

## **KAROL A. GUTOWSKI, MD, FACS**

*AESTHETIC SURGERY*

*CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY*

*MEMBER AMERICAN SOCIETY OF PLASTIC SURGEONS*

### **Capsular Contracture around Implants after Breast Augmentation**

For most women, breast enhancement with implants gives soft and natural looking breasts. However, in some cases, the breasts may become firmer, painful, and the position may change to being higher up on the chest. This may be due to capsular contracture - the formation of scar tissue around the breast implant.

Anytime an implant is placed in the body, a small layer of thin connective tissue forms around it. This is a normal response. Sometimes, this connective tissue can turn into thicker scar tissue and make the breast feel firmer. If it continues, the breast can move up higher on the chest. In rare cases, the breast can become hard and painful. Capsular contracture can happen in one or both breasts, and can occur early after surgery or many years later.

To help classify the type of capsule which has formed, the Baker Grade system is used:

Baker I	Normal soft breast
Baker II	Slight breast firmness
Baker III	Abnormally appearing firm breast with a capsule than can be felt
Baker IV	Breast is hard, painful and distorted.

The cause of capsular contracture is not know but may result from a low-grade inflammation, possibly due to a very low level infection or other tissue reaction.

#### **PREVENTION OF CAPSULAR CONTRACTURE**

Based on medical studies, the following can be used to reduce, but not totally eliminate, the risk of capsular contracture. Dr Gutowski makes every effort to include these for each patient.

Placing the implant through an incision under the breast, instead of around the areola or armpit

Placing the implant under the muscle

Use of a textured implant if above the muscle

Implant pocket cleaning with iodine solution and antibiotic solution

No-touch technique for implant placement

Use of a Keller Funnel for implant insertion

Not using drains

Use of Singulair (Montelukast) for 90 days after implant placement

“Massaging” the implant after surgery has not been shown to make a difference and is NOT recommended

#### **WHAT IF MY BREAST STARTS FEELING FIRM?**

If you notice one or both breasts feeling more firm than normal, notify Dr Gutowski so that he can examine you. If there is early capsular contracture, he may prescribe a course of Singulair to stop the process.

Read all the labels, instructions, precautions and warnings on your non-prescription and prescription medications. You are responsible for making sure that you can take these medications based on any other of your medical conditions or any other medications which you are taking.