Thousands of women pursue breast augmentation procedures each year to:

- Improve their body image
- Achieve their ideal chest size

50,000 American females found 70% of respondents desired more ample or rounder breasts.

Once a woman decides on breast augmentation the next decision is often WHAT SIZE IMPLANT TO USE. This is a very important and personal choice and should be considered carefully.

CONSIDER YOUR LIFESTYLE

- If you are actively involved in sports, yoga, or other physical activities, the size and weight of larger implants may be a hindrance.
- How natural? A natural breast has a particular slope and proportion that fits your body. Many women prefer this natural look to make their implants less obvious. Other women want a more dramatic look.
- Risk of complications. The larger your implant size, the more vulnerable you will be to certain breast implant complications.

After these lifestyle factors have been reflected upon, there are several methods that can help a woman determine which size implant is the best suited for her physically and emotionally:

- Size Matters
  - Working with Your Plastic Surgeon to Determine Your Best Breast Size

While using photos and digital imaging to help patients choose their breast implant size can be helpful, for many women their “impression” can be just as important as the “look.” To better address the issue of breast implant size, surgeons must try to help a woman choose her new breast size based upon experience as well as photos and visualization.

Individual anatomy must be the foundation for the implant choice. Body shape, weight, height, and size of breasts prior to augmentation, amount of excess skin and sagging, and the desired breast size should all be considered when deciding on implant size.

1. It’s what you start with… plus what you add, superimposed upon the shape of your own body that determines your final results. The same size implant may look completely different on another person.
2. Dimensional planning. The measurements of the chest wall is taken as well as the breast dimensions including the height, width, and current dimensions of each breast can be extremely useful when choosing an implant size.

*A breast augmentation surgery is a very popular and effective way to safely increase the size of your breasts and change their contour. I feel strongly that within reason there is no ‘right’ or ‘wrong’ size for a woman’s breasts. Some women like small breasts, others medium or extremely large,” said Dr. Gibby. “It allows patients to feel comfortable, relaxed and talk freely about their concerns over their appearance without fear or embarrassment.”

by Diane Gibby • M.D., P.A., F.A.C.S.