

THE COMPLETE GUIDE TO BREAST AUGMENTATION IN NYC

EVERYTHING YOU NEED TO KNOW ABOUT NATURAL BREAST
ENHANCEMENT SURGERY



Dr. Elliot Heller, MD
BOARD-CERTIFIED PLASTIC SURGEON

20+ Years Experience • 10,000+ Procedures
Manhattan • Staten Island • Edison, NJ

Table of Contents

Introduction: Your Journey to Natural Enhancement	3
Chapter 1: Understanding Breast Augmentation	4
Chapter 2: Are You a Good Candidate?	6
Chapter 3: Choosing Your Implants	8
Chapter 4: Surgical Techniques and Options	11
Chapter 5: The Consultation Process	13
Chapter 6: Preparing for Surgery	15
Chapter 7: Surgery Day and Recovery	17
Chapter 8: Long-Term Care and Maintenance	20
Chapter 9: Safety and Risk Management	22
Chapter 10: Investment and Financing	24
Chapter 11: Frequently Asked Questions	26
Conclusion: Making Your Decision	29

Introduction

Your Journey to Natural Enhancement

Choosing to enhance your breasts is a deeply personal decision that can transform not just your appearance, but your confidence and self-image. Whether you're seeking to restore volume lost after pregnancy, balance asymmetry, or simply achieve the fuller figure you've always desired, breast augmentation offers a safe and effective solution. At Allure Plastic Surgery, Dr. Elliot Heller has spent over 20 years perfecting the art and science of breast enhancement. With more than 10,000 successful procedures, he understands that every woman's goals and anatomy are unique. This guide provides comprehensive information to help you make an informed decision about breast augmentation.

What You'll Learn

This comprehensive guide covers:

- The different types of breast implants and their characteristics
- How to determine if you're a good candidate for surgery
- Dr. Heller's measurement-based approach to sizing
- Surgical techniques and incision options
- What to expect during consultation and surgery
- Recovery timeline and returning to activities
- Long-term care and monitoring
- Safety protocols and risk management
- Investment considerations and financing options

By the end of this guide, you'll have the knowledge needed to confidently move forward with your breast augmentation journey.

Dr. Heller's Philosophy

Dr. Heller believes in creating results that look natural and proportionate to your body. His approach prioritizes:

- **Balance Over Size:** Choosing implants that complement your frame
- **Natural Appearance:** Results that enhance without looking artificial
- **Patient Safety:** Using proven techniques in accredited facilities
- **Honest Communication:** Setting realistic expectations from the start
- **Personalized Care:** Tailoring every aspect to your unique needs

This philosophy has earned Dr. Heller a reputation as one of the most trusted breast augmentation specialists in the tri-state area.



Chapter 1

Understanding Breast Augmentation

Breast augmentation, technically known as augmentation mammoplasty, is one of the most commonly performed cosmetic procedures worldwide. It involves using implants or fat transfer to increase breast size, improve shape, and enhance overall body proportions.

What Breast Augmentation Can Achieve

Breast augmentation at Allure Plastic Surgery addresses multiple concerns:

- Volume Enhancement:** • Increase naturally small breasts to desired size • Restore fullness lost after pregnancy or weight loss
- Shape Improvement:** • Create better proportion with hips and body frame • Correct asymmetry between breasts • Improve breast projection and roundness • Create more youthful breast contours
- Confidence Restoration:** • Feel more comfortable in clothing and swimwear • Improve body image and self-esteem • Achieve long-desired aesthetic goals

What It Cannot Do

Understanding limitations is crucial for satisfaction:

- Cannot Correct Significant Sagging:** Ptosis (drooping) requires a breast lift, which can be combined with augmentation
- Won't Create Perfect Symmetry:** Minor differences between breasts are normal and will persist
- Doesn't Stop Aging:** Breasts will continue to change naturally over time
- Can't Guarantee Specific Bra Size:** Cup sizes vary by manufacturer; focus on appearance, not labels

Types of Breast Augmentation

Implant Augmentation The most common method uses FDA-approved saline or silicone implants. Dr. Heller offers:

- Traditional round implants in various profiles
- Form-stable "gummy bear" implants
- Smooth and textured surfaces (smooth preferred for safety)
- Wide range of sizes from conservative to dramatic

Fat Transfer Augmentation Uses your own fat harvested through liposuction:

- Natural feel and appearance
- Modest size increase (1/2 to 1 cup size)
- No foreign material in body
- Requires adequate donor fat
- May need multiple sessions for desired volume

Combination Approaches Some patients benefit from combining techniques:

- Implants with fat grafting for enhanced cleavage
- Augmentation with simultaneous lift
- Revision surgery to improve previous results

Chapter 2

Are You a Good Candidate?

Not everyone is an ideal candidate for breast augmentation. Dr. Heller carefully evaluates each patient to ensure surgery is appropriate and likely to achieve desired results safely.

Ideal Candidates

Age and Development: • At least 18 years old for saline implants • At least 22 years old for silicone implants • Fully developed breasts (usually by late teens)

Physical Health: • Good overall health without serious medical conditions • Stable weight for at least 6 months • Non-smoker or willing to quit 4-6 weeks before/after surgery

• Not currently pregnant or breastfeeding • Adequate existing breast tissue for coverage

Mental and Emotional Readiness: • Realistic expectations about results

• Undergoing surgery for yourself, not to please others • Understand risks and recovery requirements

• Emotionally stable and prepared for change • Have time for proper recovery

Special Considerations

Family History of Breast Cancer: Breast augmentation doesn't increase cancer risk, but family history affects:

- Screening recommendations
- Implant placement decisions
- Need for genetic counseling

Dr. Heller coordinates with your medical team to ensure safe, appropriate care.

Autoimmune Conditions: Patients with lupus, scleroderma, or rheumatoid arthritis need special evaluation:

- Higher risk of capsular contracture
- Healing may be affected
- Requires clearance from rheumatologist

Previous Breast Surgery: Prior biopsies, lumpectomies, or reductions don't necessarily prevent augmentation but may affect:

- Incision placement
- Implant positioning
- Achievable results

When to Wait

Consider postponing surgery if you:

- Plan to become pregnant within the next year
- Are actively losing significant weight
- Recently stopped breastfeeding (wait 3-6 months)
- Have uncontrolled medical conditions
- Are experiencing major life stress
- Cannot commit to recovery restrictions
- Have unrealistic expectations despite counseling

Dr. Heller will honestly assess whether you're ready for surgery or if waiting would lead to better results.

Chapter 3

Choosing Your Implants

Selecting the right implants is crucial for achieving your desired results. Dr. Heller guides you through options based on your anatomy, lifestyle, and aesthetic goals.

Saline vs. Silicone Implants

Feature	Saline	Silicone
Feel	Firmer, less natural	Softer, more natural
Minimum Age	18 years	22 years
Incision Size	Smaller (filled after placement)	Larger (pre-filled)
Rupture Detection	Immediate (deflates)	Requires MRI
Rippling Risk	Higher	Lower
Weight	Heavier	Lighter
Cost	Less expensive	More expensive

Gummy Bear Implants

Form-stable silicone gel implants, nicknamed "gummy bear" implants, represent the latest advancement:

- Maintain shape even if shell is compromised
- Lowest rate of rippling and folding
- Available in shaped (teardrop) or round forms
- Multiple projection options for customization
- Slightly firmer than traditional silicone
- Premium option with longer warranty

Dr. Heller often recommends these for patients seeking the most natural results with maximum longevity.

Size Selection: Dr. Heller's Measurement Method

Dr. Heller uses precise measurements rather than cup size goals to determine optimal implant size:

Key Measurements:

- **Base Width:** The diameter of your existing breast determines maximum implant width
- **Chest Wall Dimensions:** Distance between breasts affects spacing
- **Skin Elasticity:** Determines how much volume can be safely added
- **Tissue Thickness:** Pinch test shows coverage available

The Process:

1. Physical measurements during consultation
2. Try on sizing implants in surgical bra
3. View before/after photos of similar body types
4. 3D imaging for select patients
5. Dr. Heller's recommendation based on 20+ years experience

This scientific approach prevents the size regret common when choosing based on appearance alone.

Implant Profiles

Implants come in different profiles (projection levels) for the same volume:

- **Low Profile:** Widest base, least projection - rarely used
- **Moderate Profile:** Balanced width and projection - most natural
- **Moderate Plus:** Slightly narrower base, more projection
- **High Profile:** Narrow base, maximum projection - for petite frames
- **Ultra High:** Maximum projection - dramatic results

Dr. Heller selects the profile that best fits your chest dimensions and desired look.



Chapter 4

Surgical Techniques and Options

The surgical approach significantly impacts your results and recovery. Dr. Heller tailors the technique to your anatomy and preferences, using methods refined over 20 years of practice.

Incision Locations

Inframammary (Breast Crease)

The most common incision, placed in the natural fold beneath the breast: **Advantages:** • Hidden in natural crease • Excellent surgical access and visibility • Lowest risk of complications • Preserves all breast tissue and milk ducts • Can be used for any implant type or size **Considerations:** • Scar may be visible when lying down • Not ideal for patients with minimal breast tissue Dr. Heller recommends this approach for most patients due to its reliability and safety.

Periareolar (Around the Nipple)

Incision along the edge where areola meets breast skin: **Advantages:** • Scar camouflaged by color change • Good for minor lift simultaneously • Central access to breast **Considerations:** • Higher risk of sensation changes • May affect breastfeeding ability • Limited to patients with adequate areola size • Slightly higher infection risk

Transaxillary (Underarm)

Incision hidden in the armpit: **Advantages:** • No scar on breast itself • Hidden in natural armpit crease **Considerations:** • Requires endoscopic equipment and expertise • More difficult for precise placement • Limited to smaller implants • Revision surgery may require breast incision Dr. Heller offers this technique for select patients prioritizing no breast scarring.

Implant Placement

Submuscular (Under the Muscle)

Implant placed beneath the pectoralis major muscle: **Advantages:** • More natural appearance, especially in thin patients • Better mammogram visualization • Lower capsular contracture risk • Less visible rippling • Softer transition at upper breast **Considerations:** • Longer recovery with more initial discomfort • Animation deformity with muscle flexion • May take longer to settle into position Dr. Heller recommends this for most patients, especially those with minimal breast tissue.

Subglandular (Over the Muscle)

Implant placed above the muscle, behind breast tissue: **Advantages:** • Faster, easier recovery • No animation deformity • More predictable cleavage • Better for mild ptosis **Considerations:** • Higher risk of visible rippling • More palpable implant edges • Slightly higher capsular contracture risk • Requires adequate tissue coverage Best for patients with sufficient natural breast tissue for coverage.



Chapter 5

The Consultation Process

Your consultation with Dr. Heller is a comprehensive evaluation designed to understand your goals, assess your anatomy, and create a personalized surgical plan. This unhurried appointment allows you to ask questions and make an informed decision.

Preparing for Your Consultation

What to Bring: • List of current medications and supplements • Medical history including previous surgeries • Mammogram reports if over 40 or family history of breast cancer • Photos of desired results (optional but helpful) • List of questions and concerns • Comfortable, easy-to-remove clothing **Questions to Consider:** • What bothers you most about your current breasts? • What size and shape do you envision? • What activities are important to you? • When would surgery fit your schedule? • Who will help during recovery?

During Your Consultation

Your 45-60 minute consultation includes:

- Discussion (15-20 minutes):** • Review of your goals and concerns • Medical history evaluation • Discussion of options • Review of risks and benefits
- Physical Examination (10-15 minutes):** • Measurements of breast dimensions • Assessment of skin quality and elasticity • Evaluation of chest wall and asymmetry • Tissue thickness assessment • Photography for medical records (with consent)
- Implant Selection (15-20 minutes):** • Try on various sizes with special bras • Review implant types and profiles • View before/after photos of similar patients • 3D imaging if appropriate • Dr. Heller's professional recommendation
- Planning and Questions (10-15 minutes):** • Surgical plan explanation • Recovery timeline review • Cost breakdown and financing options • Scheduling discussion • All questions answered

After Your Consultation

No Pressure Decision Making: Dr. Heller encourages you to:

- Take time to consider your options
- Discuss with family if desired
- Research and verify credentials
- Ask additional questions via phone or email
- Schedule a second consultation if needed

When You're Ready:

- Call to schedule your surgery date
- Receive pre-operative instructions
- Complete necessary medical clearances
- Pay surgical deposit to reserve date
- Begin preparation process

Most patients schedule surgery 4-8 weeks after consultation to allow proper preparation time.

Chapter 6

Preparing for Surgery

Proper preparation is essential for optimal results and smooth recovery. Dr. Heller and his team provide detailed instructions to ensure you're fully ready for your transformation.

Medical Preparation

4-6 Weeks Before Surgery: • Stop smoking and all nicotine products • Begin taking recommended vitamins (Vitamin C, Arnica) • Schedule medical clearance if over 45 or have medical conditions • Complete required lab work **2 Weeks Before:** • Stop taking aspirin, ibuprofen, and blood-thinning supplements • Avoid alcohol consumption • Maintain healthy diet and hydration • Finalize post-operative care arrangements **1 Week Before:** • Fill all prescriptions • Confirm surgery time and arrival instructions • Arrange transportation to and from surgery • Review post-operative instructions

Home Preparation

Create a comfortable recovery space: **Bedroom Setup:** • Extra pillows for elevation • Bedside table with essentials within reach • Phone charger accessible • Night light for bathroom trips • Comfortable, loose button-front pajamas **Supplies to Purchase:** • Antibacterial soap for pre-operative shower • Stool softeners to prevent constipation • Bendable straws for drinking • Ice packs or frozen peas • Light, easy-to-prepare foods • Entertainment (books, magazines, streaming services) **Practical Arrangements:** • Clean house to minimize post-op chores • Prepare and freeze meals • Arrange pet care • Set up email out-of-office message • Move frequently used items to counter height

Day Before Surgery

Final Preparations: • Shower with antibacterial soap • Remove nail polish and makeup • Don't eat or drink after midnight • Get a good night's sleep • Set multiple alarms **What to Wear to Surgery:** • Loose, button-front shirt • Comfortable pants or skirt • Slip-on shoes • Leave jewelry and valuables at home • Wear glasses instead of contacts



Chapter 7

Surgery Day and Recovery

Understanding what happens on surgery day and during recovery helps reduce anxiety and ensures you're prepared for each stage of healing.

Surgery Day Timeline

Arrival (1-2 hours before surgery): • Check in at reception • Complete final paperwork • Change into surgical gown • Nurse starts IV and takes vitals • Dr. Heller performs final markings while standing **Anesthesia and Surgery (1.5-2.5 hours):** • Board-certified anesthesiologist administers general anesthesia • Continuous monitoring throughout procedure • Dr. Heller creates pockets and places implants • Meticulous closure with dissolvable sutures • Surgical bra applied **Recovery Room (1-2 hours):** • Wake up with nurse monitoring • Pain medication provided • Light snack and fluids when ready • Instructions reviewed with caregiver • Discharged home when stable

Recovery Timeline

Days 1-3: Immediate Recovery • Moderate discomfort managed with medication • Tightness and pressure sensation • Limited arm movement • Sleep elevated on back • No showering yet • Light walking encouraged **Days 4-7: Early Recovery** • Pain decreasing significantly • First post-op visit with Dr. Heller • Showering permitted (gentle, lukewarm) • Return to desk work possible • Still sleeping on back • Swelling peaks then begins subsiding **Weeks 2-3: Improved Mobility** • Most daily activities resumed • Driving when off narcotics • May transition to sports bra • Light walking for exercise • Bruising fading • Sensation beginning to return **Weeks 4-6: Returning to Normal** • Lower body exercise permitted • Most swelling resolved • Breasts softening and settling • Can sleep on side (not stomach yet) • Return to non-strenuous work • May start scar treatment



Activity Return Guide

Activity	When to Resume
Desk Work	5-7 days 1-2 weeks (off
Driving	narcotics) 3 weeks 3-4
Light Cardio	weeks 6-8 weeks 8-12
Lower Body Exercise	weeks 12 weeks 6-8
Upper Body/Chest	weeks
Push-ups/Bench Press	
Contact Sports	
Underwire Bras	



Chapter 8

Long-Term Care and Maintenance

Breast implants are not lifetime devices, but with proper care and monitoring, they can last many years. Understanding long-term maintenance helps protect your investment and health.

Implant Longevity

Average Lifespan: • Modern implants typically last 15-20 years • Many last much longer without issues • No automatic replacement needed at 10 years (outdated recommendation) • Replace only if problems develop or you desire change **Manufacturer Warranties:** • Lifetime replacement for rupture • 10-year coverage for capsular contracture • Financial assistance programs available • Dr. Heller registers all implants for warranty protection **Signs Replacement May Be Needed:** • Rupture or deflation • Severe capsular contracture • Visible rippling or malposition • Size or style change desired • Significant weight changes affecting appearance

Monitoring Your Implants

Self-Examination: • Monthly breast self-exams continue normally • Feel for lumps, changes, or hardening • Check for size or shape changes • Note any pain or discomfort • Monitor for visible rippling **Professional Monitoring: With Dr. Heller:** • 1 week post-op • 1 month • 3 months • 6 months • Annually thereafter **Imaging Recommendations:** For Silicone Implants: • First MRI at 5-6 years post-op • Repeat every 2-3 years • Detects "silent" ruptures For All Implants: • Continue regular mammograms • Inform technician about implants • Special views ensure complete visualization • Ultrasound if concerns arise

Maintaining Your Results

Lifestyle Factors: • Maintain stable weight (fluctuations affect appearance) • Wear supportive bras, especially during exercise • Use sunscreen on décolletage area • Stay hydrated for skin health • Don't smoke (affects healing and skin quality) **Scar Care:** • Silicone sheets or gel for 3-6 months • Gentle massage after healing • Sun protection for one year minimum • Consider laser treatment if scars don't fade adequately **Exercise Considerations:** • Supportive sports bra essential • Build chest exercises gradually • Listen to your body • Some activities may feel different permanently

Chapter 9

Safety and Risk Management

While breast augmentation is generally very safe, understanding potential risks and Allure Plastic Surgery's safety protocols helps ensure the best possible outcome.

Potential Risks and Complications

Complication	Frequency	Management
Capsular Contracture	5-10%	Massage, medication, or revision
Implant Rupture	<1% per year	Replacement surgery
Infection	<1%	Antibiotics, rarely removal
Hematoma	1-2%	Drainage if significant
Sensation Changes	15% temporary	Usually resolves 6-12 months
Rippling	Higher with saline	Fat grafting or revision
Asymmetry	5-10% minor	Revision if significant

Allure Plastic Surgery Safety Protocols

Facility Accreditation: • AAAASF-accredited surgical facility • Exceeds New York State requirements • Regular inspections and quality audits • Hospital-grade equipment and protocols **Surgical Team:** • Board-certified anesthesiologist present throughout • Experienced surgical nurses • Continuous vital sign monitoring • Emergency protocols in place **Infection Prevention:** • Triple antibiotic irrigation • No-touch Keller Funnel technique • Sterile surgical environment • Prophylactic antibiotics • Dr. Heller's infection rate: <0.5% **Patient Selection:** • Thorough medical screening • Appropriate candidate selection • Realistic expectation setting • Comprehensive informed consent

Breast Implant-Associated Concerns

BIA-ALCL (Breast Implant-Associated Anaplastic Large Cell Lymphoma): • Extremely rare (1 in 30,000 lifetime risk) • Associated with textured implants • Dr. Heller uses only smooth implants • Not a breast cancer • Highly treatable if detected **Breast Implant Illness (BII):** • Constellation of symptoms some attribute to implants • Not officially recognized medical diagnosis • Symptoms vary widely between patients • Dr. Heller discusses thoroughly during consultation • Explantation available if concerns develop **Cancer Screening:** • Implants don't increase breast cancer risk • Mammography remains effective with proper technique • Additional views ensure complete visualization • Self-exams continue normally

When to Contact Dr. Heller

Call immediately if you experience:

- Fever over 101°F
- Excessive bleeding or drainage
- Sudden size change in one breast
- Severe, uncontrolled pain
- Signs of infection (redness, warmth, pus)
- Difficulty breathing or chest pain

Any concerning changes Allure Plastic Surgery provides 24/7 emergency contact for all surgical patients.

Chapter 10

Investment and Financing

Breast augmentation represents a significant investment in yourself. Understanding costs and financing options helps you plan appropriately for this life-changing procedure.

Cost Breakdown

Component	What It Includes	Range
Surgeon's Fee	Dr. Heller's expertise and skill	\$4,000-\$5,500
Facility Fee	AAAASF-accredited OR and equipment	\$1,800-\$2,500
Anesthesia	Board-certified anesthesiologist	\$800-\$1,200
Implants	FDA-approved saline or silicone	\$1,000-\$2,000
Garments/Supplies	Surgical bra, medications	\$200-\$300
Follow-Up Care	One year of appointments	Included
Total Range:		\$7,500-\$10,500

Factors Affecting Cost: • Implant type (silicone costs more than saline) • Surgical complexity (revision surgery costs more) • Combined procedures (adding a lift increases cost) • Geographic location (Manhattan premium)

Financing Options

Medical Financing Partners: Allure Plastic Surgery works with trusted financing companies:

CareCredit: The leading healthcare credit card - 6-24 month interest-free promotional periods available - Extended payment plans for larger procedures - Quick online application with instant approval

Cherry: Patient-friendly payment plans - Simple application process - Flexible payment options - Competitive rates - No hidden fees

Benefits of medical financing:

• Quick online application and approval

• No prepayment penalties

• Fixed monthly payments

• Preserve savings and emergency funds

Other Payment Options: • Cash, check, or wire transfer

• Major credit cards

• HSA/FSA funds (check with your plan administrator)

• Payment plans directly through our office

Insurance Coverage: Breast augmentation for cosmetic purposes is not covered by insurance. However, some reconstructive cases may qualify:

• Post-mastectomy reconstruction

• Correction of congenital deformities

• Revision of complications from previous surgery

Value Considerations

When evaluating cost, consider the total value:

- Dr. Heller's 20+ years of experience
- Over 10,000 successful procedures
- AAAASF-accredited facility
- Board-certified anesthesiologist
- Premium implants with warranty
- Comprehensive follow-up care
- 24/7 emergency availability
- Low complication and revision rates

Choosing based on price alone often leads to disappointment and additional costs for revision surgery. Dr. Heller's expertise and commitment to excellence provide lasting value.



Chapter 11

Frequently Asked Questions

Dr. Heller answers the most common questions about breast augmentation.

Will breast implants affect mammograms?

Implants don't prevent effective mammography. Inform the technician you have implants so they can use the Eklund displacement technique, which involves taking 4-8 additional views. Choose facilities experienced with implants. The small amount of breast tissue obscured by implants is offset by improved visualization of remaining tissue due to implant compression.

Can I breastfeed with implants?

Most women can breastfeed successfully after augmentation. The inframammary incision (breast crease) best preserves milk ducts and nerves. Periareolar incisions have slightly higher impact on breastfeeding. Discuss your family plans with Dr. Heller so he can optimize technique to preserve function.

How do I choose between saline and silicone?

Silicone feels more natural and has less rippling, making it ideal for thin patients or those with minimal breast tissue. Saline allows smaller incisions and immediate detection of rupture. Dr. Heller examines your tissue and discusses your priorities to recommend the best option. About 80% of his patients choose silicone for the superior feel.

What happens if an implant ruptures?

Saline ruptures are immediately obvious as the breast deflates within days and the saline is harmlessly absorbed. Silicone ruptures may be 'silent,' which is why MRI monitoring is recommended. Modern silicone is cohesive and typically stays in place. Both require surgical replacement, covered by manufacturer warranty.

Will I lose nipple sensation?

Temporary changes in sensation occur in about 15-20% of patients, usually resolving within 6-12 months. Permanent sensation loss is rare (less than 5%). The inframammary incision has the lowest risk. Dr. Heller's careful technique preserves nerve pathways whenever possible.

How painful is recovery?

Most patients describe tightness and pressure more than sharp pain. The first 3 days are most uncomfortable, well-managed with prescription medication. By day 4-5, many transition to over-the-counter pain relievers. Submuscular placement has more initial discomfort but looks more natural. Most patients say it's easier than expected.

When can I exercise again?

Walking starts immediately to prevent blood clots. Light cardio like stationary biking at 3 weeks. Lower body weights at 4 weeks. Upper body and chest exercises wait 6-8 weeks to protect healing. High-impact activities and contact sports need 12 weeks. Build back gradually and listen to your body.

Do implants need to be replaced every 10 years?

No, this is outdated information. Modern implants don't have expiration dates. Replace only if problems develop (rupture, contracture) or you want a size change. Many of Dr. Heller's patients have had their implants 15-20+ years without issues. Regular monitoring ensures early detection of any problems.

Will implants prevent me from detecting breast cancer?

No, implants don't increase cancer risk or prevent detection. Self-exams continue normally - you'll quickly learn what your implants feel like. Mammograms remain effective with proper technique. Some studies suggest women with implants have cancers detected at earlier stages due to increased breast awareness.

What's the youngest age for breast augmentation?

FDA approves saline implants at 18 and silicone at 22. Beyond legal age, Dr. Heller assesses emotional maturity and ensures patients are choosing surgery for themselves, not due to pressure from others. He may recommend waiting if breast development seems incomplete or motivations seem unclear.

Conclusion

Making Your Decision

You've now learned everything essential about breast augmentation - from implant selection to recovery, from safety protocols to long-term care. This knowledge empowers you to make an informed decision about enhancing your breasts. **Key Points to Remember:**

- Choose a board-certified plastic surgeon with extensive experience
- Select implants based on measurements, not just desired cup size
- Prepare thoroughly for surgery and recovery
- Follow all post-operative instructions carefully
- Maintain realistic expectations about results
- Plan for long-term monitoring and care
- Invest in quality for lasting satisfaction

Why Choose Dr. Elliot Heller? With over 20 years dedicated to aesthetic surgery and more than 10,000 successful procedures, Dr. Heller brings unmatched expertise to every breast augmentation. His measurement-based approach ensures natural-looking results that complement your unique anatomy. The combination of his surgical skill, artistic eye, and commitment to patient safety has earned him recognition as one of the region's leading breast augmentation specialists.

Your Next Steps If you're ready to explore breast augmentation further:

1. **Schedule a Consultation:** Meet Dr. Heller to discuss your goals and options
2. **Ask Questions:** Bring all your concerns to the consultation
3. **View Results:** See before/after photos of patients with similar anatomy
4. **Take Your Time:** Never feel pressured to make an immediate decision
5. **Plan Properly:** Ensure you can commit to recovery requirements
6. **Move Forward Confidently:** When ready, schedule your transformation

Schedule Your Free Consultation Today

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Dr. Heller and the entire Allure Plastic Surgery team look forward to helping you achieve the beautiful, natural-looking results you desire. Your journey to enhanced confidence begins with a single phone call. Thank you for trusting us with your breast augmentation education. We're honored to be part of your transformation journey.

Disclaimer: This guide is for educational purposes only and does not constitute medical advice. Individual results may vary. Consult with Dr. Heller for personalized recommendations based on your unique anatomy and goals. © 2024 Allure Plastic Surgery. All rights reserved.



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