

Continue the CONVERSATION

Enrique Silberblatt, MD, FACS Aesthetic Surgery of Virginia

BREAST AUGMENTATION

"Breast augmentation is most often of benefit to two types of patients: younger women whose breast tissue hardly developed and middle aged women whose breast size decreased after having children," explains Enrique Silberblatt, MD, FACS with Aesthetic Surgery of Virginia in Roanoke. "Younger women will also often have asymmetry that can be improved by using slightly different implants. Extra skin, requiring a lift, is addressed elsewhere."

Dr. Silberblatt says the typical, straightforward breast augmentation takes him one to two hours and is done as an outpatient under general anesthesia. The implant can be placed over or under the pectoralis muscle, depending on how much breast tissue and sub-cutaneous fat is present. Available implants include saline, round gel and shaped gel implants. The surface can be texturized (helping to maintain implant position) or smooth (allowing the implant to move around more). Incisions are most often made just under the breast but can sometimes be made under the arm or around the areola.

"The best implant, incision, and placement for an individual patient is best determined during the consultation with your plastic surgeon after a review of your goals and a thorough breast examination," says Dr. Silberblatt. Implants placed under the muscle are more painful than those placed over the muscle. Expect to have limited arm motion for two weeks and not recover full motion for six weeks, he states.

Cost typically varies from \$4500 to \$7000 depending on the implant chosen, the length of the procedure, and the complexity of the operation. Insurance will not cover a cosmetic augmentation but may cover a congenital deformity in which no breast ever developed.

"Ask your surgeon what he/she does to prevent capsular contracture, a condition that can develop after augmentation where the tissues around the implant harden and deform it," Dr. Silberblatt recommends. "The best surgeons will spend extra time to explain this potential problem to their patients and take numerous precautions during surgery to try and prevent it."

BREAST AUGMENTATION WITH LIFT

When a woman loses weight or returns to her pre-delivery weight after nursing, she may find that her breasts are not only smaller but they also sag and have extra skin. When this occurs, it is impossible to correct by just placing an implant. Usually a lift must be done as well. This involves removing the extra skin. The resulting scars can range from a circular scar around the areola to an inverted T scar that resembles an anchor where the top of the curve portion of the anchor follows the curve of the fold under the breast.

"I have found the inverted T to provide a more reliable and pleasing result," explains Dr. Silberblatt.

BREAST AUGMENTATION



BREAST AUGMENTATION:
A cosmetic surgery procedure to increase breast size and enhance breast shape, typically through the placement of silicone or saline breast implants.



- Two types of patients benefit from breast augmentation:
1. Younger women whose breast tissue hardly developed
 2. Middle aged women whose breast size decreased after having children



About \$4500 to \$7000



BREAST AUGMENTATION WITH LIFT:

A cosmetic surgery procedure to increase breast size while restoring a firmer, perkier, and more aesthetically pleasing shape of sagging breast, typically through the placement of silicone or saline breast implants.



Women who lose weight or return to their pre-delivery weight after nursing often suffer from smaller and/or sagging breast.



About \$7000 to \$10,000

The procedure is done as an outpatient and takes anywhere from three to five hours, depending on how much breast tissue must be lifted and whether some needs to be removed. An implant almost always does a better job of providing fullness to the upper breast. A woman must be prepared to limit her arm motion for two weeks and will not return to unrestricted activity for six weeks. The scars may continue to be red for as long as two years.

Costs vary from \$7000 to \$10,000, depending on the length of the procedure and which implants are selected. Insurance does not typically cover breast augmentation with lift.

"There are some plastic surgeons that prefer to do the procedures separately," says Dr. Silberblatt. "I have tried doing it that way but found no advantage. In fact, scarring after the lift (if done first) may interfere with skin stretch after the augmentation. Occasionally, a breast augmentation may provide enough lift to make a full lift (with its attendant scarring) unnecessary."

LABIAPLASTY

"Labiaplasty may be considered by women who have always had excessively large or irregular labia minora, or developed these changes after childbirth," says Dr. Silberblatt. "They are usually bothered by discomfort while sitting, exercising or during sex. Many women are simply self conscious about their appearance, particularly now that genital hair is often shaved."

Patients can choose to have a labiaplasty done under local, general or sedation anesthesia as an outpatient. During the procedure, excess tissue is removed as a straight line or as a wedge, depending on how much needs to be removed and other anatomic details unique to each individual. If there is excess tissue around the clitoral hood, this skin is often trimmed as well. The procedure takes from one to three hours, depending on how much tissue needs to be removed.

"Expect mild to moderate discomfort, easily controlled by oral analgesics, for the first three or four days," explains Dr. Silberblatt. Patients will usually ice the area for the first 48 hours. Sex and activities such as bicycle riding and horseback riding are curtailed for six weeks.

"Privacy for my patients is paramount and the staff at my outpatient surgery center goes out of its way to limit the contact and exposure of my patients to other patients and employees while maintaining the strict safety standards required by the JCAH," Dr. Silberblatt says.

Cost varies by length and complexity of surgery but is generally between \$2000 and \$5000. Some insurance plans may cover labiaplasty, particularly if it is done to repair a tear resulting from delivery.

"As with any surgical procedure, a patient should ask her surgeon how often he performs the operation, what the potential complications are, how often they occur, and if any previous patient might be willing to speak about her experience," he recommends. "Labiaplasty has one of the highest satisfaction rates of any procedure I do."

MINI-FACELIFT

"I define a "mini" facelift as a facelift with a shorter scar that primarily lifts the jowl and corner-of-the-mouth region," explains Dr. Silberblatt. "A small amount of improvement is sometimes seen in the neck."

A mini-facelift can be done under local anesthesia but some patients prefer IV sedation for comfort and to lessen anxiety. "The procedure is done as an outpatient and I see all my

LABIAPLASTY



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Enrique Silberblatt, MD, FACS
Aesthetic Surgery of Virginia

MINI FACELIFT



FACELIFT:

A cosmetic surgery procedure to improve visible signs of aging in the face and neck.



MINI FACELIFT:

A facelift with a shorter scar that primarily lifts the jowl and corner-of-the-mouth region.



Results normally last about five years.



About \$5000 to \$6500

patients the next day to remove the compressive head dressing that I use to prevent fluid or blood from building up under the skin," says Dr. Silberblatt. It is not unusual to feel tightness but there is usually not a great deal of pain. Although some swelling and bruising may occur, many patients are able to return to jobs that are not physically demanding after one day.

Costs vary from about \$5000 to \$6500, depending on whether or not the patient prefers sedation and how long the procedure takes. On average, mini-facelifts take about two and a half to three hours with results normally lasting about five years. Since this is a cosmetic procedure, insurance does not cover the cost. "Most commonly, women in their forties are the best candidates, but I have seen many older women that have had great results with this procedure, avoiding the increased downtime and scarring that is seen with a full facelift."

When considering a mini-facelift, Dr. Silberblatt suggests patients to ask her/his plastic surgeon how they preform the procedure, how long results last, and to describe how it differs from a full facelift. If possible, it is often helpful to speak to a patient who has undergone the procedure.

SKIN FILLERS

"Skin fillers are used to smoothen facial lines and to add or restore volume to areas of the face," explains Dr. Silberblatt. "They are helpful to patients who have acquired these changes with age or younger patients who never had full lips or cheeks. Indented scars can often be improved. Fillers can even slightly change the shape of the nose or chin."

Materials used as skin fillers include hyaluronic acid, calcium hydroxylapatite, polyalkylimide, polylactic acid, and polymethyl-methacrylate. Collagen was the first filler to be used but has been abandoned because of its short duration (three to six weeks). Silicone was used by some practitioners in the past but has a high rate of complications (scarring, deformation, extrusion) and should be avoided. "My preference is to use hyaluronic acid," says Dr. Silberblatt. "It lasts from six months to two years and is immediately reversible (should the patient be unhappy with the result), unlike the other fillers. The formulations I use all have a local anesthetic included so the injections are much less painful."

Injections are done in Dr. Silberblatt's office after determining his patient's objectives. The face is thoroughly washed to remove all makeup and is prepared with alcohol. Ice compresses before and after reduce discomfort. The injections take two to ten minutes. There is usually transient swelling that resolves within 48 hours. Bruising may occur but is not common. Patients on blood thinners may not be candidates for injection.

Cost varies from about \$400 up, depending on which product is used and how many syringes are required. Insurance does not cover fillers.

"Patients should ask who does the injections," he recommends. "I do all my own injections. If a problem should arise, a surgeon is better prepared to address it than someone who has little or no operating room experience."

"The procedure is done as an outpatient and I see all my patients the next day to remove the compressive head dressing that I use to prevent fluid or blood from building up under the skin."

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SKIN FILLERS



SKIN FILLERS:

Used to smoothen facial lines and to add or restore volume to areas of the face.



BEFORE & AFTER:

Before skin fillers



After skin fillers



About \$400+



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