



GRYSKIEWICZ

Twin Cities Cosmetic Surgery



ULTIMATE PROCEDURE GUIDE

— HAVE IT YOUR WAY —
BREAST AUGMENTATION

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Breast Augmentation explained

What is Breast Augmentation Surgery?

- Breast Augmentation Surgery involves enlargement of the breasts through inserting implants into the breast area, usually in front or behind the pectoral muscle.
- This procedure often appeals to women who have always had smaller breasts, or who once had larger breasts but have lost volume and shape due to fluctuations in weight, pregnancy, breastfeeding or other factors.
- Breast Augmentation can often reshape the breasts, or be used in part to correct breasts of unequal size.
- This procedure cannot correct severely drooping breasts, which may require a Breast Lift, as well as an Augmentation to appear fuller and lifted.



Breast Implant Surgery can help to:

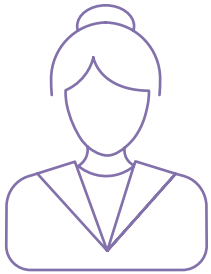
- Increase the volume and size of smaller breasts.
- Improve the overall breast shape.
- Restore fullness and firmness to breasts which may appear empty after childbirth or other lifestyle factors.
- Even up breasts that are asymmetrical in shape or size.

It is important to note that Breast Implant Surgery is a complex procedure. The experienced Surgeons at Gyskiewicz Twin Cities Cosmetic Surgery go above and beyond a traditional Breast Augmentation to improve your overall aesthetic outcome.



Am I a good candidate?

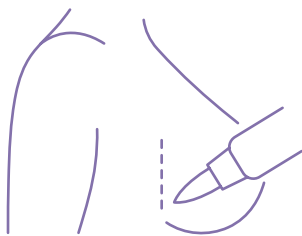
Am I a good candidate for Breast Implant Surgery?



- Breast Augmentation Surgery can help to enhance the size and shape of your breasts. This procedure typically appeals to women with smaller breasts who would like to increase the size and/or shape of their breasts.
- Breast Implants often appeal to women who find their breast size does not match the rest of their body and would like for their physique to be more proportionate.
- They can also help mothers and those who have experienced weight loss or other lifestyle changes that have resulted in a smaller or 'deflated' breast size.
- Breast Implant Surgery can also be helpful for women with uneven or asymmetrical breasts who would like to even up their breast size and shape.
- To be considered a suitable candidate for Breast Implant Surgery, you must have realistic expectations about what can be achieved.

Common reason for wanting Breast Augmentation

Some of the reasons you may be exploring your surgical options for Breast Augmentation Surgery include:



- You are unhappy with the size and/or shape of your breasts.
- Your breasts are smaller than you would like but are not overly saggy or dropping. (If your breasts are overly sagging, a Breast Lift procedure with or without implants may be more suitable.)
- You have lost volume in your breasts and would like them to return to their previous size before pregnancy, breastfeeding or weight loss.
- You feel limited in your clothing choices due to your breast size.
- The size of your breasts doesn't match the rest of your body and you would like your breasts to be more in proportion with your body shape and overall physique.
- Your breasts are uneven or asymmetrical in size and/or shape.

Planning your surgery

There are many aspects to consider when planning for Breast Augmentation Surgery, including the size, shape, type & placement of your implants.

Your Surgeon will guide you in choosing the best implant and procedure for you, although you should have an idea of your options when it comes to breast implants.

A well-planned Breast Augmentation surgery can give you a more balanced look, the breast shape or size you desire, as well as help to minimize scarring.

Implant brand

Be sure to check what brand of breast implants your Surgeon uses as not all brands on the market are equal in reputation and longevity.

We use and recommend only quality, recognized implant brands such as Mentor, Allergan and Sientra. They have a great track record of durability, placement stability, longevity and breast shape control.



Implant type

Saline

Saline Implants are filled with sterile salt water. Some are pre-filled and others are filled during surgery.

Silicone

Silicone gel-filled implants are preferred by many women as they are believed to feel more like real breasts than saline implants.

Both Saline & Silicone implants come in different sizes and shapes.

Implant shape

Round

Round implants can create soft and nicely proportioned breasts and are available in a smooth surface.

Planning your surgery

Implant texture

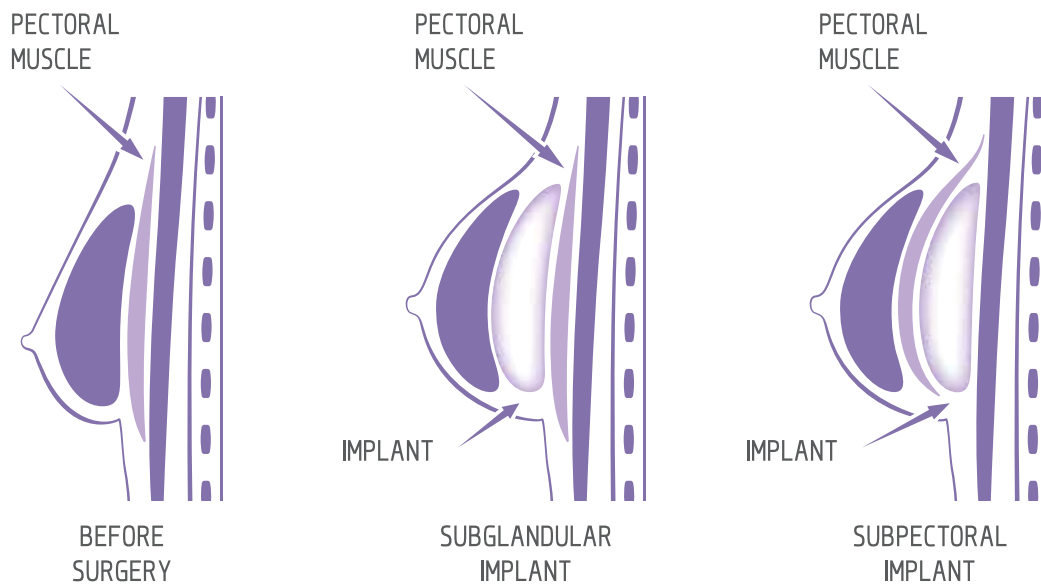
Smooth

Smooth surface have a softer feel and generally are less likely to cause ripples that could show through the skin.

Implant placement

There are three common approaches for Breast Implant placement:

- In front of the pectoral muscle
- Behind the pectoral muscle
- Partially behind the muscle (dual plane)



Subglandular

If there is already a good volume of breast tissue present to hide the defined implant edges, your surgeon may recommend placing the implant in front of the pectoral muscle.

Subpectoral/Submuscular

Placing the implant underneath the pectoral muscle allows the soft tissue to cover the implant and disguise it, therefore achieving a more natural result.

Planning your surgery

Incision location

Transaxillary Incision

This incision is ideal for patients prone to keloid scarring. It involves incisions in the armpit.

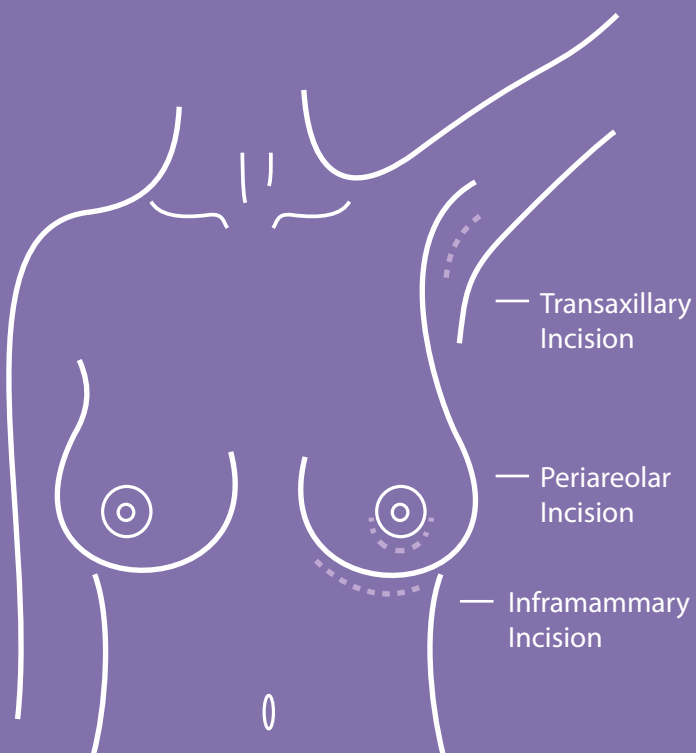
This incision is Dr. Joe's patients' most popular. Dr. Joe is the only plastic surgeon in Minnesota who places silicone implants through the arm pit. This incision is ideal for patients who are prone to keloid scarring.

Inframammary Incision

The most common incision which is made in the crease beneath the breast. This provides the most direct access & is the most reliable approach for achieving a symmetrical result.

Periareolar Incision

This incision is placed around the lower half of the areola at the junction with the breast skin to ensure the scar is less visible.



Implant size

Choice of implant size will vary from person to person and can depend on your body proportions & amount of breast tissue.

It is important to be realistic with your desired breast size and consider your surgeon's advice on what will work best for you & your body in the long term.

So, what will my Surgeon and I need to decide on?

Implant Brand - Be sure your Surgeon uses only top quality implant brands.

Implant Type - Saline or Silicone?

Implant Shape - Round

Implant Texture - Smooth

Implant Placement - In front or behind your pectoral muscle?

Incision Location - The patient can choose their incision placement. However, if their anatomy requires a different incision, your surgeon will discuss this with you.

Implant Size - A size that will work for your body shape & maintain long-term results.

An experienced and highly qualified Specialist Plastic Surgeon will be able to guide you to make the right decisions for your Breast Augmentation Surgery.

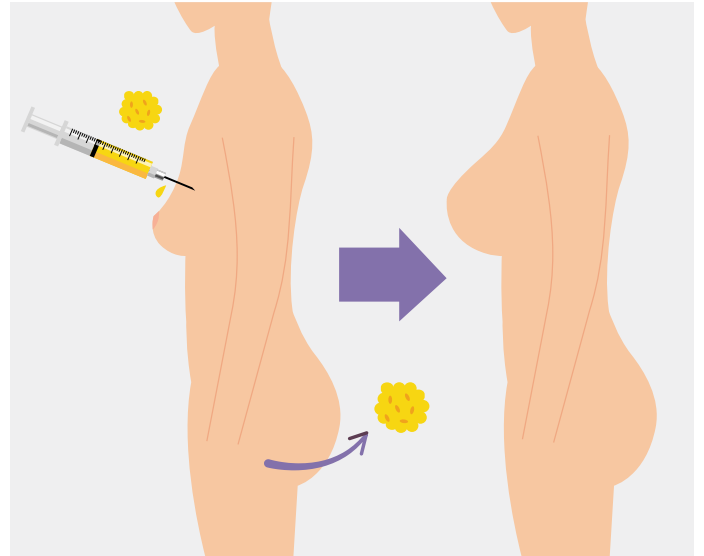
They will help to achieve the best possible results that are reflective of your needs and expectations.

Planning your surgery

Fat Transfer Breast Augmentation

A Fat Transfer Breast Enlargement, is a procedure that can improve the appearance, shape and profile of your breasts and may be a suitable option if you are only looking for a subtle breast size increase or enhancement.

This Breast Augmentation procedure uses your own fat, rather than a silicone or saline implant and is performed by transplanting fat from a donor site (such as the hips, buttocks, and waist) to the breasts.



Benefits of Fat Transfer to Breast:

- Achieve better breast shape or cleavage without implants
- Less scarring than implant augmentation
- Natural look and feel
- Less weight on skin than an implant (but may not suit skin ptosis)
- Fat removal (liposuction) processes may help to contour fat donor sites on your body
- Some researchers believe it improves skin appearance due to cellular renewal processes

Am I a good candidate?

- You are looking to only achieve a small breast size increase (from half a cup size to a full cup size) or minor shaping enhancements.
- You have adequate sites for donor fat
- You understand that you may need to combine your procedure with a breast implant

Find out more about this procedure

To find out more about this type of Breast Augmentation procedure, download our Fat Transfer to Breast Guide via www.tcplasticsurgery.com.

The surgical process

Surgery checklist

Before you decide on your Surgeon or proceed with Breast Implant Surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, qualified and experienced Plastic Surgeon?
- Is my Breast Implant surgery going to be performed in a fully accredited Surgery Center or Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Breast Implant surgery can actually achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?

The Breast Augmentation Surgical Procedure

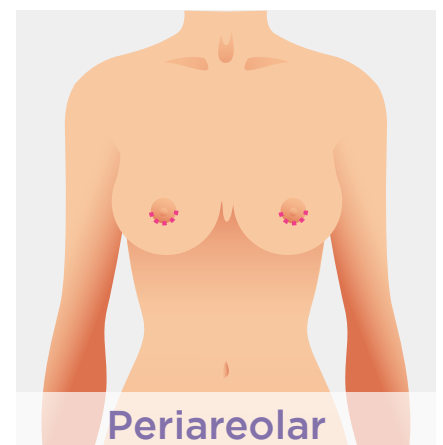
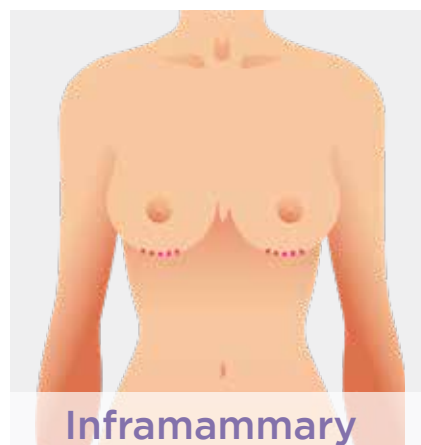
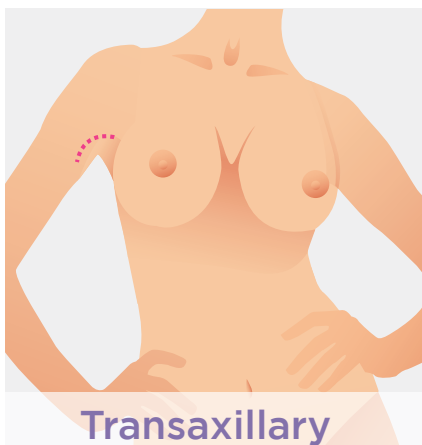
The procedure itself generally lasts for 1 hour (this will vary from patient to patient) and is performed while you are under general anesthesia.

Anesthesia

- Medications and General Anesthesia are administered for your comfort during your Surgical procedure.

The Incision

- There are a number of surgery options and incision approaches to Breast Implant Surgery:



The surgical process

Inserting and Placing the Breast Implant

After the incision is made, your chosen breast implant is inserted into a precise surgical pocket either:

- In front of the pectoral muscle
- Behind the pectoral muscle
- Partially behind the muscle (dual plane)

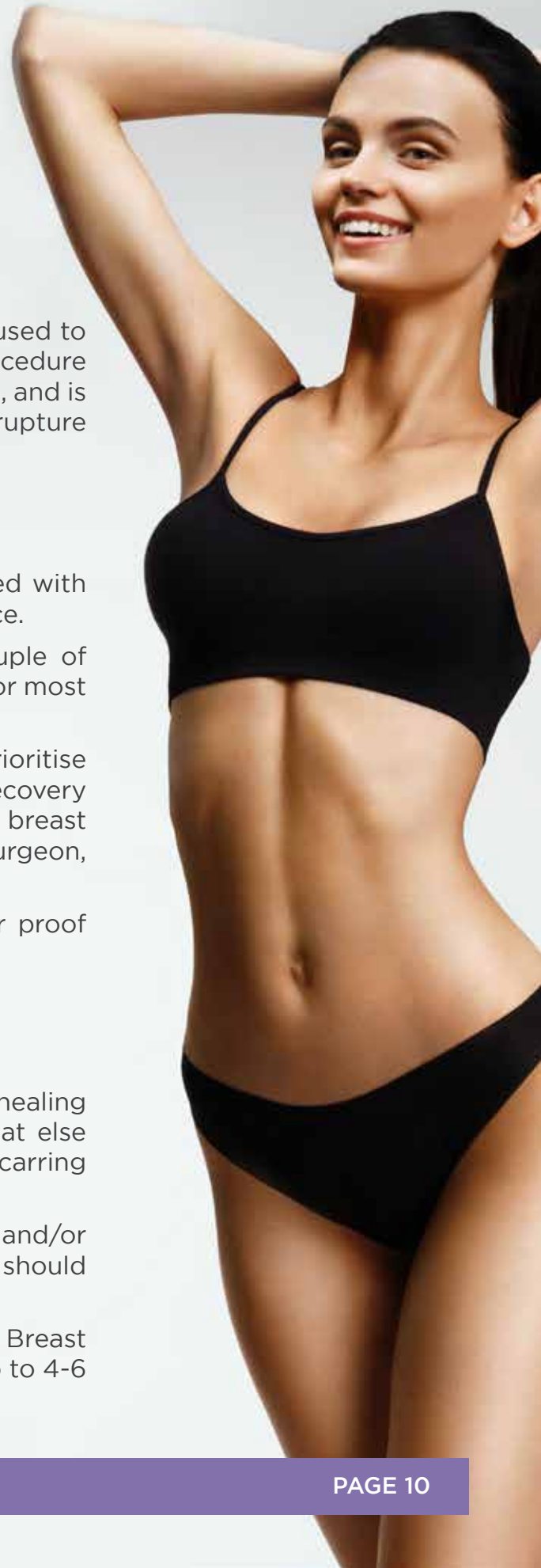
A specially designed implant delivery device is then used to insert the implant into your breast pocket. This procedure helps eliminate the need for the implant to be handled, and is believed to reduce the already-small risk of implant rupture during the procedure.

Closing the Incisions

- At the end of the operation, your incision is closed with dissolving stitches placed deep into the skin surface.
- This often means that no stitches (or just a couple of knots) will need to be removed following surgery for most patients.
- At Gryskiewicz Twin Cities Cosmetic Surgery we prioritise **'No Drain'** procedures to give you a **drain free** recovery period whenever this is feasible (and in a standard breast augmentation procedure by a Specialist Plastic Surgeon, it is unusual for drain tubes to be used).
- The suture (incision) line is covered with a water proof dressing.

Recovery and Healing

- You'll be given clear instructions for post-operative healing & care, including what garments to wear and what else to do to maximize your surgical results, minimize scarring and facilitate your recovery process.
- You'll have ready access to the Patient Care Team and/or to your Surgeon following your Surgical Procedure should you have any urgent questions or needs.
- Although you will be able to see the results of your Breast Implant Surgery almost immediately, it can take up to 4-6 weeks for post-surgical swelling to resolve.



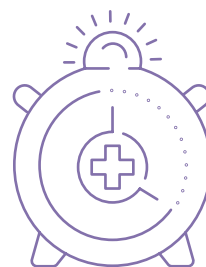
Rest and recovery

Post operative recovery

The length of your recovery period will depend on your specific procedure and other health & lifestyle factors. Recovery times can vary from person to person as each patient has a different pain tolerance. Scars will continue to improve up to a year.

You will need to work with your Surgeon to allow for adequate and proper healing time. It is important to consult with your Surgeon before returning to daily activities such as driving, lifting and exercise.

It is important to wear the recommended post-operative garments for the suggested time frame. Good results depend on a collaborative approach and a healthy lifestyle. You will need to be willing to follow the specific instructions given to you by your Surgeon, and attend all post-operative appointments.



Dr. Joe uses the Quick Recovery Technique on all Breast Augmentations. This shows a patient 24-hours postop doing her arm exercises.

Maintaining results

Every patient is unique and surgery results will often vary. It is important to work collaboratively with your Surgeon and to keep your expectations realistic.

Good results depend on numerous factors; so it is very important to follow your Surgeon's specific advice.

Please keep in mind that your results from Breast Surgery may be impacted by fluctuations in your weight, skin health or Body Mass Index (BMI). Pregnancy and breastfeeding may also impact your surgical results.

Frequently asked questions

Does Breast Augmentation surgery hurt?

Most surgery does involve discomfort and pain during the initial post-surgery healing periods. It can be difficult to predict discomfort levels for each individual patient, as there are many variables to consider.

Discomfort after surgery is subjective based on your perception and sensitivity to pain. Fortunately most pain experienced during your healing period, particularly in the days just following your Surgery, can be manageable by following your Surgeon's recommendations & instructions precisely.



What steps can be taken to minimize pain?

Our approach to recovery is to do whatever he can to get you back to your normal life as soon as possible. We call this the 'quick recovery approach' which will be discussed at your consultation.

The team at Gryskiewicz Twin Cities Cosmetic Surgery are dedicated to keeping you as comfortable as possible during your pre-operative sessions, your surgical procedure and your healing & recovery time following surgery.

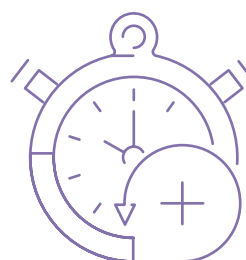


When can I return to work after Breast Implant Surgery?

The time taken to recover before returning to work or other daily activities, such as driving, often varies from patient to patient, and will depend on your particular Breast Surgery procedure.

Some patients find that they can return to work in a few days following surgery. If your work is highly physically demanding, it may take longer before you are able to return to work.

TIP: Surgery advice is individualised. Your chosen Plastic Surgeon will be able give you personalised advice on when you can return to work and other daily activities.



How about exercise?

We typically advise that you should wait at least three weeks before returning to mild to strenuous forms of exercise.

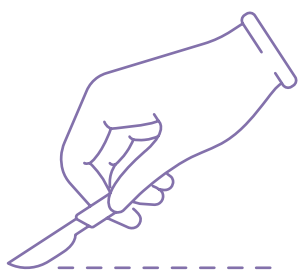
However, you must advise your Surgeon before you return to **any** form of exercise or other similar activities.

Frequently asked questions



Will I need to stay in the Hospital overnight after surgery?

An overnight stay is not required following your Breast Augmentation procedure at Gyskiewicz Twin Cities Cosmetic Surgery as it is a same day surgery procedure.

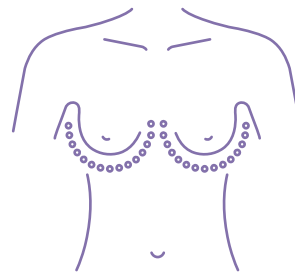


What can be done to minimize any post-surgery scars?

Unfortunately, incisions are a part of Breast Implant Surgery and you **will** have some form of a scar at the incision areas. Although, Incisions are placed in areas where they can be hidden.

What you do after surgery will have an impact on scar formation. Follow your post-operative instructions carefully and don't do too much too soon.

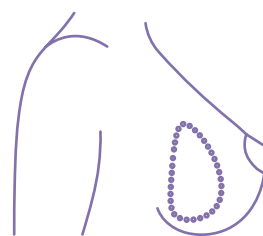
Be sure to talk to your chosen Surgeon about the scar treatment techniques available and what level of scarring you can generally expect.



Will Breast Implants impact breastfeeding later in life?

The answer to this question will depend on the type of Breast Implant Surgery you have. For the best results, it is often best to avoid incisions around the nipple areola complex, as well as breast implant placement above the muscle.

Breast implants placed below the muscle and incisions made under the breast allow for a lower chance of nipple sensation loss and best results if you are planning on breastfeeding later in life.



How long should I wait after breastfeeding to have Breast Implant surgery?

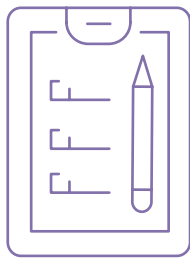
We recommend waiting several months after you've finished breastfeeding your last child before having breast surgery. Typically a minimum of three months after breastfeeding finishes.

Frequently asked questions



How much will my Breast Implant Surgery cost?

At your initial consultation, you will be given a detailed quote for your chosen procedure. This will include a Surgeon's fee, as well as surgery center and anesthesia fees.



How can I plan for my Breast Augmentation surgery?

- Understand the procedure as well as the Breast Augmentation recovery timeline
- Ensure you are in good health
- Do not smoke
- Have had stable body weight for at least several months before your Breast Augmentation procedure.
- Be prepared to pay your surgical fees three weeks before your scheduled procedure.
- Have peace of mind about the upcoming surgical procedure.



What can I expect at my initial consultation?

At your initial appointment with your Plastic Surgeon you will typically:

- Have a physical examination.
- Have your photos taken.
- See Before & After photos from past patients.
- Find out more about surgical options.
- Receive detailed information about your selected surgery options.
- Go through the possible risks and complications associated with surgery.
- Find out about surgery pricing and available date(s).
- Have your questions answered; you can bring a friend or family member with you for support & an "extra set of ears".

Unanswered questions?

For a bigger list of FAQs and more information on the surgical process, visit www.tcplasticsurgery.com.

You can also talk to a staff member to answer any of your questions Monday thru Friday by calling or texting our office at 952.435.0177.

Choosing the right Surgeon

How to find the best Plastic Surgeon for you

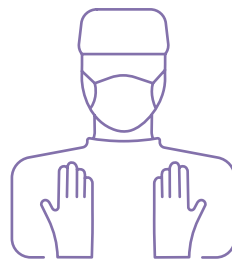
We understand that the quality of your results is dependent on finding the best plastic surgeon for your unique needs. While the importance of this decision can make the research process seem daunting, our team has outlined a few tips that can help you find a qualified plastic surgeon well-equipped to address your concerns:

- **Check a surgeon's board-certification and research their training.** With most plastic surgeons maintaining an online presence, you can easily find out about a surgeon's educational background and whether they've obtained certification from the American Board of Plastic Surgery.

This can narrow down your options and help you find a highly experienced plastic surgeon to perform your cosmetic surgery.

- **Find out whether they specialize in your procedure of interest.** It's generally in your best interest to enlist a plastic surgeon who specializes in, or frequently performs your chosen treatment.
- **Review patient gallery.** There is usually no better indication of what can potentially be achieved with a given procedure than a plastic surgeon's before-and-after photos.
- **Read patient reviews.** Feedback from individuals who have already been under a plastic surgeon's care can be invaluable to the research process.

Peruse online reviews from a multitude of third-party platforms, such as Facebook, Google, and Realself, to gain a comprehensive idea of a prospective surgeon's reputation.



Optimise your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a less expensive Surgeon for your surgery, choosing a highly qualified, experienced Plastic Surgeon who practices in the US should always be your highest priority.

So, what should I look for?

- A surgeon that is certified by the American Board of Plastic Surgery.
- A surgeon who operates in an accredited surgery center or hospital.
- Review before and after pictures on your surgeon's web site or social media. Get recommendations from friends, family or your personal physician.
- Be sure you have a board certified anesthesiologist performing your anesthesia.

About Dr. Joe Gryskiewicz



About Dr. Joe Gryskiewicz MD, FACS

For more than 30 years, Joe Gryskiewicz, MD, FACS (*pronounced Gris-KA-vitz*) has practiced medicine in the Twin Cities of Minneapolis and St. Paul. He is a Clinical Professor at the University of Minnesota Cleft Palate Clinics School of Dentistry and is the past Chief of Surgery at Fairview Southdale Hospital in the Minneapolis suburb of Edina.

Dr. Joe is certified by the American Board of Plastic Surgery and received a certificate of special training in cosmetic surgery from the American Society of Aesthetic Plastic Surgery (ASAPS). He has also been an official spokesperson for the American Society of Plastic Surgeons (ASPS).

In addition to being in private practice, Dr. Joe is a writer and international speaker. He has traveled the world delivering over 500 presentations to professional organizations on plastic surgery.

Experience & qualifications

- University of St. Thomas, Bachelor's Degree in Nursing
- University of Minnesota, Medical School
- University of Wisconsin, Fellowship
- Fellow American College of Surgeons **(FACS)**
- The American Board of Plastic Surgery
- American Society of Aesthetic Plastic Surgery **(ASAPS)**
- American Society of Plastic Surgeons **(ASPS)**
- International Society of Aesthetic Plastic Surgery **(ISAPS)**
- The Aesthetic Surgery Education and Research Foundation (*Past President*)
- The Rhinoplasty Society (*Past President*)
- Minnesota Society of Plastic Surgeons (*Past President*)

Areas of expertise

Although he has extensive training in all aspects of cosmetic and plastic surgery, Dr. Gryskiewicz's special medical interests are Breast Augmentation, Rhinoplasty, Facial Plastic Surgery, and Body Contouring.

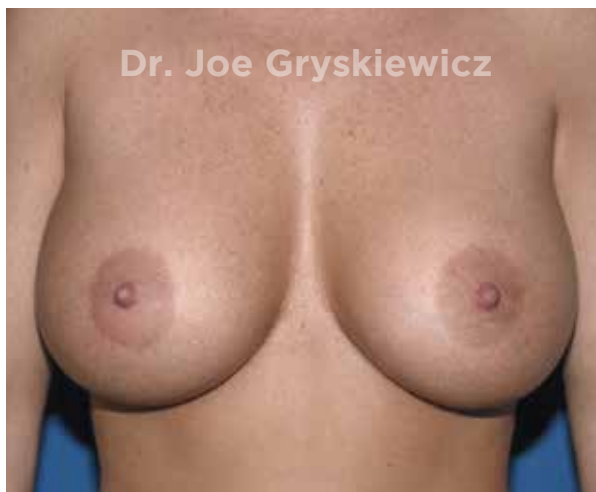
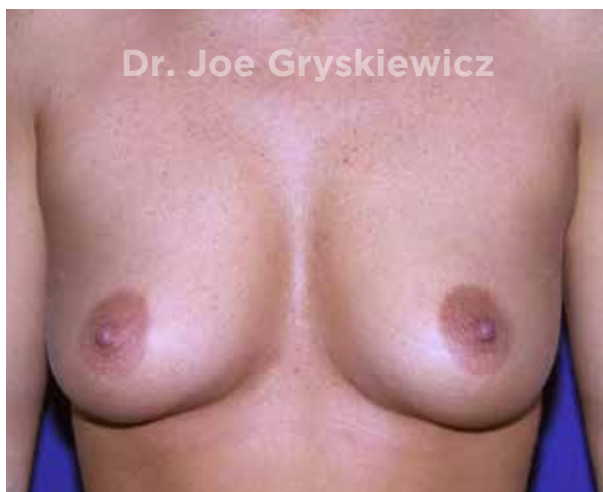
Dr. Joe and his team have an intense passion for helping patients achieve a happier, more beautiful self, through advanced treatments. His expertise in plastic and reconstructive surgery has been showcased through years of exceptional patient results



Before and Afters

Breast Augmentation (Implants)

Before After



Tuberous Breasts
Implant Surgery



Scan the QR code below to view more patient before and afters:



Your next steps...



Get in touch

Schedule a confidential consultation at Gryskiewicz Twin Cities Cosmetic Surgery by phone or submitting an inquiry via our website.



Edina: 952-295-3987
Burnsville: 952-800-3518



www.tcplasticsurgery.com



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General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients.