



# Aesthetic Plastic Surgery of Indiana

## News from Dr. Richard B. Linderman

### Dr. Linderman answers your questions...

For all your aesthetic needs

- \* Tummy Tuck
- \* Breast Augmentation
- \* Liposuction
- \* Facelift
- \* Brow Lift
- \* Breast Lift
- \* Rhinoplasty
- \* Body Contouring
- \* LipoDissolve
- \* Botox
- \* Restylane
- \* Radiesse

#### After Breast Augmentation Surgery, May I Breast Feed?

Although there is no anatomical reason why a woman cannot breast feed after breast augmentation, I advise my patients of the risks involved. Patients can develop mastitis with breast-feeding, which can lead to increased scarring or capsular contracture around the breast implant. While this hardness may not occur it is an added risk that patients should be aware of.

#### Can I have a mammogram after breast augmentation?

Patients often ask me if they should have mammograms after breast augmentation surgery. I advise all patients to continue to have mammograms on a frequent basis according to their age as advised by their family physician. Patients should inform the technician performing the mammogram that they have breast implants so special displacement views are done to fully evaluate the breast tissue. Rupture of breast implants during mammogram is extremely unlikely.

#### Will I have much pain with breast augmentation?

Although pain tolerance will vary from patient to patient, adhering to several principles has remarkably decreased postoperative discomfort. These include gentle tissue handling and electrocautery dissection. In the immediate period after surgery exercises are begun in the recovery to prevent spasm of the chest wall muscles, which causes significant pain. Patients are instructed to shower when they return home and raise their arms over their heads. It is not uncommon for patients to go out socially on the day after surgery.

#### Patient Reward Program

In appreciation of our patient's loyalty, Aesthetic Plastic Surgery of Indiana and Dr. Richard Linderman announce a patient reward program. Our patients who refer friends and relatives will qualify for the reward once the referred patient completes surgery. \* Your reward options: \$50 gift certificate to a local day spa or \$100 off any future surgery you receive. Thank you again for your loyalty. Dr. Richard Linderman and Staff

\*Certain restrictions and time limitations apply.

[www.aholnewme.com](http://www.aholnewme.com)



American Society of Plastic Surgeons.



American Society for Aesthetic Plastic Surgery Inc.

### Giving Shape to Dreams

#### How is breast implant size determined?

This is a question that is asked by almost all of my patients desiring breast augmentation. Patients usually present with a size request that they desire and it is often a C cup. The ultimate size cannot be guaranteed but it is unusual not to be able to meet the patient's expectations.

By using a custom sizing system and employing sizing breast implants when performing breast augmentation surgery, the patient's goal can generally be achieved. Custom sizing involves taking several measurements including breast width, height of nipple from the underlying fold and assessment of the overall skin elasticity.



When placing a breast implant sizer in surgery I will usually place the larger implant if possible, as most patients tend to prefer the larger breast implant.

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