

## BREAST AUGMENTATION QUESTIONS

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1. **How many breast augmentations do you perform a year?** On average Dr. Capizzi performs 300-500 breast implant procedures per year.
2. **Where do you perform the surgery?** Dr. Capizzi uses an Joint Commission approved Ambulatory Surgery Center to perform breast augmentations. These facilities have the same accreditation as hospitals.
3. **If the surgery is performed in a hospital, will they charge extra money if I should stay the night?** It is extremely rare that this would occur. However, if such a service was needed the hospital would be compensated.
4. **Do you sterilize the instruments and operating room the day of surgery?** The instruments and room are cleaned and sterilized daily.
5. **Do you examine the asymmetries of the breast while the patient is standing or lying down on the operating table?** When Dr. Capizzi performs breast augmentation procedures he examines a woman's breasts in the laying down, sitting up, and profile position.
6. **Do you perform surgery under general anesthesia?** The breast augmentation procedure usually takes approximately 45 minutes with the woman asleep. This is said to be the safest method by many anesthesiologists for control.
7. **How long does the surgery last?** The surgery for breast enlargement typically lasts 45 minutes and is not dependent on the incision, placement of implants, or size of implants.
8. **Do you use sutures that need to be removed or do they dissolve?** We use dissolvable sutures and skin glue (Dermabond), so there are no stitches to remove.
9. **May I speak with others that have had this same procedure performed?** Absolutely, we have hundreds of happy, satisfied women that are excited about their breast augmentation results.
10. **Do you charge for postoperative appointments?** The postoperative appointments are about a week later, then at six weeks, and finally three months after breast implant surgery.



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11. **What happens at my follow up visits?** At the first postoperative visit, incisions are checked, and questions are answered and discussed. During the six-week visit, we measure your breast size to determine your cup and bra size. Finally at three months any questions are addressed for final completion.
12. **Can I see before and after photos?** Hundreds of before and after photos of women with breast augmentations are available for review in our office.
13. **If the surgery takes longer than expected, will I have to pay an additional fee?** Theoretically this would only involve the facility or anesthesia if it were to ever occur.
14. **What implant specifications do you recommend for me to achieve my desired size?** In our practice the size is determined from a number of different information sources. It starts with a questionnaire that is answered by the prospective woman, and then Dr. Capizzi examines and measures the breast tissue on both sides. Thirdly, a woman will have an opportunity to try on the prospective implants in front of a mirror and arrive at a size that may achieve her goals. Photos are taken and then all information is assessed prior to choosing an implant.
15. **What brand of implants do you use?** Most saline or silicone breast implants that we use are Allergan. We have experience working with Mentor, Silimed, PIP, Heyer-Schulte, Dow, Misty Gold, and other implants through breast surgery done for exchange, revision, or reconstruction.
16. **What is your opinion of silicone gel implants?** In an excellent candidate they are an excellent implant choice now that they are approved.
17. **Do you take extra measures to reduce infections?** We use a sterile field, utilize prophylactic antibiotics, irrigate the implants with an antibiotic solution (Bacitracin), and open the implants when we need them.
18. **What is your rate of infection?** There has been 1 documented infection in a primary augmentation in over 5 years (<1: 1000).
19. **What is your rate of capsular contracture?** There has been a single capsular contracture requiring treatment in over five years.
20. **Do you teach or require breast implant exercises?** Dr. Capizzi does not recommend any special exercises or garments. His breast augmentation patients usually are back to work in 48 hours and on Advil or Motrin only.



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21. **Do you overfill your implants?** For saline implants, Dr. Capizzi only fills to the recommend volume range.
22. **Do you prescribe anti-nausea medication?** Typically, anti-nausea medications are not needed, but can be administered on an as-needed basis. It is done less than 10% of the time.
23. **What measures do you take to reduce nipple numbness?** Dr. Capizzi is very gentle in his pocket dissection and honors the muscle's natural planes. This is felt to translate into less sensory changes, less discomfort, little to no bruising, and maintenance of full activity.
24. **When would I be allowed to exercise?** After breast implant surgery, one can begin doing lower extremity exercises and gentle active range of motion with one's arms the following day.
25. **Is there much bruising?** Very rarely is there any bruising.
26. **When would I be allowed to shower?** Once breast augmentation is completed, you can shower the following morning.
27. **What type of dressing is needed?** A small white band-aid is glued on for 5-7 days. This is the only dressing needed.
28. **Do I need a special bra?** No, a special bra is not needed for first time breast augmentation procedures.
29. **Is there a difference in recovery time when the incision is placed under the armpit versus elsewhere?** The recovery time is usually 48 hours for resuming work. One can feel tired after anesthesia the first day.
30. **What size is the incision for breast implant surgery?** The incision for a saline implant is 2.5 cm long, 4.5 cm for silicone, and 6.5 cm for form stable cohesive gel implants (gummy bear).
31. **What are my implant choices?** Saline, silicone cohesive gel, and form stable cohesive gel implants (FDA study) are available at our practice. Dr. Capizzi has the most experience with the form stable implant in North Carolina and has placed over 90.
32. **What is the satisfaction rate after breast augmentation?** At our last review of 250 patients, over 98% were very happy

