



Everything You Need  
to Know Before Getting  
A Breast Augmentation

FACES +



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# INTRODUCTION

In the blink of an eye summer will be upon us. Days get longer, sunshine takes over and it's time to break out that bikini. What's a bikini's best accessory? Your body confidence!

If you're considering any type of breast enhancement surgery, then keep on reading. We're navigating the many options of breast enhancement available (there's a lot). Find out what works best for the type of look, shape and size that you envision.

## OUR PHILOSOPHY AT FACES+:

Combining the most innovative techniques with superb artistic and surgical skills to deliver our patients the finest aesthetic outcomes with the safest approaches.

What this means: We are always striving to find better, safer and aesthetically beautiful alternatives to the current standard. Dr. Cohen is at the forefront of inventing and implementing best practices and newest procedures available.



# THE IMPLANT

LET'S GET YOU FAMILIAR WITH DIFFERENT IMPLANT OPTIONS:

Think of implants as balloons for your breast – industrial balloons. Saline, silicone and textured shaped are some of the most common implants offered to patients. Dr. Cohen recommends the best implant for your goals, but it's useful to know information on each type even before your consultation. Keep in mind that not every breast enhancement procedure involves implants but we'll cover that later.





## SALINE

THIS IMPLANT IS FILLED WITH SALT WATER

### THINGS TO KNOW:

- Has a double barrel chamber that reinforces each side of the implant for long-term stability.
- Adjustable in size and individually filled to suit our patients unique shape.

A candidate for this option may be a woman who likes the look of lifted breasts, and has a naturally uneven breast shape.





## SILICONE

THIS IMPLANT IS MADE OF A GEL SUBSTANCE

### THINGS TO KNOW:

- Lifted look and natural feel
- Supported balloon makes rippling minimal
- Comes in a variety of projection styles and sizes

A candidate for this option may be a woman who wants a full round breast shape and is thin or has thin skin in the chest area.



TEXTURED  
THIS IMPLANT IS MADE OF A GEL SUBSTANCE

THINGS TO KNOW:

- Ultra-natural teardrop look
- Stays in place due to texture

A candidate for this option may be a woman who wants her enhanced breasts to look undetectable and natural.



## BREAST ENHANCEMENT OPTIONS

Let's talk about your breast enhancement options:  
From surgery to laser we have the best treatments and combination treatments available for whatever look you want to achieve.

### HARMONIE BREAST PROCEDURE

#### WHAT IS HARMONIE:

The Harmonie Breast Enhancement places the implant subfascially – which means the implant is placed partly underneath the muscle layer.

#### BENEFITS:

By doing this, your breast pocket called the fascia is kept intact which leads to smoother look. He uses this procedure with various implants depending on preference for first time breast augmentation patients. It gives the breast an elegant silhouette that blends seamlessly into the body. This technique involves minimal pain because exparel is the pain reliever administered during surgery. Because of time-release effect of the exparel, the body is eased out of operation and into a steady recovery.





## FAT GRAFTING WITH IMPLANTS

### THE FAT OF THE MATTER:

Dr. Cohen inserts the implant and to supplement volume and symmetry, adds fat tissue around the breast for blendability where needed. This is ideal for patients with:

- Thin tissue
- Wide cleavage
- Rib showing
- Breast asymmetries

### BENEFITS:

Everyone is shaped differently and sometimes fat can be used to adjust the result for your body. Dr. Cohen uses a machine called a lipo-loop to extract fat from an unwanted area (stomach, thighs etc.) then he makes a small puncture and uses the lipo-loop to both clean and distribute the fat to the breast. This results in natural looking, beautifully blended implants.





## NATURAL BREAST AUGMENTATION

### FILL WITH FAT:

A natural breast augmentation sounds like an oxymoron but Dr. Cohen does breast enhancements with only fat. Using the Lipo-Loop machine as described previously, he takes fat from unwanted areas to fill, plump and lift the breast with fat tissue. It's a win, win!

### BENEFITS:

This option is good for patients who don't want implants or are only looking for a slight increase in volume. If you want a 1 to 1.5 larger cup size that looks extremely natural than this is a perfect option for you.

## NON - SURGICAL BREAST AUGMENTATION

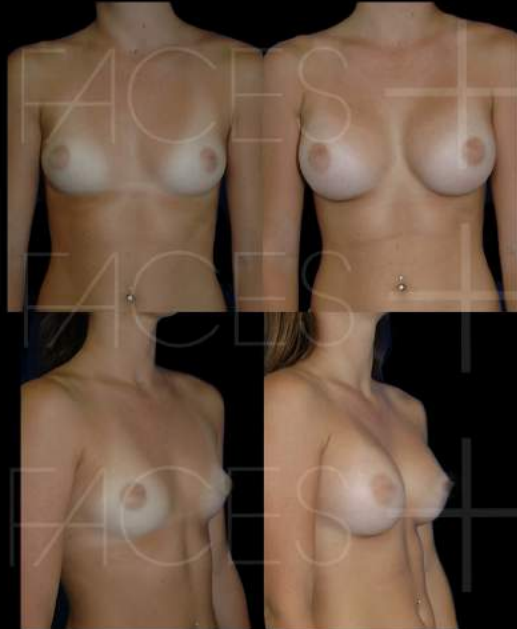
### THERMI TIGHT:

This minimally invasive laser treatment lifts the breasts by probing their inner tissue with concentrated pockets of laser energy.

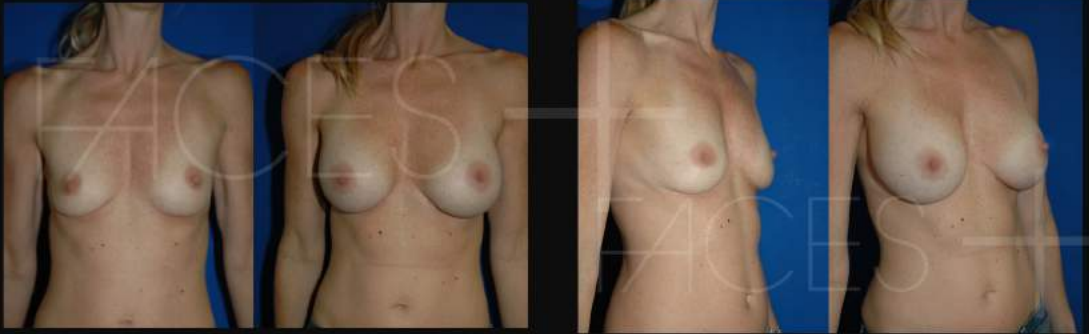
### BENEFITS:

It's a great option for those who want up to a 2 cm increase in lift without surgery. This laser leaves a very natural result and works best for those with minor laxity. It works by controlled tissue injury through heat which stimulates the skin to contract and produce collagen and elastin regrowth in the surrounding areas. This laser is frequently used with fat as an all-natural breast enhancement and lift option.

FACES+ PATIENT BEFORE AND AFTERS:  
Textured Shaped Implants with fat



FACES+ PATIENT BEFORE AND AFTERS:  
Silicone Implants with Fat



No implants- Fat only



## THE EXPERIENCE

Now that you know our options, here is a prelude to what it's like at FACES+ from booking to surgery.

### CONSULTATION:

The first meeting with Dr. Cohen lasts about an hour. You'll receive an in-depth explanation of the subjects we covered and more. It's highly tailored to your specific needs and body type.

### MAKING SURE THE MEASUREMENTS ARE JUST RIGHT:

In the beginning of the consultation you'll be provided with a robe to change into for a quick breast measurement examination. Dr. Cohen examines your breasts and once measured, discusses size and the various options for your procedure.



### MAKE THE BEST RECOMMENDATION:

After the consultation, you have the chance to book your surgery. At that time, our patient coordinator schedules a pre-op appointment which is imperative to gathering more information before your surgery date.





## THE EXPERIENCE

### PRE-OP:

In this office visit our nurse meets you and asks questions about your health history to make sure everything is good to go. We also confirm your desired breast size and answer any questions you may have before your procedure.

### SURGERY DAY:

This one is easy! Just show up and our OR nurse will lead you in the right direction on the day. You see Dr. Cohen right before the procedure and our anesthesiologist makes sure you're in great shape for a short sleep while getting treated. Once awake, someone you trust takes you home for some R&R while recovering.

### POST-OP:

A support bra and elastic strap are applied to your body after surgery. This is so everything is compressed in the right shape and protected while you heal.

You'll be instructed to wear the garment until your post-op appointment at 5-7 days. Post-op appointments continue with Dr. Cohen until fully healed from surgery.

Now that you know what to expect, call us to schedule your consultation appointment today at 858-453-7224 with Dr. Cohen.

STEVEN R. COHEN M.D., F.A.C.S

# FACES +

Plastic Surgery, Skin & Laser

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