



Nicole's ImplantInfo



www.implantinfo.com

The following is a transcription of Dr. David Finkle's live question and answer session on ImplantInfo.com on December 3rd, 2008. Dr. Finkle has successfully practiced plastic surgery for more than 20 years. He is Board Certified by the American Board of Plastic Surgery, a Fellow of the American College of Surgeons, and a member of the American Society of Plastic Surgeons. He has particular expertise at scar less breast augmentation procedures such as TUBA and TABA. Many women from around the country joined Dr. Finkle to ask him questions about breast augmentation and breast implants. Read on and enjoy the discussion. (Please note that all visitor names have been deleted to protect their privacy.)

Nicole:

Hello Dr. Finkle, thanks for coming on tonight to answer questions.

Dr. Finkle:

Nicole,

Thanks for having me. Hope you had a nice Thanksgiving!

Nicole:

I did thank you. And I hope you did as well.

Dr. Finkle:

Good evening to everyone. I am here to try to answer your questions regarding BAM'S. I have been in practice 23 years and have placed around 10,000 implants. I have a lot of experience with endoscopic placement of implants, through the belly button, old scars, during liposuction or tummy tucks. I will try to answer any and all questions.

Q: Where Can I Go to Get Pretty Bras Online?

I am almost 4 weeks post op and have tried to shop for some pretty bras, some that will give me good cleavage and boost up the girls... anyway, I'm either a 34D, or 34DD or even maybe a 32D or DD. I am going to get measured this weekend at a speacialy bra store, but where can I get good quality bras on-line in these sizes? What brands to you recommend?

Dr. Finkle:

Regarding "pretty" bras. Retailers generally do not carry a good selection of 32-34 D-DD bras. I have found several websites that offer a good selection of these types of bras, some expensive and some very reasonably priced. Here are some names: www.lasenza.com, www.figleaves.com, www.fredericks.com, www.victoriassecret.com, and www.bare necessities.com.

Visitor Response:

Thanks so much doc!

Q: What If We Never massage?

What happens if a woman never massages her breasts after BA or stops? I'm only 5 weeks post op and am tired of it already.



I'm healing/dropping nicely and they're soft and squishy. Saline/unders/410cc/mentor lowest profile. Never had any drains or anything, never any bruising, they're in a great position and I feel and look wonderful.

Dr. Finkle:

I instruct my patients to massage, but if your implants are soft, you can probably stop, if they start to get firm, then start the massage again.

Q: Swelling and Scarring Questions

Had my BA Nov. 18th so I am 2 weeks post op, I have mentor moderate profile 375 cc under the muscle and incision under the breast. I to have had no mention of exercises from my PS. I have seen him 2 times since and have another appt in 2 weeks. I had to wear the strap for 8 days 24 hrs a day and currently have to wear a support bra also 24 hrs a day. the problem is when I raise my right arm over my head I get this burning like pain in my armpit, is this normal, also I seem to be fine most of the day but as the day goes on my breasts start to feel prickly, (like when your arm falls asleep) They also still seem stiff, when do they soften up and start to appear "normal." I had very little bruising only a small amount around the incision site. stitches were removed after 8 days and tonight I can take of the steri strips and was told to massage the scars with lotion. does anyone have a good one to recommend? what about those ones made for scars? any insight would be greatly appreciated.

Dr. Finkle:

You are still swollen and sore from the surgery, it will take a good 6 weeks for everything to settle down. Good anti-scar creams can be purchased OTC @ Walgreen's, Target, etc. Mederma, Scar Fade, and the generic Target brand, are a few.

Q: Different Shaped Breasts and Popping Sounds

I'd like to get your opinion on a couple of things...

I had BA on 11/21 (12 days PO). I have always had different shaped breasts and one that is larger than the other. I thought my PS was going to fill the smaller one with more fill during surgery, but didn't. From day 1, I noticed that my larger side was still larger and higher but was hoping it was because of swelling more on one side. Well, turns out I find my PS filled them the same so I believe this is why they seem to be different. I asked my PS why he didn't fill one side with more to even me out and he said I appeared to be even on the OR table. He explained that your anatomy changes a bit after dissecting the pocket and maybe this made them appear more even. Anyhow, he asked me to let them run their course for 6 more weeks then I have to decide if I'm "happy" with them. I am trying to be optimistic that they will "even out" but I really think they are not going to.

What is your thought on this? Can the change in my body after creating pocket make them more even or should the PS have filled one side more to be sure they come out more even? If they don't even out, my gut is telling me to go back under the knife and have the other side filled up a bit more. I have 300cc implants filled to 330 and fill max is 350, I believe, so will 20 cc's more (max fill) on smaller size make a difference at all to bring them closer in size? I am really dreading making this decision as to whether to go back under the knife...



Nicole's ImplantInfo



www.implantinfo.com

Also, my larger breast sticks out further past my body so I'm wondering if I even them out if the other side will match better in that respect also...? (moderate profile) I have a very narrow/small frame so this is noticeable to me anyway, along with size difference.

Also, my doctor doesn't care if I do massages/exercises and says that they don't really offer any benefit (can actually wear out implant quicker). Are there any DISadvantage to not doing them? He also said that massage was used more back when "over the muscle" was more popular so no real benefit for those with "under the muscle". Do I run risk for CC if I don't do any exercises, etc.?

While my PS said not to massage/exercise, he did tell me to push down firmly on my higher implant to help it along into its pocket. Right side seemed to drop a bit on its own. I have been doing this since Monday and tonight I got freaked out that I hurt them because for the first time, when I pressed down, this time it made a popping/gurgling sound and I felt something weird. Is this what to expect when scar tissue breaks up? I know it sounds wierd, but feels like it dropped down into pocket and is more in line with other side now. Does this mean I don't need to push down on this side any longer?

Thank you for your help!

Dr. Finkle:

Probably the most important concept for you to understand is that your breasts will never ever match, even with multiple operations. The breasts sit differently on the chest, the creases under the breast are different, the nipple/areola are located on different areas of the breast and of course the sizes of the breast are always different. I would be very patient and allow all the swelling to subside, let the implants settle and then compare your before and after photos. If there are subtle differences between the breasts then I would leave them alone, if the difference is drastic then a revision might be necessary. Only 20-30 cc's of fluid would NOT make a noticeable difference and I would not redo an operation for that little of a change.

Visitor Follow-up Question:

Thank you for your good advice!

Do you think the popping sound/feeling I felt tonight with the pushing down on implant was my implant falling into place in it's pocket finally? It felt (and sounded) so strange!

THANK YOU SO MUCH! Very nice to have access to a second professional opinion in cyberspace (no appt. needed) :)

Dr. Finkle:

Yes, I think you pushed it into the proper place!

Q: Revision Question

Dear Dr. Finkle,

Happy to be able to receive professional advice.



I am having my pockets altered to correct over-dissection of one breast which is closer to the cleavage area than the other. He is also correcting for bottoming out. One breast is a little lower and he said with time it would get worse. More pocket revision there as well. I am wondering if this procedure has successful results? Can this type of procedure be successful? I am also thin with 600cc's and I want to go just a bit smaller, less than 1/2 cup. Will I achieve this by going down 100cc?

Thank you so much...

Thank you.

Dr. Finkle:

Your problem is that you have very thin tissue and large implants that have stretched your skin. The revision surgery can be successful, but is a difficult procedure and you will be prone to stretch your skin out again. The 100 cc drop in size will help and should drop you about 1/2 cup size. This is one operation where I am adamant about wearing a good supportive bra 24/7 post-op for a good 2 weeks to prevent further stretching.

Good Luck!

Visitor Response:

Thank you so much Dr. Finkle, that was extremely helpful in confirming what this surgery has in store for me.

Dr. Finkle:

Good luck.

Q: How to Help Implants Drop After 5 Months

I am just about 5 months post op. I have 375 salines overfilled to 425, under the muscle. I started out with almost no breast tissue and I've never had children so my skin had never been stretched.

My breasts have not completely dropped. My nipples are still towards the bottom of my breasts and the tops are still a little rounded, not sloped. My right is higher than my left and still looks torpedo-ish from the side. My left really just needs to be a tiny bit lower but the right is noticeably too high. I am wondering if in your experience, it is possible to continue to drop and settle after 5 months. Most of the ladies here seem to be done by that time.

The second part of my question is, if they do NOT drop by the time I'm a year post op, what would my PS do to bring them down? Like what would the surgery entail exactly? I am trying to be patient but I would like to know what my options are if they don't drop.

Dr. Finkle:

I wonder if you have developed a little capsule formation that has pushed your implants up. I would start on some high dose Vitamin E, take 2,000 International Units/day for 3 months and see what happens. About 50% of women respond to this therapy, Vitamin E is naturally occurring



and even in large doses it is not harmful. If that does not work then I would try a prescription drug called Pavabid, it is an older drug that was used for blood pressure, but it seems to work well for softening implants. The dose is 150 mg twice/day, take that for 3 months if the Vitamin E fails. If both of those drugs fail, you may want to consider the revision surgery. In your case, it would be a simple procedure.

Q: Can Saline Implants be Used in Thin Women?

I had posted a question below earlier regarding being to thin chested for saline implants. I was told that silicone was the only way to go due to the fact that I have very little fat over my chest wall. My ribs are visible on my upper chest. I am 5'6", saggy 36A and 127#. Looking to end up a full C. Thanks for any input.

Dr. Finkle:

You still have many options. If you are thin and "droopy" then silicone over the muscle is a good choice. You could also do a small lift and put the implant under the muscle, if you go under the muscle than you could choose saline or silicone. The lift scar is larger than just an implant scar, but many times the scar is just around the areola for a lift and is hidden by the color change there.

Visitor Follow-up Question:

I have been told that to get the best results, I need a "lollipop" lift, and the placement of implant was under the muscle. In your experience, given vertical lift and going under, saline would be just as acceptable as silicone?

Dr. Finkle:

Yes, I think you can do saline or silicone under the muscle. The lollipop lift is a scar that goes around the N/A and then in a straight line down from the 6:00 position to the crease. It can be a very powerful procedure combined with an implant. If you go to my website www.bodybyfinkle.com, I have some before and after pictures of just that procedure. I'll look there now and see if I can direct you to a picture.

OK, if you go to my website, www.bodybyfinkle.com, go to the procedures heading and drop down to the Mommy Makeover section. The 10th set of photos, will show a lady who had a lollipop lift with a subpectoral (under the muscle) saline implant.

Visitor Response:

Thanks, very nice work. Appreciate your help!

Dr. Finkle:

No problem, good luck!

Q: Massage Duration and Pocket Rinsing Questions

I was just wondering if you think there could be a benefit to massage over the years of having the implants? do you think it could keep the scar tissues in the pocket from hardening with CC? just want to do everything possible to prevent!



also what is your opinion on surgeons using a numbing rinse in the pockets before implantation? it really seemed to help for my recovery but I thought I heard opposing views before.

Dr. Finkle:

There are no studies that prove massage prevents CC, but I have all my patients massage. I don't believe it does any harm and if it helps just one patient from developing CC, then it's worth it. So, keep it up!

Pocket rinsing during surgery is a very good question. Every surgeon does something different, rinse with saline, betadine, antibiotic, etc. I think rinsing is important to remove small particulate matter (fat, old blood) just don't use anything that would harm the implant or the tissues, like steroids. The numbing rinse you mention is probably a long acting local anesthetic (Marcaine) which I do also, and I think it makes a HUGE difference in controlling post-op pain!

Q: What Jiggles More, Saline or Silicone Breast Implants?

do you think that salines jiggle more than sils? My sils jiggle a bit but not quite as much as I expected!

Dr. Finkle:

Yes, think of it like a water balloon and Jell-O, the water balloon "jiggles" more than jell-o!

Q: Explanting and Capsule Removal

Hi Dr. Finkle, welcome & thx for chatting. My question...

Long story short, I have some medical issues that I've considering explanting. My implants are under the muscle. I would like all of my scar capsule removed for specific reasons. One surgeon told me there is a risk in doing so with the capsule on the chest wall being so close to the lungs/heart etc. In his opinion, if the capsule was thin, he would leave this portion and position the pec muscle over it to heal explanted. This worries me on the long term...

I have had nothing but bad life experiences with residual scar tissue for other things. Part of why I want it all out. Is there a safe way this can be done?

Thanks for any thoughts =)

Dr. Finkle:

I would agree with your surgeon. Trying to peel the capsule off of your ribs can be very difficult and you would be at risk for puncturing your lungs and needing a chest tube. It has happened to me on more than one occasion. If the implant was ON TOP of the muscle it would be easier to remove the capsule. You can still remove 75% of the capsule if it is below the muscle, just leaving the posterior capsule alone. If your capsule is thin and not calcified than this would be a very safe procedure, if your capsule was full of calcium, than you probably would want it removed, but I would do it in a hospital setting, in case the surgeon got in trouble and needed to keep you in the hospital overnight for observation.

Visitor Response:



Thx for answering. I know the doc has to weigh the risks in the choices made. I just wish there were a crystal ball to know if it would not cause me ongoing problems. Unfortunately, that's not how it works I know. I appreciate your help!

Dr. Finkle:

good luck!

Q: Chest Muscles and Lifting After Breast Augmentation

Dr. I was wondering the truth about lifting weights for your chest. I have always worked my chest out moderately, mostly to gain some kind of breast. Well I have them now, but I would still like to work my chest. Can I, do you know of any evidence that would pose potential damage in doing so. Second, are the new silicone implants rupture free?

Dr. Finkle:

You can work out as much as you want, it will not harm the implants, in fact it might help keep them soft. Unfortunately, there is no such thing as a rupture free implant, but the incidence of rupture is very low, around 1%

Q: Overfill Explained

I like the way 375cc saline implants look and since I'm going under the muscle, my PS recommended overfilling. If the 375 implant is overfilled to 400cc...is that enough to reduce the chance of rippling? I was told that overfilling reduces the chances of rippling and was wondering if overfilling by 25cc is enough? According to the Mentor implant size chart, the 375cc can be filled an extra 75cc. Thanks!

Dr. Finkle:

You have asked a GREAT question. What exactly is overfilling an implant and does that prevent wrinkling and rupture. Saline implants come in a size range, this varies from manufacturer and style of implant. The manufacturers warranty their implants, but only if they are used and filled by their recommendations. If a surgeon exceeds or underfills the implant volume, than YOU lose your warranty. So, you want to stay within the manufacturer's guidelines. As an example, a 375 cc implant can be filled to 425, but not beyond. So, is it overfilling if you fill to 425 or just filling? It depends on your interpretation of the semantics. I personally think there is less wrinkling and rupture if the implant is filled to the manufacturer's maximum filling and that is what I do. If I fill to 450cc you lose your warranty. So, you need to know the range of the implant the surgeon is going to use and ask that he fill it to maximum capacity, without exceeding the manufacturer's recommendations.

Visitor Response:

Dr. Finkle - Thanks so much for your response! My PS recommended the 375cc implant for the look I want and based on the measurements he took. I'm okay filling that implant to 400cc...but I don't want to go any bigger than 400cc. 425cc would be too big for me! I guess I just worry about the rippling with saline implants and want to minimize the chances of rippling, but at the same time...I don't want my new boobs to look huge for my body type.

Q: Choosing Between Implant Sizes



Hi Dr. Finkle,

Thank you for taking the time to answer our questions. My PS measured my chest and according to that measurement, the diameter of the Mcghan, Saline 390cc's fits my frame. He said that if I wanted a little more cleavage-fullness towards the center, I should go with the 420cc's which don't have more projection, but a little wider diameter. He does not overfill because he feels that it makes the implants more firm. I cannot decide whether I should go with the 390's or 420's. I know it is only a couple more tablespoons, but I am afraid that the 420's might be too wide on my frame. I am 5'5" and 118lbs. In your opinion, would it be best to go with the 390's which the diameter fits me exactly, or would it still look nice/natural to go with the 420's which are slightly wider?? I am so confused! Any thoughts would be appreciated! Thanks in advance.

Dr. Finkle:

The difference between a 390 and 420 is just a few millimeters, something you would NEVER notice. I would definitely pick the larger implant without hesitation. The most common complaint after BAM surgery is that the implants are too small!! Spare yourself that agony and go with the slightly larger implant. Good luck!

Visitor Follow-up Question:

How long should I wait until I use neosporin on my incisions (crease incisions), and how long until I can use scar creams? Do you recommend micropore tape? If so, how long until that should be used?

Dr. Finkle:

Your surgeon will tell you when it is safe to use antibiotic/scar cream, it varies from procedure to procedure. The same is true with the micropore tape.

Q: How Long After Surgery Do I Need to Wear a Sports Bra?

I was told by my ps to wear a sports bra for 12 months, 24/7 the first 2 months, and then after i could wear an undewire bra. So my question is this.. should i wear a sports bra to bed the remaining 10 months? Or for longer period of time? My main concern is the implants staying in place, and the scar tissue forming and causing indentation from the underwire.

Dr. Finkle:

That timeframe seems a little excessive to me. I have my gals out of the surgery bras in 2 weeks, sports bra for 6 weeks and anything they want to wear (including nothing) after that. Your scar tissue will have formed after 6 weeks and it is unlikely your implants will move after that.

Visitor Response:

yes, i thought that as well. Especially being on here and seeing what everyone else has to say. I have a check up in 5 wks. so hopefully i can address this . thanks for answering have a good evening:)

Dr. Finkle:

Thanks



Q: Do I Have Capsular Contracture?

I am 11 months PO. I have 360cc/cohesive gel under the muscle. My left breast feels great, nice and soft. My right one still is not as soft. At this point do you think it will get any softer or is this it? There is no difference in shape when you look at them. Does being right handed have much to do with it? I did have some bruising on that breast after my ba. Could it be CC?

Dr. Finkle:

Yes, you have CC. Start on some Vitamin E, 2,000 International Units/day. It is safe, over the counter and helps soften implants in about 50% of women. Take it for 3 months, if no improvement, then start on Pavabid, 150 mg twice/day. This is a prescription drug, inexpensive, it was an old high blood pressure med that helps to soften implants. Take this for 3 months also. If that would fail, there is a 3rd drug that works, but it is more expensive and needs to be taken 3 times/day, try the other 2 drugs first.

Visitor Response:

I've been taking 800unit vitamin E since july so I will up the amount. Thank you for getting back to me. I haven't been back to see my PS since july and he at that time didn't think much of it but just told me to keep massaging.

Q: Incision Location for Silicone and Size Question

I have 10 year old saline implants. They were done through the armpit incision, over the muscle. I want to replace them with silicone in the next coming year. They were 390 and 350ccs. If I went to 425cc's in silicone, how much of a difference would that be? I want them to be a little bigger, but not a huge amount. Also, is it possible to go through the armpit with silicone or would I need to use a different incision? Thanks so much for your help! Any info is greatly appreciated!

Dr. Finkle:

It would be VERY difficult if not impossible to exchange your implants through the armpit with silicone. The newer silicone implants need a much bigger incision than the old ones. You will probably need an incision under the breast.

Regarding size, 425 will give you a little more. It takes about 200cc to increase a cup size, so 100cc for 1/2 cup size and an increase of 35-75cc would be about a 1/4 cup size. I would probably tell you if you going through the whole procedure again to consider a bigger size. Go to my website www.bodybyfinkle and go the procedure heading and go to corrective breast implant surgery and look at the 4th set of pictures for an example of an implant exchange procedure.

Good Luck!

Q: Will Implants Fix Inverted Nipples?

My nipples became inverted after breast feeding. Will the implants push out my nipples?

Dr. Finkle:

It is possible, but unlikely; it depends on the severity of your inverted nipples. You may need a separate procedure to invert your nipples.



Nicole's ImplantInfo



www.implantinfo.com

Dr. Finkle:

Thanks for inviting me, I always learn something new from you guys and I hope I helped some of you, have a nice evening!

Nicole:

Thanks Dr. Finkle! The ladies and I really appreciate your taking the time to answer our questions!