# Questions to Ask Before Having Breast Implant Surgery

When choosing a surgeon for a breast implant procedure, you may want to consider their years of experience, their board certification, their patient follow-up and your own personal comfort level with the surgeon. Most breast implant procedures are performed by board-certified plastic and reconstructive surgeons. The following questions can help guide your discussion with your surgeon regarding breast implant surgery.

## **Questions to Ask...**

### **About Your Surgeon**

- 1. How many breast implant procedures do you do each year?
- 2. What percentage of your practice is dedicated to breast augmentation? To breast reconstruction?
- 3. What type of implants do you use? Saline or silicone? What is your experience with each?
- 4. What is the most common complication you encounter with breast implant surgery?
- 5. What is your rate of complications in general (capsular contracture, infection, etc.)?
- 6. What is your reoperation rate?
- 7. What is the most common type of reoperation you perform?

## **About the Breast Implant Operation**

- 1. How long will I be in pain after the surgery?
- 2. What is my expected recovery time?
- 3. Will I need help at home for normal activities after the surgery and if so for about how long?
- 4. How long do you expect my operation to take?
- 5. What (if any) secondary procedures associated with my breast augmentation/breast reconstruction will be required?
- 6. How likely is it that I will get an infection after the surgery?
- 7. How much risk is there from the anesthesia?
- 8. What can I do to minimize the risk of short-term and long-term complications?
- 9. Where will my scar be?

#### **About Breast Implants and Expected Outcomes**

- 1. What shape, size, and surface texture are you recommending for my implants?
- 2. Why are you recommending one type of breast implant over another? Why do you recommend this one for me?
- 3. In your experience, how long will my breast implants last?
- 4. What incision site and placement are you recommending for me?
- 5. Do you have before and after photos I can look at for each procedure?
- 6. What results are reasonable for me?
- 7. How will breast implants feel? Will they alter my breast skin or nipple sensation?
- 8. What are the risks and complications associated with having breast implants?
- 9. Can I still get breast implants for augmentation if I have a strong family history of breast cancer?
- 10. How many additional operations on my breast implants can I expect to have over my lifetime?
- 11. How will I be able to tell if my breast implant has ruptured or if there is a problem with my breast implants?

- 12. How will my breasts look if I decide to have the implants removed and not replaced?
- 13. How easy or difficult is it to remove the implants?
- 14. How easy or difficult is it to increase the size of the implants after the breast implants have been placed?
- 15. What can I expect my breasts to look like over time? What do I need to do to maintain them?
- 16. What kind of additional follow-up will I need?
- 17. What are the long term consequences of breast implants?
- 18. What will my breasts look like after pregnancy?
  After breastfeeding?
- 19. Will the breast implants affect my ability to breastfeed a baby?
- 20. What are my options if I am dissatisfied with the outcome of my breast implants?
- 21. Can I still get mammograms with breast implants in place?
- 22. Will the mammogram rupture my breast implant?
- 23. What alternate procedures or products are available besides breast implants?

