

# Making curves and confidence a priority

Considering breast augmentation?  
Three women share their stories.



## Case #1



Name: Daniella

Age: 22

Procedure: Breast augmentation

Surgeon: Dr. Jerome Edelstein

355,671  
breast  
augmentation  
procedures were  
performed in the  
U.S. in 2008

Source: <http://www.surgery.org/download/2008OFacts.pdf>

**I**t took me a few years to decide that I was 100 per cent sure about getting my breasts enhanced. As I got older, I got more self-conscious. I felt like a 22-year-old in a 12-year-old's body.

I used the Internet to look into breast enhancement and doctors who specialized in the procedure. Looking for the right doctor was nerve-racking, but after two months of heavy research I decided Dr. Jerome Edelstein was right for me. He had many wonderful reviews, great credentials and many years of experience.

Picking the type of implant was the easiest decision. I have a petite frame and had very little breast tissue, so I chose cohesive gel implants for a natural look and feel. Although they're more expensive, it was well worth it.

Choosing the size of the implant was the most difficult part of the whole experience. Before-and-after pictures of different patients with different sizes confused me. Even if two patients received the same size implants, they had different results and bra sizes. I began with a full A- to small B-cup and was looking for a medium-to-full C cup. After sizing advice from Dr. Edelstein, I was given two options: 350 cc and 375cc. I went with 375cc; I wanted placement under the breast muscle, which means you need a bigger size.

After the surgery I was a little tired and felt pressure in my

chest. A few hours later, I felt some pain and soreness, but with some pain medication and lots of sleep I felt better quickly.

The first three days were the hardest. I was not in much pain, but it was difficult to move around. I spent those three days resting. After that, I noticed a huge difference in pain and mobility. I went back to work after five days with minimal soreness in my chest area, but it was not until two or three weeks later that I felt back to normal.

After a month, my breasts began to drop and soften up nicely. It was not until the second month that they felt completely like mine. Now they feel and look so natural that I sometimes forget they're even there, and I get many compliments.

The procedure has totally changed my life. I am much happier with my body. I look in the mirror more often and shopping is a lot more fun. Sometimes, I don't even have to try clothes on because I already know they'll look good. My self-esteem has skyrocketed and I am no longer self-conscious about my body.

I was very proud to tell all my friends and family about my enhancement. At times I was a little embarrassed at some questions they asked, but they understood where I was coming from and it was perfectly normal. Breast enhancement is very common now, and it's beginning to be accepted. ►

## Case #2



Name: Elizabeth  
Age: 45  
Procedure: Breast augmentation  
Surgeon: Dr. Timothy Sproule

**I**n 2001, I had gastric bypass surgery, a stomach stapling procedure. I weighed 270 pounds then, and within a year I lost 140 pounds. But I hadn't thought about the after-effects of such a significant change. One day I looked in the mirror and cried at all the loose, wrinkly, hanging skin left from the rapid weight loss. I went online to see what others were doing and found out that most people on the weight-loss support sites were having tummy tucks and breast augmentations. I realized I wanted to do the same so I could really look my best.

My girlfriend had just had a breast augmentation with Dr. Tim Sproule and was very happy. I called his office to see if he could help me. After meeting him, I researched his website and decided to book a tummy tuck, breast reduction (removing mostly excess skin), then an augmentation with implants, and liposuction on my waist and back. I had it all done at once, exactly a year after my bypass.

I was very nervous about the procedures, but excited to have it all done. I don't remember ever having second thoughts—I was just excited to see what the outcome would be. I looked rough afterward, and because I had

so many procedures done at once, the healing process was a bit slower for me. I think I was back to normal in about three weeks.

When the swelling went down, I was thrilled with the results, proud of my new slim waist and my beautiful, perky new breasts. I remember going shopping for my first-ever bikini—what an amazing feeling that was.

In the first year of my weight loss I found that I was treated differently. I clearly saw that being fat meant I was discriminated against. After losing weight and having the breast enhancement and other procedures, the same men that used to talk to me but not really look at me were now staring at me and telling me how “hot” I was, opening doors and smiling, even whistling at me. It was very flattering and yet overwhelming, as I was not used to the attention at all.

It's been seven years, and I've gained back about 30 pounds, but I still feel great and still get told I'm “hot.” No one believes I'm 45 with a 19-year-old son and 15-year-old daughter. That's worth the ride. I'm thankful for all Dr. Sproule has done to help make me feel beautiful. I'm a much more confident and secure person. My life has changed for the better, and just keeps improving.

### What you should know:

#### Manage your expectations

Beyond the obvious health requirement, breast-enhancement surgeons all agree: a good candidate for surgery is a woman with realistic expectations. “We want to work with a reasonable size in proportion to the patient's figure,” says Dr. Jerome Edelstein, a Toronto-based cosmetic surgeon. “Someone who wants to super-size up and in just one surgery sets off warning bells.” The candidate should want surgery for her own reasons. Edelstein says he hesitates if he hears “my husband wants me to do this.”

#### Do your research

Learn as much as possible about the procedure in order to maximize your consultation with the doctor. Check the website for each surgeon you're considering, says Toronto plastic surgeon Dr. Tim Sproule who suggests visiting CanadaBA.ca, an excellent site with good general information that isn't skewed toward any one doctor.

Review the properties of each type of implant (saline and silicone cohesive gel), types of incisions (in the armpit, in the fold under

the breasts, or around the aureolas), placement options (under or over the muscle), cost (from \$5,500 to \$10,000) and risks, so you can work with your surgeon to make your best choices. “A younger patient without children has different needs than the 40-plus woman who has had kids,” says Dr. William Middleton, a Toronto-based cosmetic surgeon.

#### Be aware of the risks

While the ideal is natural-looking results, “remember that there's nothing inherently natural in cosmetic breast surgery,” says Sproule. And there are risks, which include anesthesia-related reactions, excessive bleeding, infections, hardened scar tissue around the implant, rupturing, deflation and loss of sensation. Implants may also make the detection of cancer slightly more difficult. But “it's a pretty safe operation,” says Middleton, who estimates that in his 20 years of performing the procedure, he's never had to hospitalize a patient post-op. Still, know the potential risks so you and your doc can work together to minimize as many as of them as possible.

#### Research your doctor

Review the doctor's credentials on his or her website and check with the Royal College of Physicians and Surgeons in Canada to ensure your doc is a board-certified plastic surgeon. “One who specializes in breast-enhancement procedures is a better choice than, say, a family doctor,” advises Sproule. “Ask how many procedures the doctor does per year -- 100 is an ‘expert’ level. As well, a doctor with admitting privileges at an active treatment hospital is a good idea in the rare occasion anything goes wrong.” Adds Middleton, “doctors who use one type of implant exclusively reduce the patient's available options.”

#### Book some recovery time

Expect the most discomfort in the first 24 to 48 hours post-op, and plan to take at least a week or two off. “The majority of the discomfort should be gone after then,” says Edelstein. Healing takes several weeks more, and psychological comfort with the changes usually takes a few months. “It takes a little time for women to incorporate their implants into their body image,” says Edelstein.

## Maximize your assets

Lovable Underwire bra  
(\$15.96) on page 38



Wonderbra Push-Up bra  
(\$19.39)



Jezebel Rockstar Kissing  
Cleavage bra (\$66)



Lovable Underwire Bra  
(\$15.96)

While you're researching and making decisions about breast augmentation surgery, you can achieve an enhanced look without having actually had surgery. Plus, you can apply similar flattering tips post-procedure. Whether you're before or after, try these bust-boosting wardrobe tips.

Jennifer Klein, owner of Toronto specialty bra boutique Secrets from Your Sister, defers to the uplifting power of a good push-up bra with a supporting performance from the right clothing. “Wrap tops and dresses, and low button-up, v-neck or scoop necklines best expose what the push-up bra

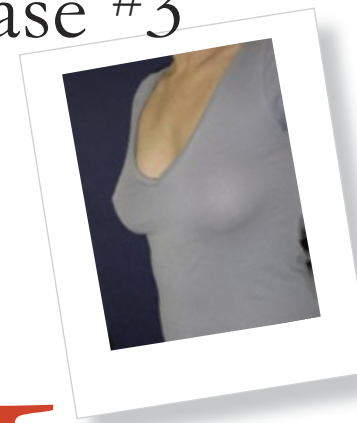
can do for you,” she says. For petite sizes, she recommends bras that feature bump pads to lift and enhance fullness, with convertible straps you can alter.

For more voluptuous curves, Klein suggests seamless deep-plunge bras that allow sexy cleavage exposure.

Vancouver-based fashion

stylist Toyo Tsuchiya suggests form-fitting v-neck tees as casual bustline enhancers you can dress up or dress down. Tsuchiya's dresser options include the fitted button blouse with darts or seams at the waist. “Unbutton it to the middle of your cleavage and add a great pair of jeans or a pencil skirt.”

## Case #3



Name: Constance  
Age: 40  
Procedure: Breast augmentation  
Surgeon: Dr. William Middleton

**I** chose to have breast-augmentation surgery because I was losing volume. I was never unhappy with my smaller size, but I wanted to restore the lost fullness.

A friend of mine referred me to Dr. William Middleton after having the same procedure. She was thrilled with her results, so it was easy for me to decide to move forward. I found his website and booked a consultation.

When it came to deciding a size, I searched the Internet for before-and-after photos of women who had my approximate weight and height. Dr. Middleton's excellent nursing staff also helped in selecting implants in sizes that fit my self-image. I went from an A-cup to a full B-cup; I felt this was still a very natural looking size for my body. I was

not out to get attention—I simply wanted this change for myself.

About six weeks after my consultation, I had the procedure. Recovery was relatively painless, as the placement of the implant was above the muscle. I was back to work in a few days.

My breasts are beautiful. They look and feel natural and are in balance with the rest of my body.

I have only discussed my surgery with my closest friends. It is really nobody's business but my own. I am an emotionally stable individual and had realistic expectations of the results of this procedure. I did not consider this a life-changing experience. Besides the fact that there are certain clothes I can wear now that I could not carry off before, nothing has really changed. ▶



# Size Up!

A beautiful body starts with a plump, toned cleavage

Yves Rocher Spa  
Vegetal Bust Firming  
Cream (\$36) uses  
mangifera extract  
which is known for its  
firming properties.



Eight essential oils  
help to perk up  
sagging décolleté  
in Decléor Perfect  
Sculpt Bust  
Beautiful Toning  
Gel (\$63).



The Vietnamese  
vu sua fruit extract  
in Clarins Bust  
Beauty Firming  
Lotion (\$60)  
works to tighten  
bra-area skin.



Massage Gernétic  
Macro 2000  
Balancing Cream  
for the Bust (\$121)  
over your chest area  
to improve tone. e



For details, see Shopping Guide, page 62.