



Getting started with breast surgery

If there is one piece of advice any woman who has undergone breast surgery will give you, it is to find a plastic surgeon that listens to you. Did you know silent and listen have the same alpha characters in both words? Dr. Siamak Agha not only takes time to listen (a skill that is learned) but he connects with his female patients. It is this fundamental process which allows both of you to crystallize your specific goals and help you achieve your aesthetic results. Dr. Agha's specialized breast augmentation approach is no exception. The key is to focus on safety, both now and in the future. He does this by determining the smallest implant that will achieve your desired outcome.



Body image and your breasts

Many women choose to augment their breasts surgically, so they feel more feminine in and out of their clothing. It is an extremely personal decision and one that involves both physical and psychologically beneficial results. By far, breast augmentation surgery is the most popular cosmetic surgery women choose every year. For most women, this positive physical enhancement improves their body image and self-esteem, too. Many young women have breasts which never fully develop. In medical terms, this is called micromastia. Mainly, in this case, you have a flat chest with two (2) nipples. It is incredibly distressing to the person suffering from it as it hurts their opinion of their body image and a painful reminder every time, they look in the mirror.

Dr. Agha also consults with patients who have asymmetrical breasts. In other words, the woman's breasts do not match. Asymmetry can be in size or shape, or both, and it causes a lot of embarrassment for women who suffer from it. Studies have shown that women with tubular or asymmetrical breasts have a less satisfying sex life and shorter intimate relationships than those who don't have this breast issue. Dr. Agha understands the importance of body image as it relates to breast surgery. Whatever your reasons for augmenting your breasts, he knows that when you look in the mirror, you want to say to yourself: "Now that is how I am supposed to look."

Continue reading at next page >



IT ISN'T ALL ABOUT SIZE

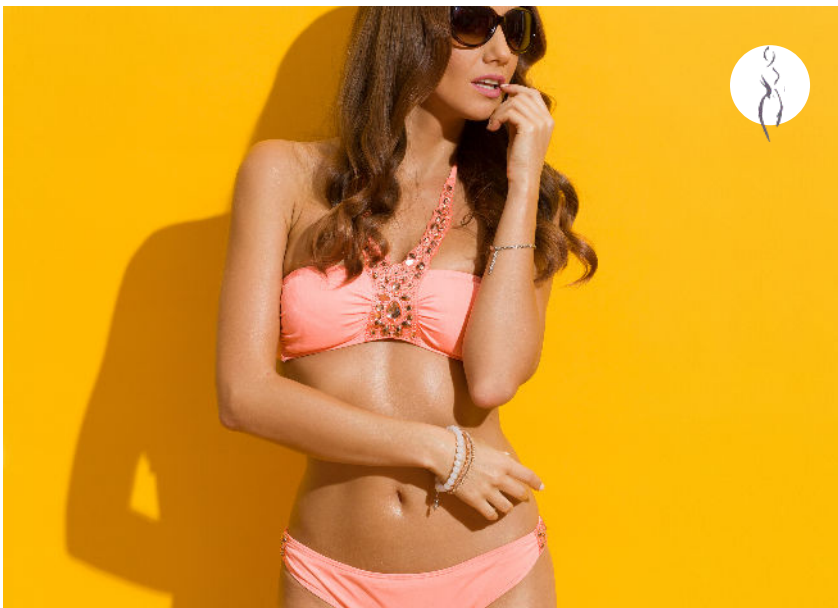
By Siamak Agha, MD, PHD, FACS

There are many reasons women choose to augment their breasts. Dr. Agha is a rare breed, in the sense that he knows it is not always all about size. You will not find that attribute amongst many of the plastic surgeons in Orange County. In fact, Dr. Agha does corrective surgery on many women who went to a surgeon that stuffed implants in their breast pocket that quite frankly should never have been put there in the first place. Most women want to correct asymmetry in one of the breasts. Or perhaps you have tubular breasts? Maybe you want more upper pole fullness as opposed to the overall size of your breasts. Others of you may want to have more nipple elevation and roundness in the bottom area of your breasts. Women know that breasts are not twins, they are sisters. But whatever your reason for having breast surgery, it is all about what you want and not what anyone else thinks. It is an incredibly personal decision and one that requires doing your homework. New Beauty magazine recently wrote an article called, "A Comprehensive Look At Every Type Of Breast Surgery." It is well written and covers a lot of territory that New Beauty's female readers have shared. You can read the article by [clicking here](#).

THERE'S NO NEED TO BE A SIZE QUEEN

To be blunt, plastic surgeons in Newport Beach are everywhere. So why consider having surgery with Dr. Siamak Agha? What is it about him that will make you a happier patient in the end? Dr. Agha is meticulous in his approach toward giving you symmetry. Many surgeons in Orange County rush through breast surgery procedures to cut down on operating room costs and anesthesiologist fees. That mindset is not allowed in our plastic surgery center. Time and attention to detail are critical components of achieving a splendid result. For this reason, your breast augmentation consultation is the most significant part of your transformation process. You will have the opportunity to fully express your desired results in a way which allow you to achieve them.

At our Newport Beach Plastic Surgery Center, we understand that bigger is not always better. The common catch phrase "size-queen" doesn't apply only to gay culture anymore. Women don't want to be size queens with their breasts either. At any age you want to look in the mirror and see that your breasts look like they fit your body. It is human nature to desire to have body parts that resemble those of others and to fit in. Men say they feel insecurity about parts of their body all the time when they walk around the locker room and it is the same for both sexes. Psychologically and emotionally, getting the breasts you want will dramatically increase your self-esteem and overall confidence. So many women feel stigmatized by advertisers of clothing companies for being different, and from their peers for not looking the way they do. We strongly encourage you to take charge of what it is you want to change about your chest.



Continue reading at next page >



Which incision type should I get?

Currently, there are three (3) types of incisions used during breast augmentation surgery. Dr. Agha will discuss with you in detail during your cosmetic surgery consultation, which incision is best tailored for your results. Let's take a look at the types of incisions before you schedule your consultation. The first type of incision is the Periareolar incision. In the simplest of terms, this means the incision is made around your areola or nipple. Dr. Agha makes this incision where your darker nipple skin meets the lighter skin of your breast. It allows for a less perceptible scar after you have recovered. This type of incision is a great advantage to Dr. Agha, as it will enable him to place your breast implant more precisely.

The second type of incision is called the Inframammary incision. Dr. Agha makes this incision under the natural fold or crease of your breast. The natural fold is where your lower breast meets the wall of your chest. The exact area of your breast that many women want to fix or refer to as "bra-sweat." As it is natural for breasts to descend downward and outward a bit, this incision makes the scar less visible. If you have considerably small breasts, to begin with, Dr. Agha may advise you to consider another incision option. If you have little to zero natural creases in your breast fold, it would be more challenging to place an implant correctly.

The third type of incision is the Transaxillary incision. Dr. Agha uses this technique when he puts the incision in your armpit. It is the third most popular incision site for breast implants. The key benefit of this breast implant incision is the advantage of leaving no scars on your breasts. Generally, nobody would associate scarring in your armpit with breast augmentation surgery. In fact, very rarely does anyone walk around with exposed armpits and their hands in the sky.

However, one of the drawbacks to the transaxillary incision is if you require additional corrective surgery down the road. Examples of this include capsulectomy, symmastia, and bottoming out of the implant. If any of these were to happen, the incision would be too difficult to do again through your armpit. These potential side effects of breast implants are discussed at length during your time in our office. We use Sientra, Mentor, and Allergan implants and the reason for this is it isn't a one size fits all approach to the implant itself.

HOW DO I CHOOSE MY IMPLANTS? THERE ARE SO MANY OPTIONS.

The most common type of implant used for breast augmentations in the United States is the round silicone implant. Newer versions of this implant come with a more cohesive gel filling called the "gummy bear" implant. The benefit of cohesive gel is a decrease in the likelihood of leaking and rippling while maintaining a very soft and natural feel. There are different styles of round implants, and the specific implant selected will depend upon the patient's taste and goals. Round implants are typically used when a woman prefers the option for more upper pole fullness, which is a rounder and larger in appearance in the upper part of the breast. Some round implants accentuate this, while others are used to minimize it.

Shaped or "anatomic" implants have been increasing in popularity across the country. These implants increase the overall volume of your breasts, while minimizing a round appearance in the upper pole of the breasts. Some women wish to avoid too much fullness in the upper portion of their breasts. Again, this is why breast implants are such a personal decision. These implants are firmer than most round implants in order to hold their shape and maintain a very smooth, natural slope to the upper part of the breast.

Silicone implants have an excellent safety profile, and the FDA has approved their use in patients who are older than 21 years of age. Dr. Agha consults and operates on many women transforming their breasts. He hears from women more often than not; silicone gel implants look and feel more natural than saline implants. A lot of women express their sexual partner has said the same thing related to the feel of silicone implants. However, saline breast implants also have an excellent safety profile and can still be used to achieve beautiful results in select patients. During your cosmetic surgery consultation, Dr. Agha will go over your breast implant options in detail. You will not be rushed or hurried into a decision during this process. Dr. Agha wants you to fully understand the benefits of the various incision types for this surgery.



Our goal is to help you feel your best

Our top priority is to help you understand the benefits of augmenting your breasts with your safety as our first and foremost concern. We are here to answer all your questions and allow you all the time you need to make the decision that is right for you.

When you start the journey toward transforming your breasts, knowledge is power. It is your body and you should know everything there is to know about changing your breasts before having any type of surgery. You are welcome to call one of our Patient Coordinators who is standing by to answer any of your questions. You may call us at **(949) 558-2896**.