

the ART of  
PLASTIC surgery

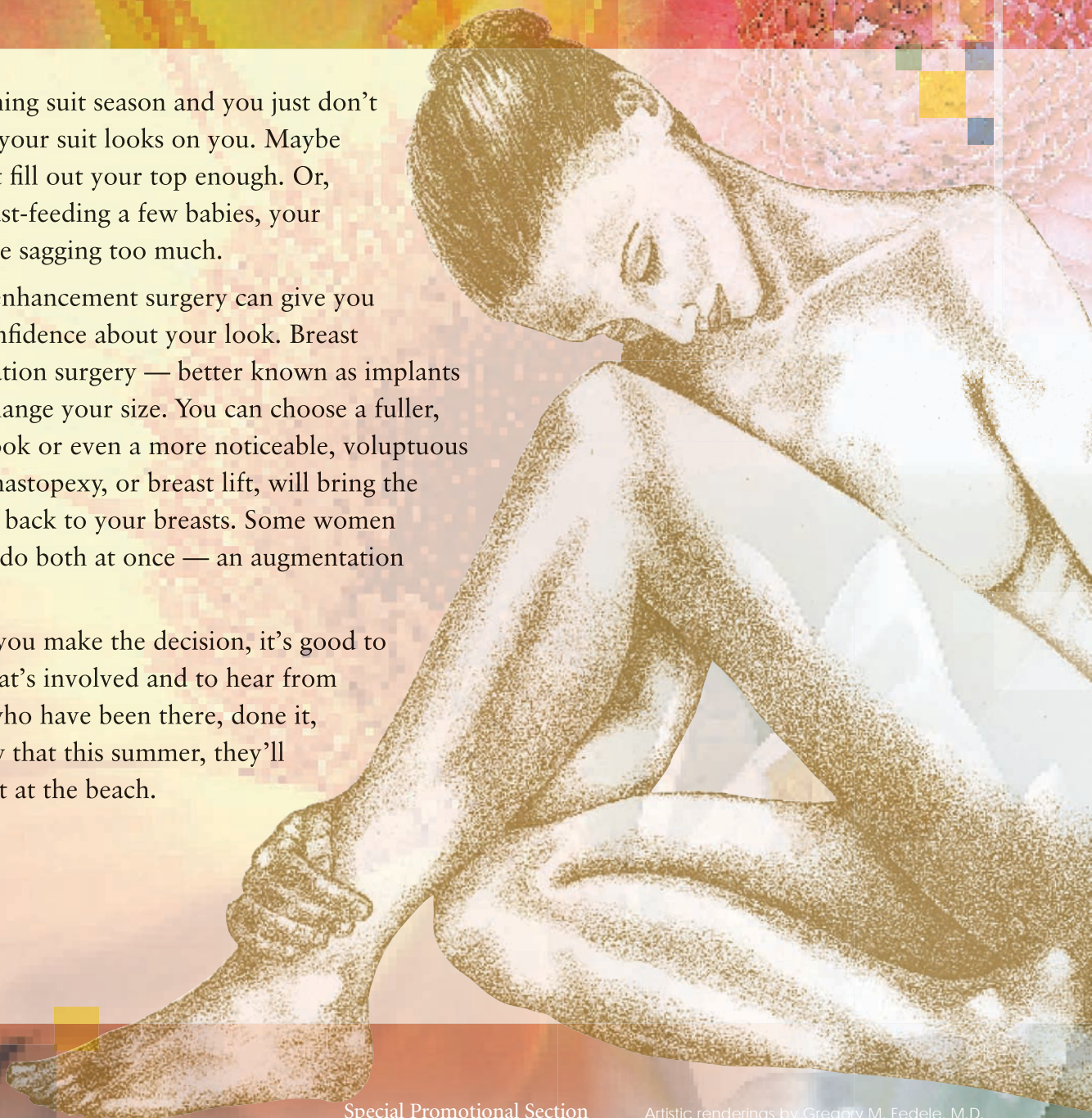
*Breast Enhancement*

GREGORY M. FEDELE, MD, FACS  
CERTIFIED, AMERICAN BOARD OF PLASTIC SURGERY

It's bathing suit season and you just don't like how your suit looks on you. Maybe you don't fill out your top enough. Or, after breast-feeding a few babies, your breasts are sagging too much.

Breast enhancement surgery can give you a new confidence about your look. Breast augmentation surgery — better known as implants — will change your size. You can choose a fuller, natural look or even a more noticeable, voluptuous look. A mastopexy, or breast lift, will bring the perkiness back to your breasts. Some women prefer to do both at once — an augmentation and a lift.

Before you make the decision, it's good to know what's involved and to hear from women who have been there, done it, and know that this summer, they'll look great at the beach.





## Elizabeth's Story: An Uplifting Plastic Surgery Experience

Decked out in one of her new bathing suits, Elizabeth is sure to make a splash at the pool this summer.

While many of her college classmates partied during spring break last March, Elizabeth had breast augmentation surgery. She left for Spring Break an "A" cup and returned to the classroom one week later wearing a "C" cup.

It was something she had dreamed of doing since she was a teenager. She saved money from a waitress job to pay for the surgery up front, all at once.

"I'm just a small girl and my mom's small, so I knew I'd always be small," Elizabeth says. "My mom got hers done about two years ago, and that sparked an interest in me."

Elizabeth, who lives just outside Bowling Green, Ohio, and attends Bowling Green State University, first visited her mother's surgeon and a few others in the Northwestern Ohio area for consultations. But since she was young, she felt they all treated her as if she didn't know what she wanted to do with her own body.

Then she remembered meeting her college roommate's friend from Cleveland who had gotten breast implants.

"She was really tiny like me, and I thought she looked awesome," Elizabeth explains. "So, I called her on the phone."

The friend had had her breast augmentation done by Dr. Gregory Fedele of the Center for Plastic & Cosmetic Surgery in Willoughby Hills. Elizabeth made an appointment — and took the two-hour trip to meet with Dr. Fedele.

"I absolutely fell in love with his whole office and absolutely loved the entire experience," she says. "Right away I decided to go with him. He was interested in me as a person. He



Before



got to know me. He answered all of my questions."

Another thing that impressed Elizabeth was Dr. Fedele's numerous examples of "before-and-after" photos.

"All of his before-and-after photos were amazing," Elizabeth says. "That had a huge impact on my decision to go with him."

She was able to view many of the photos on Dr. Fedele's Web site ([www.drfedele.com](http://www.drfedele.com)) before even meeting with him.

She had two appointments with him before going for the surgery.



Photo by Frank Cucciarré

*"This was one of  
the best decisions  
I've ever made."*

"He wanted to meet with me as much as I needed to answer all my questions and do whatever he could to make me feel comfortable," Elizabeth says. "But I was very confident about the surgery."

Although she was confident, she admits to being nervous in the days leading up to it.

"My biggest fear was that because I am so small that I was going to get an implant that would make me look out of control, fake and too big," Elizabeth says. "I was just hoping I chose the right size."

Besides working with Dr. Fedele to pick a size that would look natural,



## Jamie's Story: Like Her Old Self Again

yet fuller, Elizabeth also had to decide what type of incision she would have. Depending on the size of the implant, and the size of the woman's chest wall, the surgeon can make the incision through the armpit, the nipple, or under the breast. Elizabeth chose under the breast.

"For me that was a huge decision that Dr. Fedele helped me with," Elizabeth says. "Someone can only see it if you're intimate. You don't see it if you have a bathing suit on. I still have scarring, but you don't really see it and it doesn't bother me at all."

Elizabeth says she recovered quickly from the outpatient surgery. She was most impressed that Dr. Fedele himself called her to see how she was feeling. For a few days, she took some pain medication, but soon didn't need that.

Her breasts also remained swollen for some weeks, so she had to wait before buying new bras and bathing suits. But after the swelling began to go down, her first stop was Victoria's Secret.

"Every week they would go down some, and then they look more and more natural," Elizabeth says. "I couldn't be happier with how natural they look."

Before the surgery, Elizabeth used to have to buy a smaller bathing suit top and larger bottom. But now, one size fits. And, her clothes fit better, too.

"I can't wait to go to the pool and see everyone's reaction," she says. "This was one of the best decisions I've ever made."

### Jamie is blunt about why she had her breast lift done last January.

"I wanted to put things back where they belonged, so to speak," she says.

Jamie waited until her youngest child was five and she knew she wouldn't have any more. Then she wanted to look like she did before she was a mom. She just wasn't quite sure how to achieve that look, so she went to Dr. Gregory Fedele at the Center for Plastic and Cosmetic Surgery. The trip was an easy one for her, since she lives less than a mile away.

"I didn't know if I needed an augmentation or just the lift," she recalls.

"I didn't really want implants. Dr. Fedele told me that I had enough volume that if he lifted them, they would probably be about the same size."

That's exactly what happened. She lost very little volume, and now has breasts like she used to, although there is some scarring.

"[The scars] are pretty significant because it was a lift," Jamie explains. "They will fade, but I'm sure you'll always be able to see them. That didn't deter me. Bathing suits cover them."

She first got to put on a bathing suit on a Florida vacation last April.

"It was so nice to put on a bathing suit and have it look decent," she says. "I bought a lot of cute halter tops that are really easy to wear now. I'm not as self conscious."

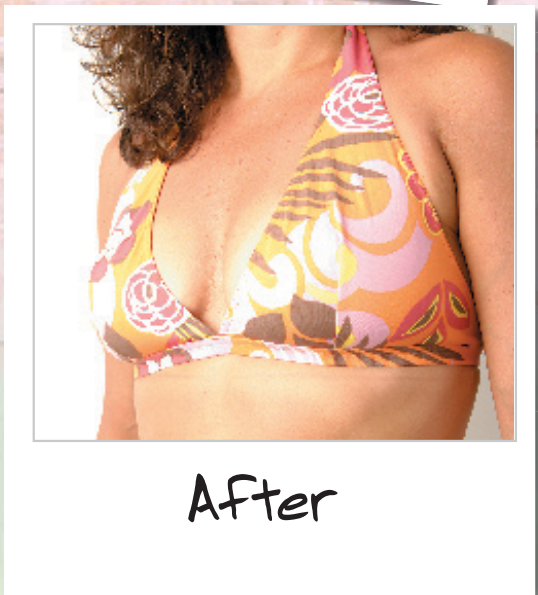


Photo by Jamie Janos



# TOP 10 *Things to Know About Breast Enhancement Surgery*

Dr. Gregory Fedele of the Center for Plastic & Cosmetic Surgery says that prior to deciding on a breast augmentation, lift, or both, a woman should consider these factors

- 1. What is the right size?** A woman must think in terms of proportion to her own body, rather than just cup size. "The taller you are, the bigger your rib cage is going to be, and the bigger the implants you're going to need to achieve fullness," Dr. Fedele says.
- 2. Try on implants with a variety of shirt styles.** "Breast augmentations look different in a tight, clingy, thin shirt versus a big, bulky sweater," says Dr. Fedele. "We put implants right into a non-padded bra so the woman can try on the size she wants to be."
- 3. Try sizes at home, too.** Dr. Fedele recommends women fill two knee-high nylon stockings with something that can be easily measured in CCs, such as oatmeal or rice. She can wear those home-made implants in the comfort of her own home, try on different clothes, and get a better idea of the size she ultimately wants to achieve.
- 4. Bring in before-and-after pictures.** Many plastic surgery Web sites have before-and-after photos to help a woman decide the look she wants to achieve. It helps the surgeon when the woman brings examples to an appointment. Dr. Fedele also has examples on his Web site at [www.drfedele.com](http://www.drfedele.com).
- 5. Decide if you want a natural or augmented look.** Some women like a more pronounced Dolly Parton-style look to their breasts. Most, however, want something that's full, but very natural. It's important to be honest

with your surgeon about the type of look you want to achieve.

- 6. Recognize there are no "absolutes" in breast surgery.** Even with photos and picking out the right size implants, there can be some variability in the operating room. For example, saline-filled implants can be made fuller. It's important to let your doctor know if you'd rather be slightly smaller or slightly bigger than what you consider the perfect size.
- 7. Decide if you want implants for size, a lift to stop sagging, or both.** Your surgeon can look at the current volume in your breast and explain if an implant would be helpful with the lift, or if a lift alone can achieve the look you want.
- 8. Be realistic about scarring.** Breast surgery does leave scars. It's important to talk with your doctor about the type of incision that you can have, given your personal circumstance. It will take up to 18 months for a scar to mature fully. Scarring can fade over time, but some will always be there.
- 9. Allow yourself enough time to recover.** Cosmetic breast surgery is still surgery. Women need at least a week before returning to work or lifting young children, and about a month before returning to strenuous exercise.
- 10. Know that weight gain, weight loss or pregnancy can change the results of any breast enhancement surgery.** For example, a woman in her 20s who gets implants may need new implants or a lift after having several children, especially if she breast-fed.

## *Our Philosophy*

At the Center for Plastic and Cosmetic Surgery, we understand that considering cosmetic surgery is a very personal and serious decision.



Dr. Fedele and his staff will take the time to answer all of your questions and concerns to ensure you are comfortable and have complete understanding of the procedure you choose.

We welcome you and look forward to working with you on your journey toward a positive outlook and renewed confidence.

*When the work of art is you ...*

[www.drfedele.com](http://www.drfedele.com)

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