

# What are Different Breast Enlargement Options?



Breast enlargement is a cosmetic surgical technique whereby a person is able to enhance the size and shape of breast tissue through the insertion of implants. A breast implant is a sac that is filled with either saline or silicone, and is surgically implanted under the breast tissue. It is added to increase the size of a patient's breast. Additionally, plastic surgeons are able to reshape a patient's breast tissue so that the patient is able to obtain the look of the breasts, as she wants.

Thus, breast enlargement is an effective way for women to obtain a brighter angle on life. An unattractive breast can at times be a mental drain for a person. [Breast enlargement is a safe and efficient procedure](#) that has a minimal recuperation period - many women are beginning to consider this treatment as a way to maintain their youth.

Breast enlargement through implants come in many sizes and shapes. The type of breast implant that you choose for surgery should be based on your desired change in profile and cleavage.

## Why women go in for breast enlargement:

- O To give breasts and the body a more proportional and fuller look.
- O To balance a difference in breast size or shape - they might make you look or feel more sexually desirable.
- O Breast enlargement might make clothes fit better

- O They might help avoid embarrassment in social areas especially those who have had a surgery, or women with very small breasts.
- O To reshape and enlarge breasts as a reconstructive technique following breast surgery.
- O To reshape and enlarge breasts that have been reduced following pregnancy and lactation.

Keep in mind, however, that there is no guarantee that your results will match your expectations.

Results depend on many individual factors, such as overall health, chest structure and body shape, healing abilities, any prior breast surgery, infection, and, the type and size of implant.

### **Types of breast implants used for enlargement:**

*Currently three types of breast implants are in use:*

1. Silicon gel filled implants
2. Saline filled implants
3. Double lumen implants - silicone gel filled core with saline periphery.

### **Risks related to breast enlargement:**

Breast implants used for enlargement are not permanent devices whether the purpose is reconstruction or augmentation. At some point, the implants will have to be removed and replaced with new ones.

In addition, complications include leak or rupture of the implant requiring additional surgery to replace the previous one, pain, seroma (fluid retention), infections and a condition called capsular contracture.

Another thing to consider before you make up your mind is pregnancy. Pregnancy might force you to opt for a breast implant revision, although breast implants most often do not interfere with childbearing or breastfeeding.

Breast implants often cause the nipples to become more or less sensitive than normal. While lactating, the patient may have increased breast enlargement and experience pain, fever. However, there is no evidence that silicon from silicon gel implants can leak into breast milk and endanger the baby.

Some women believe that breast implants may cause autoimmune disease or connective tissue disease, but there is no definite proof to justify this.



### **Who should go in for a breast enlargement surgery?**

Enlargement definitely enhances the breasts' appearance, and improves self-image and self-confidence for some women. The best person to go for it is a healthy adult with a positive self-image; and who is well informed about the outcomes and risks of getting breast implants. The most important thing to keep in mind is that the woman should also have realistic expectations about the outcome of the surgery.

A person contemplating implants should try to find as much information possible before making a final decision. [Discussing breast enlargement](#) with a well-known experienced plastic surgeon is the best way to resolve any of your queries or concerns.

### **When breast enlargement surgery is required?**

*Breast enlargement surgery is mostly undertaken in two cases:*

# Breast augmentation - Breast augmentations use saline-filled implants because of their safety and natural look.

# Breast reconstruction - usually done after a mastectomy.

Breast enlargement, through implants is not a permanent feature. Due to various risks

involved, in most of the cases they have to be removed after few years and replaced by a new one.

### **How to decide on a breast enlargement surgeon?**

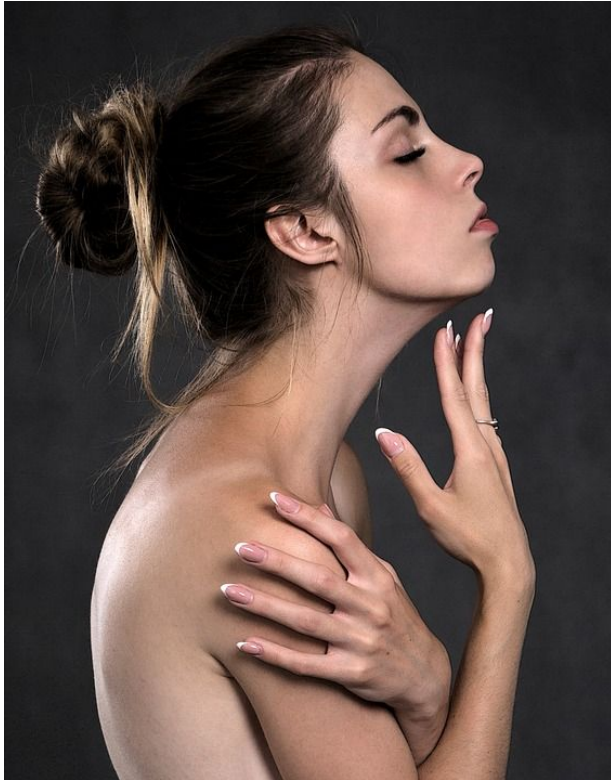
Anyone [contemplating breast enlargement](#) surgery should thoroughly research on this subject, learn about the advantages and disadvantages and familiarize oneself with all the available options. Deciding on a plastic surgeon is difficult because you are putting one of your valuable body parts at risk.

Be clear about the fact that breast enhancement is a treatment that will only enhance your attractiveness; it will not give you perfection. Weigh the pros and cons thoroughly before you give the green signal.

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# Breast Enlargement:

## The Key to an Attractive Bust Line



Women may wish to pursue breast enlargement for many reasons. They may feel that their own breasts are too small and would feel more confident with larger breasts. They may have lost weight, become pregnant or had a breast removed and may wish to restore their previous breast size. Most women in this situation opt for breast enlargement surgery, but [there are other ways to pursue breast enlargement](#).

*An introduction to breast enlargement:*

**Breast implants are generally used for:**

Primary breast augmentation for an increase in bust size.

Revision-augmentation, which is done either to correct or improve the result of an original breast augmentation surgery.

Primary reconstruction, which will help replace

breast tissue that has been removed due to cancer or trauma or that has failed to develop properly due to a severe breast abnormality.

Revision-reconstruction to correct or improve the result of an original breast reconstruction surgery.

The government restricts the marketing of breast implants for the augmentation of young women because young women's breasts are still in the developmental stage during their late teens and early 20s. Moreover, there is a concern that young women may not be mature enough to make an informed decision about the potential risks of breast implants.

**Some of the risks of breast implants include:**

Re-operations with or without removal of the device.

Hardening of the area around the implant.

Breast pain.

Changes in nipple and breast sensation.

Rupture with deflation for saline-filled implants.

Breast implants do not last forever. This means that additional surgeries will be required over your lifetime due to rupture, other complications, or unacceptable cosmetic outcomes like asymmetry, unsatisfactory style/size, wrinkling/rippling.

**It's difficult to ascertain the causes of breast implant rupture. It's known that breast implants can rupture from:**

Damage during implantation or during other surgical procedures.

Folding or wrinkling of the implant shell.

Trauma or other excessive force to the chest.

Compression of the breast during mammography.

**Why do females opt for breast enlargement?**

Unfortunately not all women are as well endowed as they would like to be and many women have opted for breast augmentation surgery as a solution. Child birth, weight loss or a mastectomy may also be reasons for women to resort to breast augmentation, choosing to have this surgery to raise self-esteem and restore their appearance.

**Techniques and medications for breast enlargement:**

Out of the conventional methods available today, breast enlargement surgery is the most common. Augmentation is one of the quickest and surest ways of increasing bust size, though it is not the safest.

Performed under anesthesia, the patient is ready to resume work within a week of the procedure. The surgery generally does not hinder regular physiological and sexual functions like lactation and sensation, but a small number of those treated have experienced some problems in these areas.

The implant is placed by creating an insertion in the breast. The insertion is made just below the breast where the inconspicuous crease is located. Another place where the incision can be made is under the areola. The third unobtrusive place is under the armpits. Once the incision is made, the surgeon inserts the implants into a specifically created pocket within the breast.

*Alternatives to breast implants*

**Natural treatments:**

Several [natural breast enlargement](#) herbs are available in the form of pills, creams, sprays and lotions that are either taken orally or applied over the breasts. Pills are known to be effective for

breast enlargement. These generally contain traditional herbs that are known to have abilities to cause breast enlargement; but they may also cause some side effects. Some of these herbs are:

Blessed Thistle  
Fenugreek  
Saw Palmetto  
Ginseng  
Fennel seeds  
Hops  
Dandelion root  
Watercress  
Dong Quai  
Soy  
Pueraria Mirifica



### **Breast pumps:**

Breast pumps consist of two cups that are attached to a vacuum generating device. Meant to be placed over the breast, pressure is generated when the air is sucked out of the cups, due to partial vacuum. This pressure enhances the blood circulation as well as the health of the tissues and ligaments within the breast.

### **Massaging:**

Massaging also yields slow but safe results. The massage consists of various movements that stretch out the tissues within the breast so that they appear to be bigger and firmer. In addition, a massage helps flush out the toxins that generally accumulate in the breast. Before massaging the breasts, a suitable breast enlargement cream must be applied to make the breast more supple and elastic

[Special breast enlargement exercises](#) can also bring about a sizable increase in the bust line over a period of time. Exercise can improve the underlying pectoral muscles, which make for better bust tautness. Yoga exercises also work well for breast enlargement.

### **Advantages / Disadvantages of breast enlargement:**

Every procedure, including breast enlargement, has its positive aspects as well as its negative aspects. In addition, patients should be aware that every clinical procedure may end up in potential complications, which can occur in a small percentage of patients even in the best of circumstances.

**The advantages of breast enlargement are:**

A breast that has never developed sufficiently can be made larger.

A breast that has lost volume with pregnancy or weight loss can be made larger again.

A relaxed breast can be lifted to some degree.

It can change a woman's appearance so that she is able to wear the clothing she desires.

Provides relief from having to repeatedly focus on the fact that she is not well endowed.

Can often lead to an increase in self-assurance and help regain self-confidence.

**The disadvantages of breast enlargement are:**

There will be a permanent scar on some part of the upper body.

Mammograms before the actual surgery require special techniques that take longer to perform and to read.

There is about a 5% possibility of firmness due to internal scar tissue hardening.

Implant failure will happen at some point in the future.

There is a possibility of permanent nipple numbness.

There is a possibility that the woman may not be able to lactate.

*Article Source: [http://EzineArticles.com/expert/Kevin\\_Fedorr/325741](http://EzineArticles.com/expert/Kevin_Fedorr/325741)*



# Why More and More Women Are Opting for Breast Enlargement?

It wouldn't be wrong to say an increasing number of [women are keen on breast enlargement](#). The existing size is no longer good enough for any one and most of them are looking for bigger and better. This is possible through various ways and means including breast augmentation surgery. So, why is it that most women would love to improve their breast size.

## **Breast enlargement - An overview:**

From the words 'breast enlargement' it is evident that the focus of attention is bust and their size. But, there is another parameter to bust enhancement that many people forget and that is shape. Enlargement of breast size is not only about increasing the size of the breasts but also improving their shape. One of the most common reasons why women want to improve size is to improve their appearance. But, there are also many women who are suffering from disfigured breasts or a drastic difference between the size of the two busts. In such cases, women absolutely need to go for an enhancement. In general, it has been seen to improve the general quality of life in women.

## **Why do women want a bigger breast size?**

The answer to this question is very simple - Because they aren't happy with their current breast size. Now let's pose another question - Why aren't they happy with their natural breast size? The answer to this is more complex. Women believe that this belief is substantiated through various studies, that men find women with impressive breasts more attractive. This can put them at an advantage as far as their social life is concerned. Bigger and shapelier breasts are also seen to improve the confidence levels in women and this improves the general quality of their lives. Admiration for large breasts is not just limited to men. Women are also envious of other women who have bigger and better breasts as compared to their own.

## **Breast enlargement and sex life:**

Do women seek breast enhancement to improve their sex life? They might as this is one of the associated benefits of increasing the size of their breasts. One can say that better sex is a natural consequence of looking good and feeling good about your body. The fact that you know you look good and that men are admiring a certain part of your body can increase your libido.

You won't shy away from experimenting in your sex life and becoming a completely new woman in bed. Sex is basically about confidence. The confidence that a woman has in her own ability to please herself and her man. It's been seen that this confidence improves by a long way in women who have undergone breast enlargement.

### **Common techniques for breast enlargement:**

One of the most [common breast enlargement procedures](#) is breast augmentation, which is a surgical method of improving breast size. This is done by using breast implants to improve breast size. If you aren't too keen on a surgical procedure than you might want to use certain breast enlargement exercises for improving their size. But, this takes some discipline, time and a lot of effort. There are also various breast enlargement creams and pills that are available for increasing breast size. They improve size by improving circulation and also toning the area of the breasts. Their objective is to improve the overall health of the breasts and in making sure that all essential nutrients reach the breasts.

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**For more information on breast enlargement, check out these pages below:**

[Breast Enlargement Exercise](#)

[Breast Enlargement Pills](#)

[Breast Enlargement Through Hypnosis](#)

[Breast Enlargement Massages](#)

[General Information on Breast Enlargement](#)