner than you realize, you'll be starting to feel pretty great and ready to get back to your routine... More often than not, the first question asked is, "When can I get back to the gym?", or "-running?", or "-biking?"

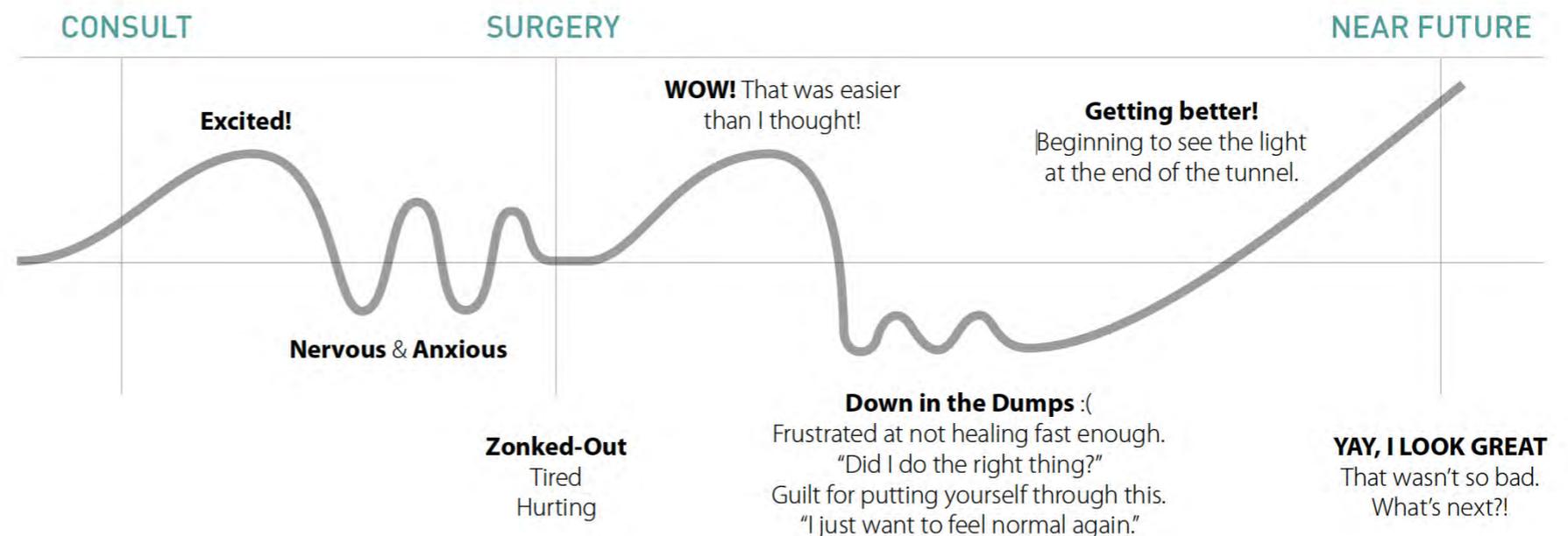
It's important to remember that although you are feeling great, your body still needs a lot of energy to heal and settle your breast augmentation in for the long haul. Dr. Lowenstein is going to want you to avoid significant exercise (he'll say... "don't do anything that makes you sweat") for about a month following your surgery.

If you have a very physical job, expect to be out about two weeks. If you are a student or sit at a desk, you will likely be back at that the week after your surgery.

If you are a mother... well then we know you are the hardest working of all, and Dr. L will want to make sure that you have help with any small children for a few weeks. Lifting will need to be kept to less than 5-10 pounds for a while, and little kids can accidentally hit or head butt a tender area that is still healing. Parents, friends, spouses can all pitch in to help.

The emotional rollercoaster....

While many patients wake up excited and feel great immediately, it is not uncommon for women having any type of plastic surgery to have some ups and downs after their operation. Your feelings may seem to be a bit of a wild ride, but rest assured that this is normal and sooner rather than later, you should be feeling happy and confident with your new figure.



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WHAT TO WEAR AFTER SURGERY



DAYS AFTER SURGERY

We will provide you with an elastic tube top that most women love and should be comfortable yet supportive. Sometimes Dr. Lowenstein will ask you to wear a compression garment to help your breast settle. For the first few days, these will be the best, most comfortable things to support your new figure.



WEEKS AFTER SURGERY

Dr. Lowenstein didn't know the difference between a parasol and a camisole before he went into plastic surgery- but he does now! Buy a few camisoles before surgery so you will be all ready to transition from your postoperative garment to some flattering fashion!



AND THEN... THE BRA!

Because you have an incision under your breast you will want to avoid an underwire bra for 6 weeks after your surgery. This will prevent irritation and allow the incision to heal for the best outcome. We know it's hard to hold off from getting all of those pretty bras you've been looking forward to- but we promise it will be worth the wait!!!

THINGS TO REMEMBER

BREAST IMPLANTS ARE NOT WATER FILTERS

They don't have to be replaced at regular intervals! Though some surgeons will tell you that you should have your implants replaced every 10 years, we are here to tell you that is not so.

Your implants WILL probably need to be replaced at some point, but not until there is an issue with them- if they rupture, if you decide you want to be bigger or smaller, or if your breasts change with some life event (like kiddos- they tend to cause many life changes!)

IF YOU HAVE SILICONE IMPLANTS, GET AN MRI AFTER 3 YEARS AND THEN EVERY OTHER YEAR AFTER THAT

Remember that this is the recommendation of the FDA to check for silent rupture. Ruptured silicone implants can lead to hardening of the breast and capsular contracture if left long enough... check on your implants to make sure they are still in great shape!

YOU ARE NOW A CARD CARRYING MEMBER OF A SPECIAL CLUB!

Following your surgery you will get a registration card that has the information about your implants: serial numbers, sizes, implant type. We keep this info as well, but if you ever move away and need this information for another doctor, you will have everything you need on your card. Keep it in a safe place!



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HAPPY EVER AFTER...

What can you do after you've healed?

ANYTHING!! EVERYTHING!!

Athletically, intimately, fashionably, professionally? Well, that last one isn't for everyone, but you get the idea. Models, moms, actresses, athletes, dancers, and business executives all get breast enhancement surgeries, and your breasts should not hold you back from anything.....

- | | |
|-----------|---------|
| ✓ WORK | ✓ SEX |
| ✓ PLAY | ✓ SCUBA |
| ✓ FLY | ✓ SURF |
| ✓ SKYDIVE | ✓ SKI |



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NEED TO KNOW MORE?

(talk to this guy)

Dr. Lowenstein loves to chat- if you are thinking about breast enhancement or plastic surgery of any kind, he is a great resource for information, as well as a kind and caring doctor. He's an awesome guy to work with, too!

We hope that you have enjoyed reading our E-book and feel like you learned a little about breast enhancement. We tried to be thorough but there is so much more to know... Don't hesitate to give us a call or contact us online. We love what we do and would be happy to share what we know with you!

Best wishes,

The Staff at Montecito Plastic Surgery

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