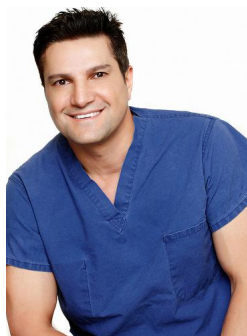


# Ask Dr. Marc Malek: What Happens After Breast Augmentation Surgery?

Written by Christina Silvestri

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Top plastic surgeon Dr. Marc Malek gives *AFM* the 411 on everything you need to know about what happens after breast augmentation surgery.



Dr. Malek has been practicing for more than 12 years in the Valley of the Sun as a Board Certified Plastic Surgeon. Dr. Malek and his team at Dr. Marc Malek Plastic Surgery follows the motto, "In Every Body there is a Work of Art." As one of the best plastic surgeons, Dr. Malek works with each patient to achieve enhanced results that complement his or her natural features. It's no wonder he's the best doctor for breast augmentation and breast implant revision in the Valley.

Stay tuned for more of Dr. Malek's expert answers to important and frequently asked questions about breast augmentation and revision.

## **What can I expect with my breast augmentation surgery and recovery process?**

The surgery typically lasts one hour or less. It can be done under general anesthesia or a form of monitored anesthesia with intravenous anesthetics. There is discomfort and soreness for 2 to 3 days but most patients are back to work within a week. Exercising the lower body is appropriate at three weeks and upper body 6 to 8 weeks. I restrict my patients from exposure to heat for 6 weeks to minimize the risk of infection.

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## **How can I optimize my results and outcomes?**

Choosing the best surgeon for your needs is the most important variable in moving forward. Great results require thoughtful and deliberate observations and judgment in the selection in the treatment plan to optimize your end result. These are decisions made by your surgeon using important information that is gathered from you in regards to your goals your comfort your do's and your don'ts. It starts with your surgeon's sense of good taste. If his perspective does not match yours the end result will not be satisfactory to you. You are best able to identify his perspective by viewing the before and after photo gallery. This allows you to see changes in multiple patients with varying anatomy and can make you feel very confident in what he will envision for you.

Secondly he must be attentive to your comments and expectations. Nothing beats a good listener. He must also have a thorough understanding of your anatomy and its limitations as well as its potentials. There are certain pitfalls presented by certain anatomical starting points that must be avoided and your surgeon will be best able to identify these and avoid them. An honest and realistic expectation must be laid out for you. The sizing process is quintessential and creating balance and proportion as well as working within your tissue parameters. This is difficultly done in front of a mirror with you viewing different size options live and in three dimensions. Using a sports bra with variable size there's you can identify the curves that are most comforting to you.

At this point a discussion of implant dimensions which are suited to your specific measurements. These measurements are taken at the time of your exam and include the width of the breast nipple position and relationships within and between the two breasts. The implants will have certain measurements that will coincide with your own once the volume is chosen. The next step is creation of the implant pocket which is truly the artistry of the surgical procedure. I bury my dissection to each individual's anatomy and spacing. How much or how little of the muscle to release will be instrumental in the outcome. The implants need to be a living part of the breast not an object is placed underneath.

Lastly and most importantly your thorough and deliberate follow up care will ensure your safety and recuperation. By all means avoid any practice where you feel like you are just a number. Discount cost usually mean discount treatment. Do not take chances with your body it is not only your appearance but your health that is at stake. Only choose a board certified plastic surgeon. The American Board of plastic surgery is the only recognize board for cosmetic procedures. On your consultation I will discuss all your treatment options and carefully devise a plan custom tailored to your specific needs. I look forward to our consultation.

For more information or to schedule a consultation, please visit [www.marcmalekmd.com](http://www.marcmalekmd.com) or call 480-551-2040.