

BREAST

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# size matters

**It's true!** The one decision you'll make about breast augmentation that more often than not, goes wrong is — you got it — size. One surgeon expert offers us his observations from years in practice to help you get your size right — the first time!

“It’s no small issue,” states Dr. Michael Kluska, D.O., F.A.A.C.S., F.A.C.O.S., a board-certified plastic/reconstructive and general surgeon, based on the fact that most implant reoperations are due to patient dissatisfaction with size. Why do so many women choose the wrong size — only to find themselves unhappy with their appearance down the road? Dr. Kluska gives us four common reasons size sometimes goes wrong:

## 01 PERCEPTION

Many women in their 30s and 40s undergoing a “mommy makeover” get hung-up on a perceived image. “I don’t want to be too big” is the number one comment Dr. Kluska hears from moms who are finished having children and want to return to their “pre-mom” shape and size. Their mistake? Time and the aging process (i.e., natural loss of fat) results in smaller breasts — one, two, or even three years down the road. Additionally, post-operative swelling, which naturally dissipates over time, can leave that final outcome a little smaller than the original size.

### ACCORDING TO DR. KLUSKA

#### BEWARE OF THESE

## red flags

- » You don’t “hit it off” with the doctor
- » The doctor is too “brief” or does too much of the talking
- » The doctor doesn’t ask about YOUR goals
- » The doctor doesn’t thoroughly explain his/her approach to determining the right size for you
- » You don’t try on various size implants
- » The doctor doesn’t share before/after photos
- » The doctor doesn’t share drawings/illustrations of procedure and options such as type and position of implant

## 02 CUP SIZE STIGMA

Many women — regardless of their height and body proportions — are hung up on cup size. Dr. Kluska explains, “...whether it’s print and television advertising, or the appearance of actresses and models, etc., women think that the ideal cup size is a 34C.” While logical thought would argue that it’s not a one-cup-size-fits-all situation, it’s hard to unblock the mental “ideal” that many cling to.

## 03 ADVICE FROM FRIENDS

Women are naturally predisposed to listen to and share with friends. But when it comes to breast implant size...your friend is NOT the advisor you need. When a friend starts her sentence with “My surgeon told me...” it’s time to change the subject.

## 04 THE WRONG SURGEON

Dr. Kluska stresses the fact that women considering breast implant surgery must be willing to spend the time (and money) necessary to find the right surgeon. “The personal interview is huge,” he notes. “You want to develop a long-term relationship with your doctor. Schedule personal interviews with several doctors. And ask questions. It’s money well spent to compare and select the right surgeon.”

He further recommends all potential surgical candidates visit a surgeon’s Web site. Learn everything you can about the doctor’s experience — including, but not limited to:

- Surgeon’s personal/professional profile — education; certification(s)
- Types of procedures performed
- Before and after photos
- Philosophy towards procedures he/she performs (Who’s a good candidate/ what restrictions apply?)

The bottom line? You should feel confident with your doctor’s abilities and advice — and your own ability to evaluate that advice and make the best decision that will leave you size-satisfied.!

For the best, most natural-looking breast size, the key is proportion — not cup size — to get the size that best fits your body.