

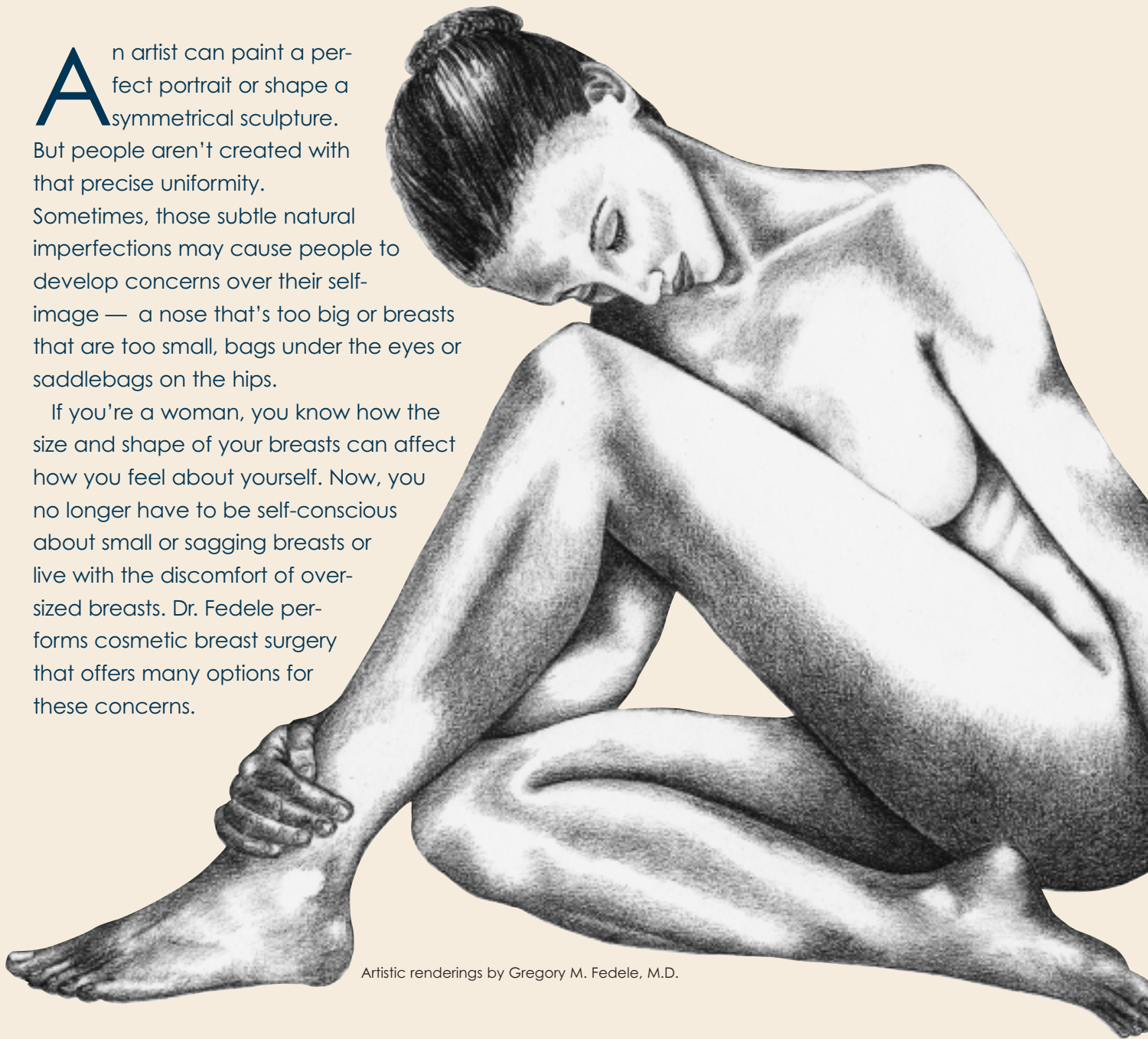
the ART of PLASTIC surgery

Breast Enhancement

Gregory M. Fedele, MD, FACS
Center for Plastic & Cosmetic Surgery Inc.

An artist can paint a perfect portrait or shape a symmetrical sculpture. But people aren't created with that precise uniformity. Sometimes, those subtle natural imperfections may cause people to develop concerns over their self-image — a nose that's too big or breasts that are too small, bags under the eyes or saddlebags on the hips.

If you're a woman, you know how the size and shape of your breasts can affect how you feel about yourself. Now, you no longer have to be self-conscious about small or sagging breasts or live with the discomfort of oversized breasts. Dr. Fedele performs cosmetic breast surgery that offers many options for these concerns.



Artistic renderings by Gregory M. Fedele, M.D.

FINDING THE RIGHT FIT FOR YOU

Do any of these sound familiar?

- You never outgrew your training bra.
- You have to move your breasts out of the way to button your pants.
- You liked your breasts once upon a time. But three children and 20 years later, they're sagging and you miss the way they used to be.

If you fall into any of those categories or even if you're just not happy with the way your breasts look, cosmetic breast surgery may be the right solution for you.

Dr. Gregory Fedele, a plastic surgeon certified by the American Board of Plastic Surgeons and medical illustrator, uses his surgical and artistic talents to shape the ideal breasts for women. Through the art of plastic surgery, he can give you the size breasts that nature didn't — or he can restore aging and sagging breasts to a more natural and youthful appearance.

When Nature Provides Too Little

For women who want bigger and more contoured breasts, an augmentation mammoplasty (breast enlargement) will add volume and increase cup size. "Breast augmentation can enhance a woman's figure and add to her self-confidence," says Dr. Fedele.

The first step is to determine the exact size a woman wants to be. She can try on "sizers" inserted into her bra in the office or even look at images of herself on a computer. It's important to clearly communicate if you want to go from an "A" cup to a "C" cup or, more dramatically, a "D" cup, because afterward many women feel they could've gone larger, warns Dr. Fedele.

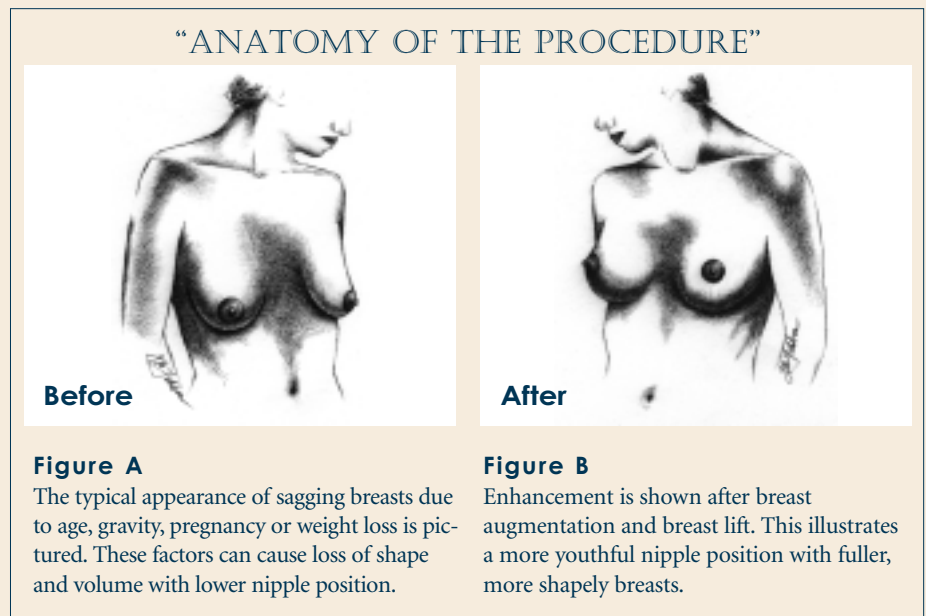
Breast augmentation is a rather straightforward procedure, but bear in mind that it is still surgery, which can carry risks. Dr. Fedele surgically places a saline implant under the chest wall muscle and breast tissue. The procedure is done under a general anesthetic and takes about one hour in surgery and another 1 1/2 hours in recovery.

Most women will need pain medication for the first few days at home after the procedure. Plus most women take about a week off from work and then return to exercise and full activities in about three weeks.

The incision for a breast augmentation is hidden under the breast fold, in the nipple or the armpit (endoscopic technique). These areas hide the scarring and, depending on each individual's body, the scars usually fade with time.

To Reshape What's Been Lost

A mastopexy (breast lift) is ideal for the woman who wants a more youthful look to her breasts. It will



raise, reshape and add firmness to sagging breasts. Breast skin can lose its elasticity with pregnancy or age. A breast lift also will move the nipple to a "perkier" location.

Women who want a lift and more volume to the breast need to have an augmentation along with the lift. The implant will enhance the appearance of the lift and make it longer

lasting, says Dr. Fedele.

The procedure takes about 2 1/2 hours in surgery and another 1 1/2 hours in the recovery room. Breast lift patients generally have less soreness than breast augmentation patients. They usually return to work within a week and all activities shortly after that.

When More Is Too Much

A breast reduction is often a quality of life enhancer for women with extremely large, heavy breasts. It is usually done for physical relief rather than simply for cosmetic improvement and is often paid for by insurance.

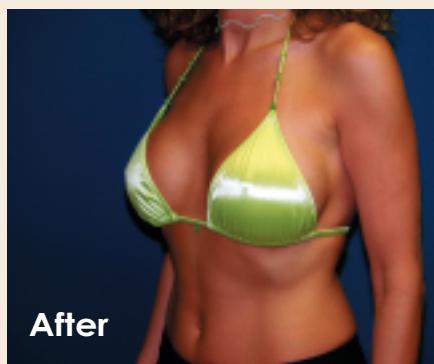
Excessively large breasts can cause shoulder, back and neck pain; skin irritation under the breasts; and even breathing problems. They often interfere with sports and other activities and can be particularly embarrassing to teen-age girls.

As with an augmentation, women need to be specific about the size they want their breasts after the

"As an artist, you tend to view things differently. Your aesthetic sense is a little bit more in tune. With drawing or painting, you're starting with a blank canvas. You're starting from scratch. A human body is different. You're starting with a structure or form already present. A patient comes to you with a nose that is a certain shape or a breast that is a certain size, and then you're molding or shaping it into something that's more pleasing or aesthetically more attractive. That's what artists do and that's what I do."

— Dr. Gregory Fedele, Center for Plastic and Cosmetic Surgery

Breast Augmentation



reduction. Dr. Fedele says this procedure can greatly benefit women of all ages by relieving discomfort and giving their breasts better proportion to their bodies.

Most breast reductions remove about one to two pounds of breast tissue and skin per breast. Some women can have up to five pounds removed from both breasts.

The procedure is more involved and will leave noticeable scars. These scars cannot be seen while wearing a bra or bathing suit, however. Surgery and recovery times depend on the amount of skin and tissue removed.

What You Need to Know About Pregnancy and Breastfeeding

None of the three breast enhancement procedures —

augmentation, reduction or lift — will affect a woman's subsequent pregnancies.

Pregnancy, however, can change the appearance and shape of the breast, resulting in more sagging. If additional pregnancies are planned after your procedure, be prepared to possibly need a revision to restore your pre-pregnancy look, explains Dr. Fedele.

Many women breastfeed successfully after all three procedures. Breast reduction can make some women unable to nurse. Dr. Fedele, however, uses a breast reduction surgical technique called an "inferior pedicle," which helps to preserve glandular tissue and its connection to the nipple, so that a woman can successfully breastfeed later. ■

Freda's Story: 'My Breast Reduction Changed My Life'

Freda lived most of her adult life with back pain and misery from her triple-D-sized breasts. She could never sleep on her stomach and says that no matter what she did, her breasts got in the way.

But a reduction never crossed her mind.

Then, her niece had it done. "She told me I'd be absolutely crazy to not have it done," says Freda, 50, a physician office manager, who underwent the surgery last year.

Once she made the decision, she asked around about who could perform the procedure. Another doctor recommended Dr. Fedele.

"I took my sister with me. Dr. Fedele sat down right next to me and looked in my eyes the whole time and said, 'Do you have any questions? This is what we do. This is how it's done,'" she recalls. "I was with him 45 minutes to an hour the first time. After talking with him, I was ready to go."

After the surgery, she wore a sports bra for a month while healing, but says the discomfort was minimal and well worth it.

"It was the best thing I've ever done for myself," she adds. "It's just incredible the difference."

DR. FEDELE'S PRE-SURGERY GUIDELINES

- **Quit Smoking.** Smokers have an increased risk of infection, delayed healing and more scarring than nonsmokers.
- **Lose Weight First.** If you plan to lose weight, do it before your surgery. Losing excessive weight after surgery can lead to sagging breasts.
- **Be Up-front About Your Health.** Tell the doctor if you have any chronic health problems, such as high blood pressure, diabetes or a heart condition. If a chronic problem is well controlled, it may mean you can still have surgery.
- **Be Honest About Everything You Take.** Whether it's aspirin, birth-control pills, vitamins, natural supplements or antibiotics, tell the doctor and the anesthesiologist. Many things — even over-the-counter or "all-natural" products — can interfere with anesthesia or healing.
- **Make Sure You're Doing it for You.** Don't get cosmetic breast surgery for your husband or boyfriend or because your best friend just had it. Make sure it's something you really want to do. You're the one who has to be happy with your choice.
- **Be Clear and Realistic About Your Expectations.** It's important to be up-front about the exact size and shape that you want for your breasts. Prior to surgery, look at computer-generated images of yourself with different breast sizes. Try implant sizers in your bra. Be clear with the doctor about whether you prefer to be bigger or smaller. Remember that while your body can be changed, it can not be re-created from scratch, so be realistic about your expectations. Expect improvement, not perfection.
- **Get a Mammogram.** If you're over the age of 30, you should have a recent mammogram prior to breast surgery to serve as a baseline.

BY THE NUMBERS*

- 254,140 women had breast augmentation in 2003. That's a 7 percent increase from 2002.
- Breast augmentation is the second most popular cosmetic surgery for women, after liposuction.
- 113,140 women had breast reduction surgery in 2003. That's a 33 percent increase from 2000.

*American Society of Plastic Surgeons

Understanding the Lingo

Augmentation Mammoplasty

A surgical procedure to enhance the size and shape of a woman's breasts using implants

Breast Ptosis

Sagging breasts as a result of aging, gravity, pregnancy or weight loss

Endoscopic Technique

With a small camera on the end of a long tube, the implant is precisely placed in the correct position through the armpit.

Inferior Pedicle

A surgical technique for breast reduction that helps preserve glandular tissue and its connection to the nipple, possibly preserving a woman's ability to breastfeed

Mastopexy or Breast Lift

A surgical procedure to raise and reshape sagging breasts

Reduction Mammoplasty

A surgical procedure that removes fat, glandular tissue and skin from the breasts to make them smaller and firmer

About Dr. Fedele

Dr. Gregory Fedele is certified by the American Board of Plastic Surgeons and is an active member of the American Society of Plastic Surgery.

He received his bachelor of science degree from the University of Dayton and his Medical Doctor degree from the University of Cincinnati College of Medicine. After earning his M.D., Dr. Fedele completed five years of general surgery training at Case Western Reserve University and University Hospitals of Cleveland. He then went on to The University of Pittsburgh Medical Center for additional training in plastic, cosmetic and reconstructive surgery.

In addition to his surgical skills, Dr. Fedele is an accomplished artist. He is a medical illustrator, with his works appearing in numerous publications and medical textbooks.

Our Philosophy

At the Center for Plastic and Cosmetic Surgery, we understand that considering cosmetic surgery is a very personal and serious decision. Dr. Fedele will meet with you and work closely with you to tailor each procedure to meet your individual needs.

Dr. Fedele and his staff will take the time to answer all your questions and concerns to ensure you are comfortable and have a complete understanding of the procedure you choose.

We welcome you and look forward to working with you on your journey toward a positive outlook and renewed confidence.

Make an appointment today to learn more about the "art of plastic surgery" with Dr. Gregory Fedele and the wide range of services he offers.

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Shouldn't your plastic surgeon be an artist?

Gregory M. Fedele, MD, FACS

Certified, American Board of Plastic Surgery

