

LOUIS P. BUCKY, MD, FACS | PLASTIC SURGERY
SKIN CARE AND LASER CENTER

Dr. Bucky's guide to:
BREAST
AUGMENTATION



before you begin...



A Note About Our Nurses

Dr. Bucky's expert team of nurses work with hundreds of breast surgery patients each year, providing support and guidance throughout the surgical experience.

Our nurses, patients themselves, have been instrumental in developing this guide for you. They will discuss your goals and expectations by educating and informing you on the surgery process. From the initial consultation to your post-surgical appointments, our team of nurses are available to address your concerns and provide excellent support.



A Note From Dr. Bucky

"Our practice put this guide together to help women like you navigate the options and choices available for breast augmentation. Your decision to seek breast surgery is important and highly personal, and we hope this guide helps to answer some of your most pressing questions. For more information please visit our website."



Meet Dr. Bucky

Louis P. Bucky, MD, FACS is a Clinical Professor of Surgery at the University of Pennsylvania School of Medicine. He received his medical degree from Harvard Medical School, after completing residencies in both general and plastic surgery at Massachusetts General Hospital in Boston, MA. He conducted fellowship training in breast cancer reconstruction at Memorial Sloan-Kettering Cancer Center in New York City, and in craniofacial surgery at Miami Children's Hospital. During his fellowships in New York City and Miami, he pursued advanced training in cosmetic surgery. He has been awarded top regional and national honors for his work in both cosmetic and reconstructive surgery. Dr. Bucky is board certified in plastic surgery by the American Society of Plastic Surgery.

Why should Dr. Bucky perform my breast surgery?

- Dr. Bucky is part of an elite group of international figures who lead councils in advances and safety for breast augmentation and reconstruction.
- He performs over 400 breast surgeries per year, including over 200 breast augmentations.
- Dr. Bucky has been recognized in both Castle Connolly's and Philadelphia Magazine's Top Doctors consecutively since 2001.
- Dr. Bucky performs live surgery at the country's most prestigious cosmetic and reconstructive meetings.
- Dr. Bucky has received international recognition for his breast augmentation work and is an acclaimed leader in new technology and techniques.
- Dr. Bucky is an international expert in large volume fat grafting in breast surgery.
- Dr. Bucky currently serves on councils and sits on national panels that provide him unique exposure to the latest advances in breast surgery.
- Dr. Bucky regards patient care and safety as his utmost priority. He is always "on call" for all patient concerns and utilizes only board certified anesthesiologists and nurse anesthetists in the operating room.



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OUR PATIENTS
Share their experience
with Dr. Bucky





First Things First

See the logos to the right? If you are researching a surgeon for your breast procedure, these logos are definitely something to look for. They are signs of protection. Here's why: when you see these logos, you know the doctor is certified by the American Society of Plastic Surgeons (ASPS) and the American Society for Aesthetic Plastic Surgery (ASAPS). These logos signify that you will receive the highest level of skill and safety with your selected surgery.

Remember These Logos...



and These Letters...

ASPS & ASAPS

These logos and the memberships they imply do not guarantee a successful outcome. However, they do ensure the following standards for your surgeon:

- Six or more years of surgical training, with three years specifically in plastic surgery
- Certification by the ASPS and ASAPS
- Surgeries performed only in accredited medical facilities
- Adherence to a strict code of ethics
- Fulfillment of continuing education requirements, including patient-safety techniques

Dr. Bucky has been a member of the American Society of Plastic Surgeons since 2008 and the American Society for Aesthetic Plastic Surgery since 2002.

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SUBSCRIBE
to Dr. Bucky's blog





Get the facts

You may find the following facts regarding breast augmentation, breast implants and general breast health relevant and interesting:

- Breast augmentation is the most popular plastic surgery procedure performed in the United States.*
- Over 279,000 women had breast augmentation or breast lift surgery in the United States last year alone.*
- All women have one breast that is slightly larger than the other and many can have one breast slightly lower than the other.
- Breast implants do not interfere with breast feeding.
- Silicone implants have been available for over 50 years and are a safe choice for patients considering breast augmentation.
- Today's silicone gel-filled breast implant designs have been tested to withstand more than 25 times the force of a normal mammogram.
- As women age, the areola can sometimes become enlarged. Breast lift surgery can reduce this effect, along with providing a more youthful, uplifted breast profile.
- The age range of women Dr. Bucky has performed breast augmentations for is 18 to 73 years old.
- The number of women in their 40's choosing to have breast augmentation surgery is about the same as those in their 20's.
- Bigger is not always better. Current trends favor a more conservative breast augmentation result.
- There is an increased use of fat grafting with or without an implant as option for breast augmentation.

*Source: American Society for Aesthetic Plastic Surgery (ASAPS) procedural statistics.



In addition to fuller breasts, there are many reasons why women consider having breast augmentation surgery. Generally speaking, most patients want to improve:

1.) Shape

Many patients come to us feeling their breasts sag or have lost shape over time (deflated or droopy).

2.) Size

Some patients experience loss of breast size after breast feeding or feel that their current breast size does not fit the proportion of their overall figure. Size does matter.

3.) Both

Many women want to achieve a more flattering appearance and feel better in clothing. They seek additional breast volume and fullness.

What motivates you?



We want you to forget all about cup size!

It's better to think about proportion and shape. When we hear a comment similar to, "I'd like to be a C-cup", we translate that to mean, "She'd like her breasts to fit the rest of her body". Cup size is a very subjective measurement for patients having breast surgery.

Remember: Everyone wears bras differently and every manufacturer sizes differently, so think proportion and shape instead! *Also, do not pick your size based on what your friends have. The same size implant will look different from one person to the next.*

We select your implants by dimensions, not volume. The dimension of an implant should match the dimension of your breast. **It is about centimeters, not cc's.**

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“Implant selection is all about dimensional planning. The dimension of your breast and chest helps us to select the right implant for you.”

Choices

Implants from all angles...



SIZE: With the multitude of size choices for implants today, we are able to precisely determine the right implant for you. This precision allows for greater predictability and preparation, including the ability to show you your results through 3D imaging before surgery, as well as shortened surgery time and a more rapid, pain-free recovery.

PROFILE: Profile relates to the projection of the implant in relation to its diameter. Today we offer up to five different profiles, most commonly including low, moderate, and full. Here, Dr. Bucky will help you take into consideration the thickness of breast tissue to determine the most natural results.

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LEARN MORE
about implants...





SHAPE: In general, “round” implants are more commonly used than “teardrop” implants, as they are symmetrical and their orientation is never problematic. In select cases, reshaping the breast requires a “teardrop” implant to give projection priority to the lower region of the breast.

CONSISTENCY: We now have even more choices in degrees of implant softness. While all implants are relatively soft, different factors such as a person’s weight and tissue thickness will determine if a firmer implant is needed to prevent visible rippling or ability to feel an implant’s edge.

Natrelle **INSPIRA**[™]
ROUND GEL

Dr. Bucky offers the option of Natrelle INSPIRA Round Silicone Gel implants, which have been designed for increased fullness and a soft feel.

In an interview-based survey, 75% of women surveyed preferred the look of increased fullness of Natrelle INSPIRA to other implants. Silicone implants are softer, lighter and have a more natural feel than saline. They have a slightly lower deflation rate and do not cause undesired rippling effects. However, with silicone, rupture detection is often more difficult and incisions tend to be larger. Fortunately, Dr. Bucky uses the Keller Funnel for insertion of silicone implants, shortening the incision length to that of saline implants.



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Schedule a consult
to discuss your
OPTIONS



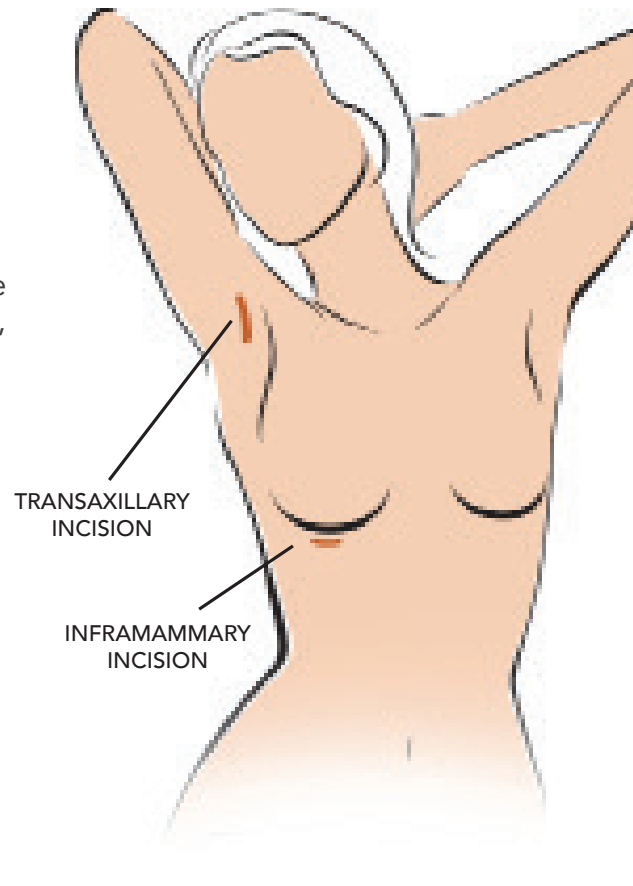
And more choices

INCISION TYPE

Dr. Bucky prefers two incision options for breast augmentation candidates:

INFRAMAMMARY (*under the breast*) This incision is made near the under-breast fold and offers great control over the position of the implant. Patients experience a quick recovery and a less prominent scar. Because breast tissue is not touched, breast feeding, routine breast exams, and mammograms should not be hampered.

TRANSAXILLARY (*through the armpit, performed endoscopically*) This incision option avoids scars on the breast and cutting through the breast tissue when placing the breast implants underneath the muscle. The armpit scar normally heals well and is barely visible. An endoscope, most commonly used in saline breast augmentations, allows for precise placement but, results in a slightly longer recovery.



IMPLANT PLACEMENT:

Dr. Bucky believes that breast implants should be placed under the muscle because:

- 1) Mammography is more sensitive allowing better detection of future abnormalities.
- 2) The incidence of capsular contracture is lower.
- 3) The long-term aesthetic result is improved.



Need a "lift"?

Women who are unhappy with the appearance of their breasts due to sagging often consider breast lift surgery. Breast sagging is a part of the natural aging process and may be due to the heaviness of the breast tissue. This sagging can occur as a result of pregnancy, breast feeding or in patients that experience weight loss.

Breast lift surgery involves the removal of excess skin and the restructuring of breast tissue. Often, a modest implant is used in conjunction with lift surgery to restore fullness in the upper portion of the breast. We can also utilize one's own fat to help shape the breast. An implant can be optional and depends on the personal outcome goals.

In some women, breast lift surgery involves only a delicate incision around the nipple area. Others, who have large amounts of excess skin, will need to have extended incisions. The appropriate type of procedure will be determined in your consultation with Dr. Bucky.

THE LIFT TEST

Stand in front of a mirror and look at your nipples in relation to the natural crease beneath your breasts. If your nipples are lower than your breast crease before surgery, adding implants without also removing excess skin will just make them more saggy. You will probably need a lift as well.

WITH A BREAST LIFT, REMEMBER...

- You trade incisions for shape.
- The implants address shape and size.
- Going "big" does not solve the problem.
- Your incision will depend on the amount of lift you need.

SHOULD YOU GET A LIFT IF YOUR BREASTS LOOK LIKE ONE OF THESE?



Definitely So!



Maybe So!



Definitely No!





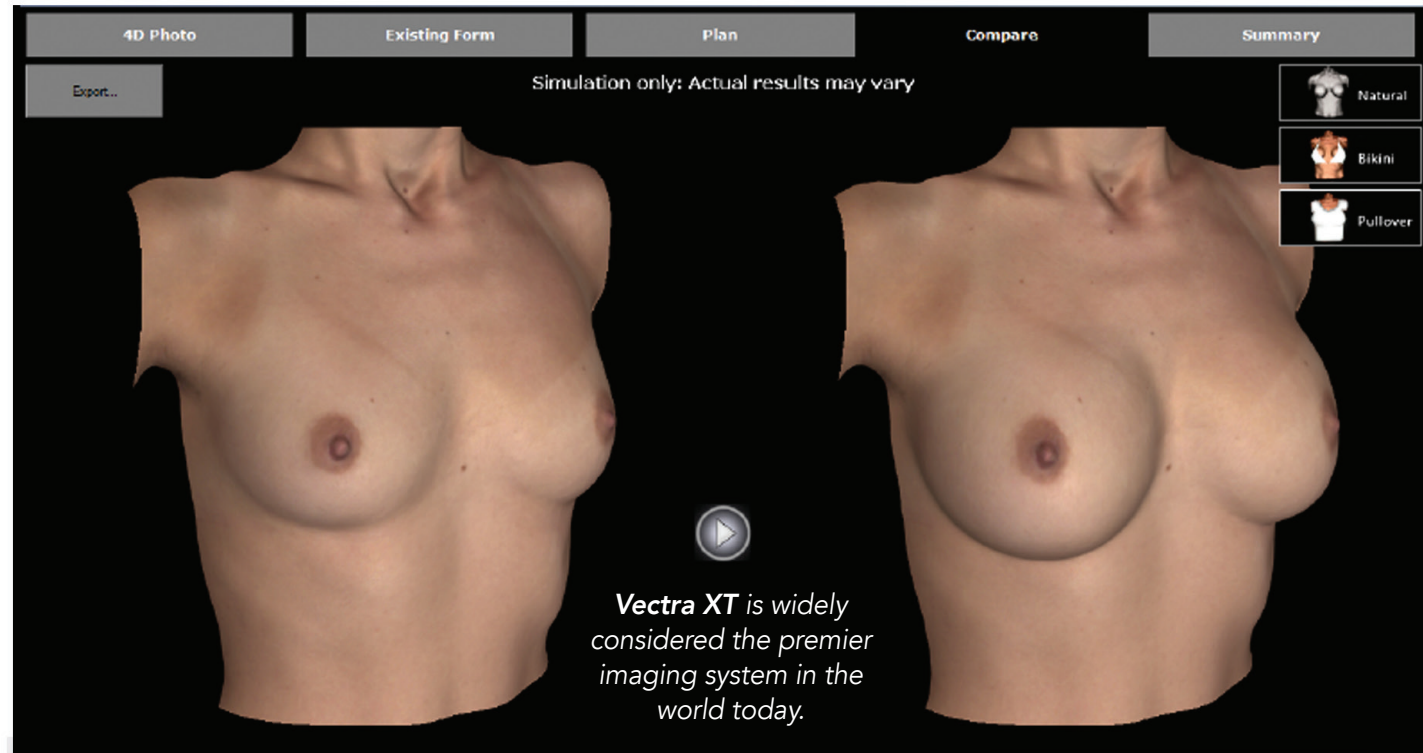
The Latest and Greatest Seeing is believing...

Dr. Bucky has been at the forefront during the development of the original 3D imaging technology in an advisory capacity. For the past few years, he has worked with engineers and software experts to help fill a communication gap between surgeon and patient during the breast consultation process. A revolutionary new visual communication aid—**Vectra XT**—is the result of this process. **Vectra XT** technology helps patients make more informed decisions about their surgery, and also helps Dr. Bucky select the most appropriate implant for his patients. The system takes into account specific dimensions and brings to light any existing asymmetries on your body that may impact your result. Dr. Bucky continues to serve on the advisory board for **Vectra XT** and is proud to offer patients realistic results ahead of their breast surgery decision and to take a more informed lead of faith in their post-operative body.

Vectra^{xt}

3D Imaging Technology offers the following:

- A cutting edge software system that simulates a visual and realistic result for breast augmentation.
- A side-by-side comparison view of implant options.
- Multiple view angles to fully understand and communicate how you want to look after surgery, naked and in clothes.
- Single click information on your body measurements for surgical planning, including any information on asymmetry that could impact your results.



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LEARN MORE
about Vectra XT
3D Imaging





Gentle Surgery Leads to gentle recovery...

RAPID RECOVERY:

Many patients can have breast augmentation surgery without the use of narcotics. Through Dr. Bucky's refined "no-touch" technique, breast implants are gently inserted through a unique process that allows unprecedented comfort post surgery. In fact, most of our patients do not take pain medication after surgery. We encourage you to get out of bed, move your arms, maintain gentle activity, taking only Tylenol or Advil as needed.

KELLER FUNNEL:



Dr. Bucky uses the Keller Funnel™ to deliver the silicone gel implant into the surgical pocket of the patient. This minimal or 'no-touch' technique decreases surgery time, reduces incision length, lessens trauma to patient tissue, and reduces the amount of skin contact and possible tissue contamination. In a recent study, capsular contracture rate was reduced in breast augmentations where the Keller Funnel was employed compared to those surgeries where it was not utilized.

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DR. BUCKY
explains rapid recovery





Can I use my own fat for breast augmentation?

Dr. Bucky is an internationally recognized expert on fat grafting. Over the last several years, fat has been proven to be a reliable method of breast augmentation that Dr. Bucky employs frequently with and without implants.

The best candidates for breast augmentation with fat grafting are:

- 1) Women who only want to be one cup size bigger.
- 2) Those patients who do not want an implant.
- 3) Women who desire the most natural looking breast shape and feel.
- 4) Women who are unsatisfied with their breasts from a previous augmentation surgery.
- 5) Women who don't want to be much larger in breast size.

Are there instances where fat can be helpful?

Fat grafting is an excellent choice for women who need a breast lift and don't want to be much larger (**or only want to be slightly larger**).

Fat can be used in combination with an implant for women who want to be larger but desire the **softest most natural appearance**.

Don't forget the benefit of **"two for one!"** While fat can improve the appearance of your breast, the **liposuction component of fat removal can help improve the shape** of your body as well.

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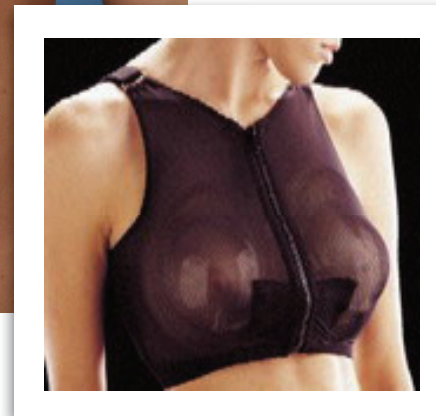


fat grafting and Brava



Some women need to utilize a pre-expansion technique called BRAVA to ensure effectiveness and reliability of this natural approach to breast augmentation. Patients are required to wear the BRAVA device prior to surgery.

We, and other leaders in plastic and reconstructive surgery, have published studies documenting the reliability of BRAVA plus fat grafting for breast augmentation.



The other "Before & After"

Preparation before surgery

Speak to Dr. Bucky about any medical conditions for which you are taking medications. In addition, discuss the need for smoking cessation, weight loss or a special diet limiting certain foods prior to surgery. You should make sure to mention any vitamins and supplements you are taking as well. Discuss any underlying health disorders with Dr. Bucky prior to surgery. In addition to physical preparedness, there is an emotional component to having any cosmetic procedure. Be certain you and your family understand and are realistic about your appearance goals. Know the risks associated with cosmetic surgery, and become completely comfortable with your surgeon, office staff and surgical facility.

Recovery after surgery

Helping you achieve a speedy recovery is one of our greatest missions as a practice. Breast augmentation, completed under general anesthesia, takes about an hour and is done as an outpatient procedure." Rapid-recovery breast augmentation is no longer a painful process. If a patient has surgery on a Friday and follows instructions by relaxing their muscles over the weekend, they should be able to drive by Monday! Most women are able to return to normal activities in 7 days and usually don't need more than a week off from work. Take into account how physical your job and normal activities are. If you have small children, it is a good idea to have extra help during your recovery.

A bit about vitamins...



Some vitamins may cause post-surgical bleeding, worsen inflammation, raise blood pressure or alter your sugar levels. Be sure to inform our staff prior to any surgery about what you are taking, in order to ensure a safe recovery.



FAQ's

Q: Where and how will my surgery be performed?

A: Dr. Bucky performs cosmetic surgery at both Pennsylvania Hospital and the fully accredited Surgery Center of Pennsylvania Hospital at Tuttleman. As we strive for excellence in patient care, we believe that this facility allows for a very safe and personalized experience. The center is located at: Tuttleman Center at Penn Medicine at Rittenhouse, 1840 South Street., Philadelphia, PA.

Q: Can a mammogram rupture my implants?

A: Implants are designed to withstand 25 times the pressure of a mammogram, so it would take a significant impact to rupture an implant in the human body.

Q: Do I need to replace my implants every 10 years?

A: Implants are guaranteed for life but are only under warranty for 10 years. You should visit Dr. Bucky in 10 years to discuss possible options. Implants are not expected to last a lifetime. As your body matures, things like weight gain/loss or gravity may affect the appearance of the breast and prompt revisional procedures such as a breast lift or implant size change to match a more mature body and lifestyle.

Q: Will I still be able to breast feed?

A: In most cases, breast implants do not affect the ability to breast feed. If you are concerned with your ability to breast feed after surgery, discuss breast feeding with Dr. Bucky.

Q: Do breast implants interfere with the detection of breast cancer?

A: No. When you are at the age to start annual mammograms, inform your mammographer that you have breast implants. Specialized views will be performed to evaluate the tissue properly. Submuscular placement of breast implants make visualization of your natural breast tissue easier to read than subglandular placement. Please let us know if you have a family history of breast cancer, and if you've had a mammogram before.

Q: Are today's silicone gel implants different from the gel implants used in the past?

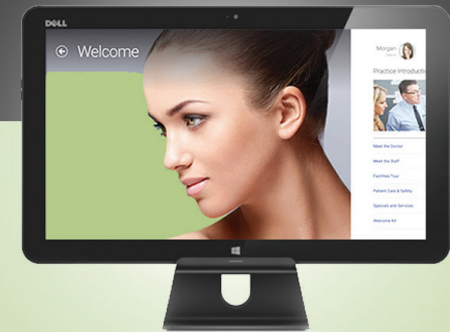
A: Yes. Today's silicone gel implants are 5th generation implants, and have come a long way since first being introduced in 1961. Gel implants in the past consisted of a liquid silicone. Today, the silicone filler has the soft feel of a liquid but has elastic properties that allow it to bind to itself.

Q: Is it common to combine breast augmentation with tummy tuck surgery?

A: A 'Mommy Makeover' combines correction of the breasts and body after the changes caused by pregnancy. While some women choose to split the procedure into two surgeries, it is very common to have everything done at once and makes good sense. There is a definite savings in cost, you have only one operation, and you can heal from everything at the same time. Just remember, as a 'Mommy' you are used to taking care of everybody else. Give yourself the luxury of healing and allow others to take care of you for a while.

Exceptional Patient Experience

Every patient in Dr. Bucky's practice, receives personalized attention from a dedicated team of experts committed to delivering the best patient care. Additionally, we utilize TouchMD® to educate patients and address many of their pre and post-operative questions. Inquire about additional values offered exclusively to Dr. Bucky's breast augmentation patients.



Q: Do you offer financing plans for Breast Augmentation?

A: We offer flexible payment options including financing plans through **Care Credit** and **Alphaeon Credit**.



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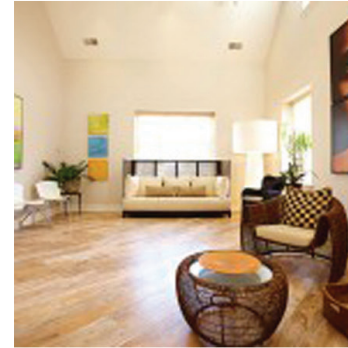


Contact Us



RITTENHOUSE SQUARE

1800 Rittenhouse Square
Philadelphia, PA 19103
p. 215.323.5000



MAIN LINE - ARDMORE

200 West Montgomery Avenue
Ardmore, PA 19003
p. 610.649.2433



WASHINGTON SQUARE

Pennsylvania Hospital Campus
230 West Washington Square
Suite 101
Philadelphia, PA 19106
p. 215.829.6320

We hope you found our guide to breast augmentation helpful. We welcome your suggestions. Email info@drbucky.com to tell us what you liked and also let us know if we missed some of your questions.

To schedule a consultation with Dr. Bucky, contact us in the office of your choice.

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