



ULTIMATE PROCEDURE GUIDE

# BREAST IMPLANT REVISION

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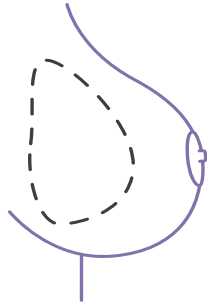
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**Your next steps**



# Breast Implant Revision explained

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## What is Breast Implant Removal and Replacement?

Breast Revision surgery is available to patients who are unhappy with the appearance of their current breast implants, or have experienced a problem such as a rupture, capsular contracture or other complications.

The reasons for wanting Revision Breast Surgery can vary. You may find that you no longer feel your breast implants fit your physique or lifestyle.

Alternatively, you may be concerned about the impact your Breast Implants will have on your ability to breastfeed, or in more serious cases, a problem may have developed with your breast implants, such as your breast implant 'bottoming out' (when a breast implant sinks below the natural breast crease), or a ruptured/deflated breast implant.

Unfortunately, not all Breast Implant procedure results are perfect., and not all issues can be completely avoided.

The chances of a 'botched' procedure or results that aren't quite what you were looking for are greatly increase when an under-qualified or inexperienced Surgeon is chosen to perform your Breast Surgery.



Luckily many breast implant problems can typically be fixed or improved by a properly qualified experienced Specialist Plastic Surgeon.

It is important to keep in mind that not all Breast Implant issues are fixable, and results from Breast Implant Removal & Replacement will not always guarantee the surgical result you were originally hoping to achieve.

That is why it is extremely important to choose a properly qualified, highly respected Specialist Plastic Surgeon for your original Breast Augmentation procedure.

**This guide will cover the common breast implant complications that may result in the need for Removal and Replacement surgery.**

**We explain the typical signs of these complications and the different revision procedure options that may be available to you.**

# Breast Implant complications

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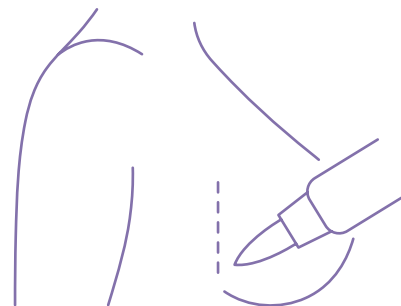
## Common reasons for wanting Breast Implant Revision Surgery

There are times when people who get Breast Implant Surgery aren't happy with their results. This is more likely to occur if surgery is performed by an inexperienced Surgeon

It can also occur if a Surgeon doesn't perform adequate pre-surgery planning, or doesn't explain the limitations that are inherent when you are working with a particular breast base width, tissue laxity, breast ptosis, or noticeable asymmetry.

**Common reasons for wanting or needing to remove your breast implants:**

- **Ruptured or deflated** breast implants.
- **Concerns about the integrity**, quality or age of your breast implants, including BIA-ALCL (Breast Implant-Associated Anaplastic Large Cell Lymphoma) or Breast Implant Illness (BII).
- **'Bottoming out'** - When your breast implants sit too low, causing the nipple to point upwards.
- **Capsular Contracture** - When your Breast Implants become misshapen or overly firm.
- **'Double Bubble'** - When your Implants drop behind the natural fold (breast crease).
- **Breast Asymmetry** - When your breasts are unbalanced in size, either naturally or as a result of incorrect implant sizing.



- **Symmastia** (uni-boob) - This can occur naturally when the tissue of both breasts is merged across the sternum, or as a result of two breast implants touching each other in the middle of the chest.
- **Life events and lifestyle changes** that make you want to remove your implants, such as concerns about being able to breastfeed.
- **Implant Malposition** - When your implants have moved, dropped or become uneven over time. are unbalanced in size, either naturally or as a result of incorrect implant sizing.

# Breast Implant complications

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## What are the common Breast Implant complications?

### Ruptured or Deflated Breast Implants

Implants can rupture or leak as a result of factors such as implant age, capsular contracture, over or under filling of a saline implant, or trauma to the breast area.

If your Saline Implants become ruptured, you will notice an immediate difference in the size or shape of your breasts as they often deflate at a rapid pace. Silicone implants, on the other hand, often leak very slowly, and as a result, a ruptured implant may not be obvious for years.

It is important to remove a ruptured implant as soon as possible. Removal of breast implants is called “explantation”. You may choose to have your implants removed and replaced with a new set, or simply removed altogether.

Depending on your particular breast condition, some patients require a Breast Lift (Mastopexy) following the removal of their breast implants to help remedy any sagging or drooping of the breast that may occur as a result of implant removal.



### Double Bubble

‘Double Bubble’ may occur if your implants are placed behind your chest muscle. Natural breast tissue sags over time, known as breast ptosis.

Another cause of double bubble may occur when your pre-operative natural breast fold is too high, and as a result, there is a visible groove between your nipple and the new lower crease. Essentially it appears as two creases rather than one crease under the breast.

### Double Bubble may also occur as a result of:

- Poor breast implant placement (such as placing the implant too high)
- Oversized implants
- Scarring
- Capsular Contracture
- Tuberous breasts



# Breast Implant complications

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## What are the common Breast Implant complications?

### Capsular Contracture

Capsular Contracture occurs when scar tissue forms around the breast implant. This can result in painful breast stiffness, square looking breasts that feel hard to touch and possible leakage of the implant.

It can be difficult to predict when Capsular Contracture will occur and who may develop it.

**Whilst there is no way of telling who may develop it, there are several factors that may increase your risk, these include:**

- Smoking
- Radiation Therapy
- Severe trauma to the breast
- Bacterial infections
- Haematoma (a break in a blood vessel, causing localized bruising or blood clot)
- Seroma (a collection of fluid under the skin)
- Over-handling of the breast implant
- Genetic factors

Warning signs of Capsular Contracture can include deformed, misshapen and painful breasts, or breasts that have become firmer than when they were first implanted.

There are four levels of Capsular Contracture, they include:

#### Grade I

The breast is soft and looks natural

#### Grade II

The breast is slightly firm, but looks normal

#### Grade III

The breast is firm and looks abnormal

#### Grade IV

The breast is hard, painful, and appears abnormal



# Breast Implant complications

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## What are the common Breast Implant complications?

### ‘Bottoming Out’

The ‘bottoming out’ of a breast implant occurs when the implant slips below the natural inframammary crease (the fold line under your breasts where they meet your chest, also called the breast crease).

Symptoms of bottoming out may include a lower breast crease, with the nipple and areola tilting upward as the breast implant lowers.

Additionally, any inframammary scarring from your Breast Augmentation may appear to travel up the lower breast mound.

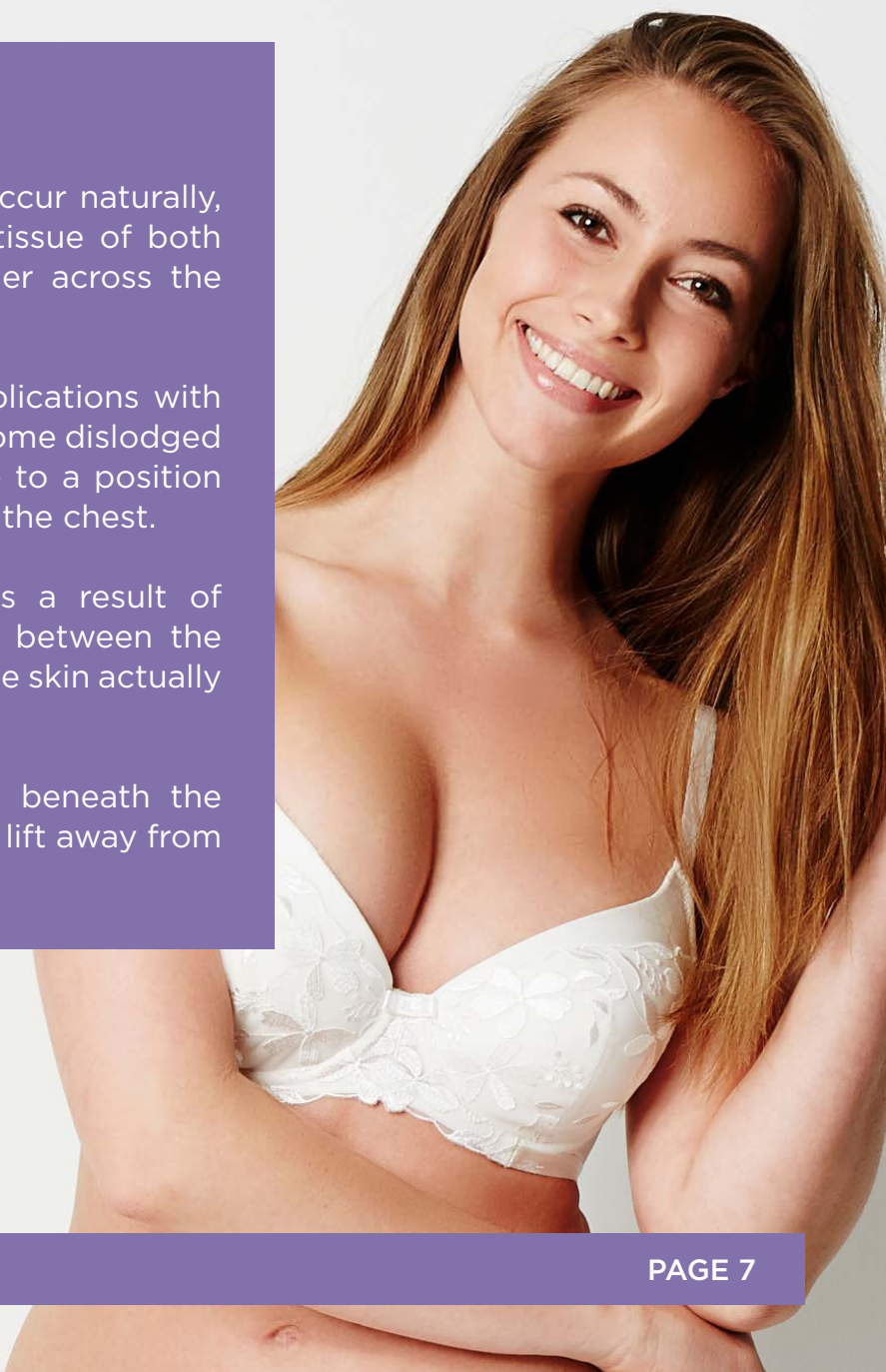
### Symmastia

Symmastia is a condition that may occur naturally, as a congenital anomaly, when the tissue of both your breasts appear merged together across the midline anterior to the sternum.

It can also occur as a result of complications with breast implants, where they have become dislodged from the breast pocket and or move to a position close together towards the middle of the chest.

The tell-tale signs of Symmastia as a result of dislodged implants is no separation between the implants in the middle of the chest. The skin actually lifts off of the sternum (breast bone).

In cases where breast implants are beneath the muscle, the pectoral muscles will also lift away from the sternum along with the skin.



# The surgical process

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## Surgery checklist

**Before deciding on your Surgeon or proceeding with Surgery, there are a few important things you should consider:**

- Is my preferred Surgeon a highly skilled, FACS qualified & experienced Specialist Plastic Surgeon?
- Is my procedure going to be performed in a fully accredited Ambulatory Surgery Center or Private Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what my chosen procedure can actually achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I willing & able to undergo an initial recovery period of approximately 3 weeks?
- Am I dedicated to eating healthy and not smoking?

## The surgical process

There are a number of surgical options based on the extent and cause of the problem when it comes to the surgical approach and process for Breast Implant Remove & Replace surgery.

Your Specialist Plastic Surgeon will advise a surgical approach that aims to solve your individual symptoms or breast appearance problems. Please keep in mind there is variability in surgical approaches and outcomes that may vary slightly.

## Anesthesia

Depending on the particular surgical approach for your chosen procedure, a local anesthetic or a general anesthetic will be administered for your comfort.

## Breast Implant Removal and Replacement

- This surgery will help patients who want to change their implant size, replace old or ruptured implants, or reduce implant visibility or rippling (sometimes seen with saline implants, the existing breast tissues are insufficient to fully cover the implant effectively).
- The procedure may involve changing your implant position from on top of the muscle (sub-glandular) to beneath the muscle (sub-pectoral) or vice versa.
- Some patients may also change from older-style saline breast implants, or a ruptured implant, to modern silicone cohesive gel breast implants.



# The surgical process

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## Capsular Contracture

In most severe cases, your breast implants and any residual scar tissue will need to be removed, and if you so wish, replaced with a new set of breast implants.

In some cases, your chosen Surgeon may perform a Capsulectomy, which involves removing scar tissue.

The surgical approach for Capsular Contracture varies depending on the severity of your condition and what your Plastic Surgeon believes to be most likely to work as a long-term solution.

## ‘Double Bubble’

Treatment is not always necessary and sometimes ‘double bubble’ will resolve on its own.

If the issue does not resolve, there are a number of surgical approaches to help correct a double bubble. Your chosen Surgeon may reposition the implant or replace it.

Alternatively, your Surgeon may suggest that they modify your breast crease by making a small incision in the crease, then tightening and raising it with sutures placed along the bottom of the breast. This procedure helps to ease your breast implant back into its correct position.

Depending on the severity of your condition, your chosen Surgeon may suggest a Breast Lift (Mastopexy) to resolve the issue and prevent any ongoing problems with your breast implants.

## Symmastia

Symmastia may occur as a result of your breast implants moving close together in the middle of your chest.

Reconstruction of the implant pocket, inside the breast, may be performed. This helps to reposition and stabilize the breast implants that have moved too close together. Your chosen Surgeon may advise you to downsize your breast implants to avoid further complications.

## Bottoming Out

Your chosen Surgeon may reconstruct the capsule under the breast in order to push the implant higher in the pocket and help to centre the nipple and areola on the breast mound. This procedure is called Capsulorrhaphy.

This can be done using sutures, or through using a flap of tissue inside the implant pocket, if possible. This approach may not be ideal or possible for all patients depending on the availability of breast tissue and other contributing factors.

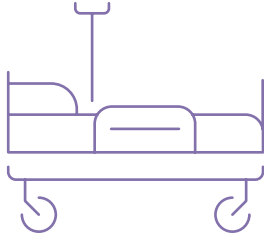
Another surgical option is to use tissue substitutes to hold the breast up and support the implant. Breast tissue substitutes may be used for women who do not have enough tissue of their own.

In some cases of ‘bottoming out’, a Breast Lift with possible removal of the skin along the breast fold, may be required.

If bottoming out has occurred due to the breast implant being too heavy or big for your frame, it could continue to be a problem unless you elect to downsize.

# Recovery and healing

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## Post-operative recovery

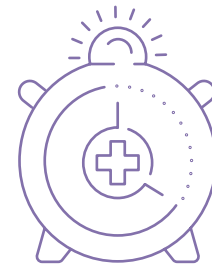
The length of your recovery period will depend on your specific procedure and other health and lifestyle factors.

You should allow 2-3 weeks for recovery following your Implant Revision Surgery.

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

It is also important to wear the post-operative compression garments throughout your recovery period for the required time frames - these will be provided to you by Dr Joe.

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.



## Maintaining results

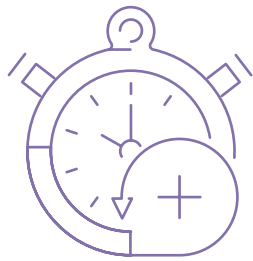
It is important to work collaboratively with your Surgeon and to keep your expectations realistic. Everybody is unique and surgery results can vary from patient to patient.

Please keep in mind that your surgical results may be impacted by fluctuations in your weight and skin health. Pregnancy and breastfeeding may also impact on results following your Breast Surgery.

To maximize the longevity of your Revision surgery results, it is important to maintain a healthy, nutritious and balanced lifestyle.

# Frequently asked questions

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## Do ripples or wrinkles in breast implants go away over time?

Unfortunately, no amount of massaging, exercising or skin products can get rid of rippling. And in most cases, revision surgery might be required.

Breast implant rippling is the term for indentations at the edges of the breast implant which may become visible, especially among women with little breast tissue and low body fat who choose an over-the-muscle implant placement. Rippling may also occur in women who have significant breast tissue, if the implant shifts in the pocket.

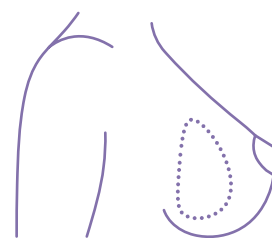
Silicone-gel-filled breast implants tend to ripple and wrinkle less than saline-filled breast implants. Some women who experience rippling problems choose to switch to silicone implants.

Be sure to discuss your concerns with your Surgeon to assess your options when it comes to treating breast rippling or wrinkling.

## What are the common signs of an infection after Breast Augmentation Surgery?

Signs of infection following a Surgery will vary from patient to patient, although they often involve a high temperature, pain, chills and/or redness and heat of breast area.

If you suspect an infection following your surgery, you should contact your Surgeon immediately and seek professional medical assistance.



## Is it easy to tell if a breast implant has been ruptured?

It is often easy to tell if a saline-filled breast implant has ruptured, because your implants will typically deflate within a number of hours following the rupture.

Silicone Implants typically leak at a much slower pace, if they rupture it can often be difficult to determine whether a rupture has occurred especially with cohesive gel implants.

If you have silicone gel breast implants, you will need to have Magnetic Resonance Imaging (MRI) exams of your breasts to check for a rupture.

# Frequently asked questions

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## How soon after surgery can I expect to see results?

Every patient is unique, but typically, you may be able to see results immediately after your surgery. However, it can take 4-6 weeks, or sometimes more, for swelling to subside.

Therefore, you will have a better idea of your post-surgery results after your healing and recovery period is over.



## What steps can be taken to minimize pain?

Our approach to recovery is to do whatever we 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 my procedure?

The time needed to recover from surgery before returning to work or other daily activities, such as driving, often varies from patient to patient. Recovery times also depend on your particular procedure and the type of work undertaken.

Many patients find they can return to work a few days after surgery but this can vary. If your work is highly physically demanding, it may take longer before you are able to return to normal duties.

If possible, allow 3 weeks of adequate healing time before resuming certain activities, such as strenuous exercise - ask your Surgeon for specific advice.

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

The appearance and level of scarring will vary depending on the incision technique used during your procedure.

Following your post-op instructions carefully and wearing your surgical tapes & post-surgery garment, as advised by your Surgeon, will also help.

Scar Minimisation using Lasers, Dermapen or Healite II Light Therapy may be available to patients when required. Be sure to talk to your Surgeon about the Scar Minimisation techniques available and what level of scarring you can generally expect.

# Frequently asked questions

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## How much will my Breast Lift 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.



## What should I expect during my surgery recovery?

Following your breast implant removal surgery, there will be gauze dressings or bandages applied to the treatment areas, and you may have drains placed, as well - which are small, thin tubes temporarily placed under the skin within the pocket to drain any excess blood or serous fluid that may collect.

You may be placed in a support bra or surgical garment, and there are times that a compression garment may be used to minimize swelling following surgery.



## What can I expect at my initial consultation?

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

- Have a physical examination
- Have your photos taken
- See before and after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your surgery
- Go through the possible risks and complications associated with your procedure/s
- Find out about surgery pricing and available dates
- Have all of your questions answered

### Unanswered questions?

For a bigger list of FAQs and more information on the surgical process, visit [www.tcplasticsurgery.com](http://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

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## How to find the best Plastic Surgeon for you

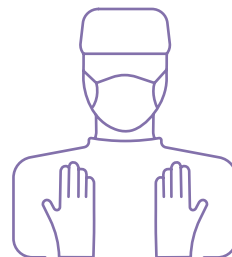
We understand that the quality of your results is dependent on finding the best plastic surgeon for your unique needs. While the importance of this decision can make the research process seem daunting, our team has outlined a few tips that can help you find a qualified plastic surgeon well-equipped to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



## Optimize 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 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 Implant Removal (Explantation)



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](http://www.tcplasticsurgery.com)



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Follow [@tcplasticsurgery](https://www.instagram.com/tcplasticsurgery) on **Instagram** for more information, insightful updates and real patient before & after images.

*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.*