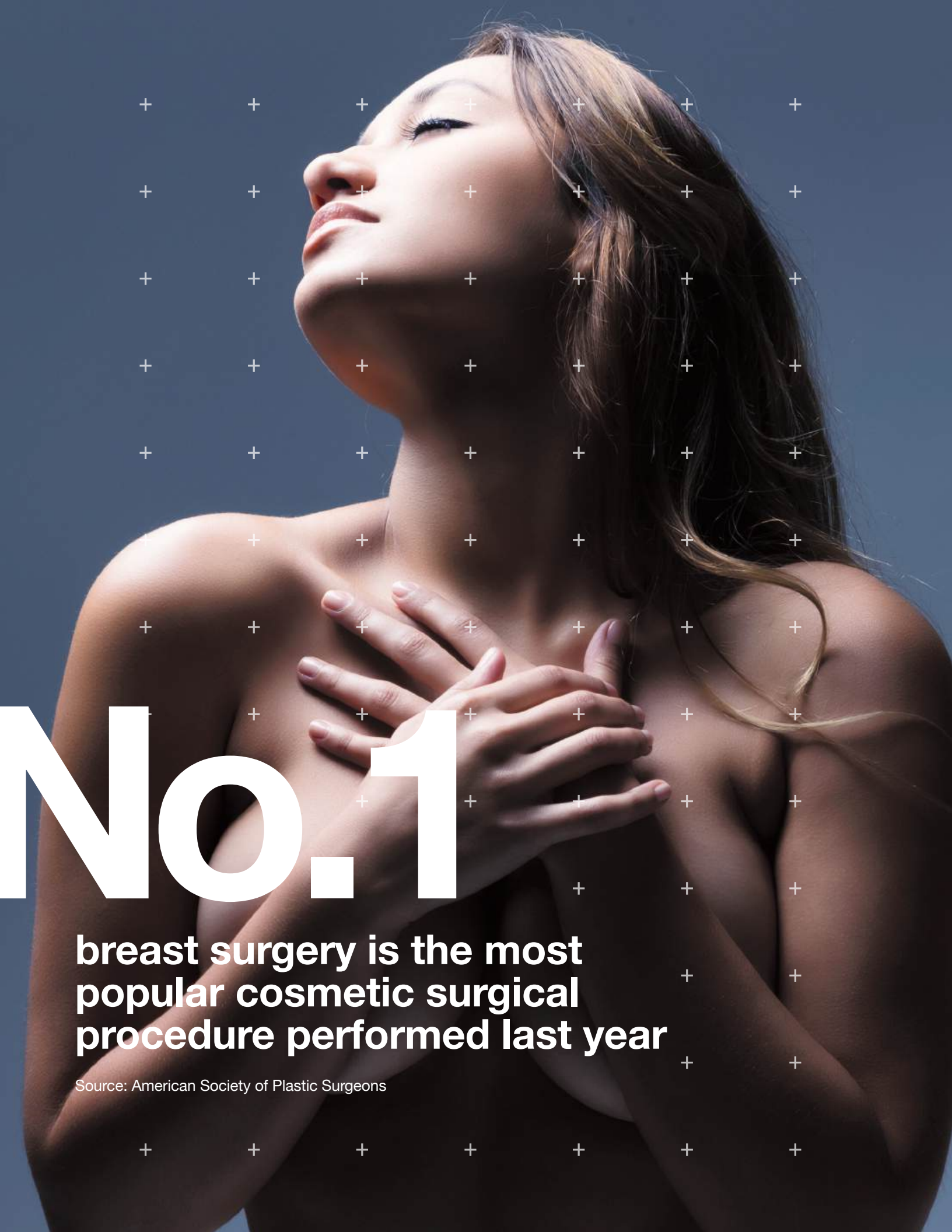




The Complete Guide to Breast Enhancement

Everything you need
to start your journey
to a brand-new you



No. 1

breast surgery is the most popular cosmetic surgical procedure performed last year

Source: American Society of Plastic Surgeons

How to get the best results from breast surgery

3

The basic info you need to choose the right breast surgery for you

You already know what you like and don't like about your breasts, whether they are too small or too large, or even asymmetrical, as most of ours naturally are. Whatever your concern may be, there are several options that can give you the breasts you want. During your consultation, your doctor will discuss what you like and dislike about your breasts and devise a customized plan that will address all of your concerns, leaving you looking and feeling your absolute best for a more confident, beautiful you.

Types of Breast Surgery

01

Breast Augmentation With Implants or Fat Grafting

02

Breast Reduction

03

A Breast Lift With or Without Implants

Breast Augmentation With Implants

Procedure Time: One to three hours

Recovery: From three to 10 days; avoid strenuous activity for three weeks

How Long It Lasts: Many patients go without replacing their implants or having additional procedures

Best For: Restoring Definition

A common complaint from women of all ages and body types is that they think their breasts are too small. You may have been born with naturally small breasts that lack fat and tissue, or you may have lost volume with age or after pregnancy. Women are often unhappy with their natural breast asymmetries (one breast is smaller than the other), which can also be corrected with surgery. Discuss the overall look you’re trying to achieve with your doctor before opting for a breast surgery. Breast augmentation is about customizing the procedure to your desired look and body type as opposed to just making breasts bigger in size. Together with your doctor, you will make decisions on which size, type of implant and placement is best for you based on your needs and wants, as well as your breast measurements. To get a feel for how you may look after surgery, you can place implants of different sizes and shapes in your bra. This is a good way of estimating what you may look like with larger breasts before committing to surgery.

What to Expect

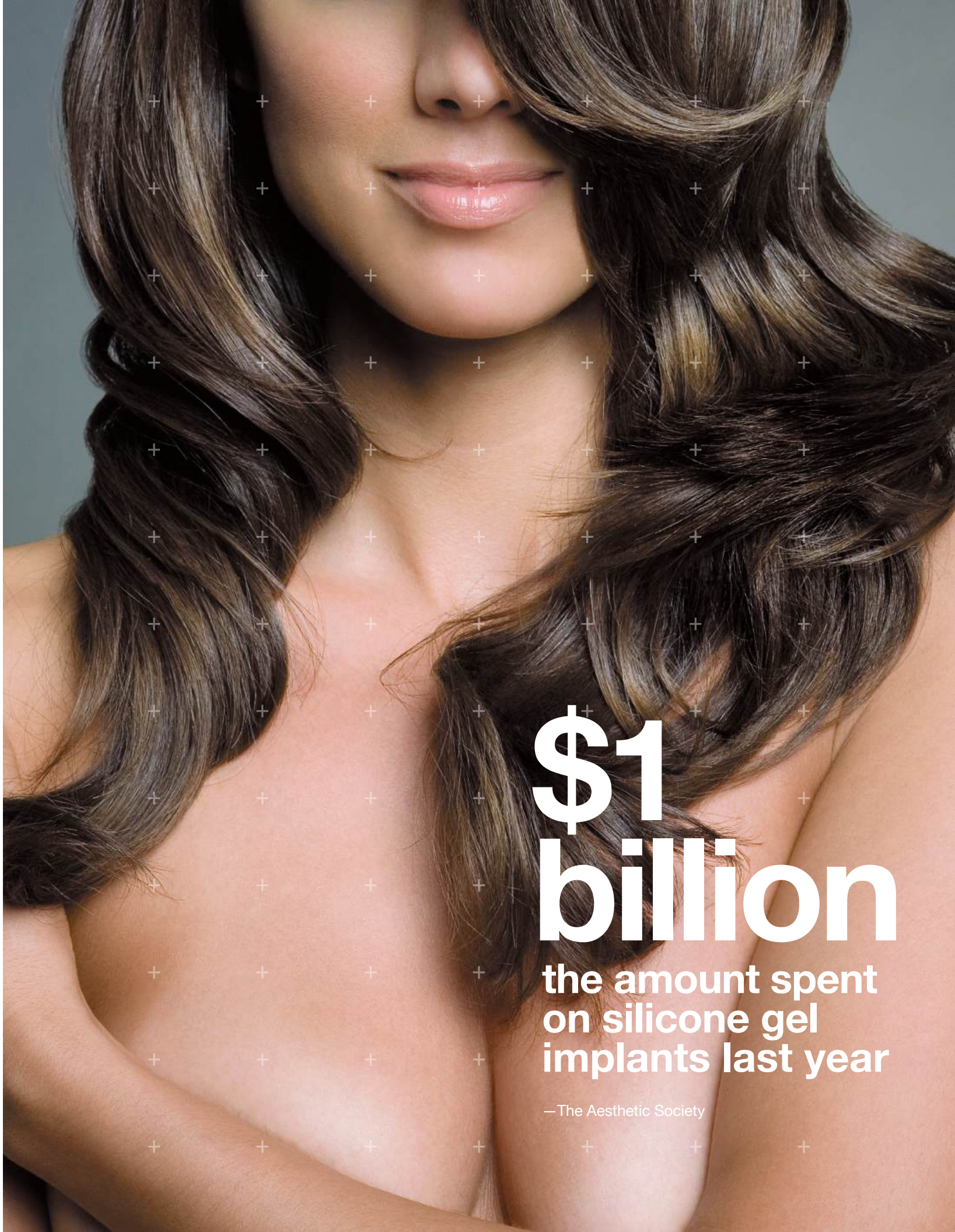
Breast surgery is performed under local sedation or general anesthesia; you should be able to return home the same day. You may experience some bruising and swelling, and the use of a compression garment may be recommend for healing. Most scars fade within four to six weeks, and your breast shape will start to settle within the first few weeks—although it may take six months to a year to see the final results.

Size Matters

Not every body can accommodate large implants, which is why there is a risk of long-term problems like tissue, fat and muscle thinning, pressure atrophy and stretch marks.

“During a breast lift surgery, surgeons will sculpt the entire breast tissue, creating a longer-lasting lift.”

—American Society of Plastic Surgeons



\$1 billion
the amount spent on silicone gel implants last year

—The Aesthetic Society

your implant options

Breast implants are measured in ccs—the higher the number, the larger the implant. About every 150 to 200 ccs equates to an increase of approximately one to one-and-a-half cup sizes. (To determine the ideal implant size for you, the width of your breasts and breast tissue needs to be taken into consideration.)

What to consider when choosing an implant

Filler Type

Saline

Filled during surgery via a small incision that results in a small scar

Pros: If a leak occurs, the saline is absorbed.

Cons: They tend not to feel as natural and may ripple

Silicone

Pre-filled cohesive gel implants that prevent silicone migration

Pros: Natural feeling, less rippling

Cons: Require longer incisions

Shape

Teardrop

More sloped shape and less fullness in the upper implant

Pros: A more natural look

Cons: Can rotate; all are textured

Round

Gives more ample volume at the top in the upper breasts

Pros: Upper breast fullness and cleavage, and won't rotate

Cons: May wrinkle or ripple

Placement

Submuscular

Placed under the pectoral muscle

Pros: Edges are less noticeable

Cons: Recovery can be difficult

Submammary

Placed behind the breast tissue, and on top of pectoral muscle

Pros: The breast will not become misshapen.

Cons: Implants may be more visible in women with less breast tissue.

Subfascial

Placed beneath a thin layer of fascia on top of the pectoralis muscle and beneath the breast gland

Pros: The implant and breast are connected and age well together.

Cons: Possible rippling if the tissue is too thin

Incision

In the Breast Fold

This is the easiest incision to make—it also provides symmetry.

Pros: Allows for precise placement of the implant and minimal tissue disruption. Existing scar can be used for revision surgery if needed.

Cons: The scar may be more visible.

Periareolar

A small incision around the nipple that heals well

Pros: The scar usually blends into the color transition of your areola.

Cons: A higher risk of capsular contracture and possible infection

due to contamination with bacteria found in milk ducts

Axillary

This placement uses an incision in the armpit made endoscopically to create a pocket so the implants don't sit too high.

Pros: You'll be virtually scar-free on and around your breasts.

Cons: If revision surgery is necessary, you may need a secondary incision to remove or replace your implants.

Profile

Low

Low-profile implants give a small amount of projection so the breasts don't stick out that much from the chest.

Pros: Good for wider chests

Cons: Less projection

Moderate/Full

Slightly tapered with projection that's between a low-profile and a high-profile implant

Pros: They don't create excessive width on the side

Cons: They may be too projecting for some patients

High

High-profile implants give ample projection and fullness because of their narrow width and small base.

Pros: They give good cleavage and some lift

Cons: They have a firmer feeling

Shape



Profile



02

Breast Reduction

Procedure Time: Two to five hours

Recovery: Two to four weeks to return to work; four to six weeks to resume strenuous activity

How Long It Lasts: Permanently

Know Before You Go

Whether you choose to make a dramatic change, reduce your bra size by a few cups, or you're just looking to go a bit smaller, breast reduction surgery offers up the best results for those who have larger, heavy breasts. Keep in mind that once the surgery has been performed, the only way to make breasts larger (should you decide to) again is with implants. This surgery provides both cosmetic improvement and physical relief. During the procedure, an incision will be made around the areola and down the front of the breast and possibly in the crease under the breast; excess fat, tissue and skin will be removed, tissue will be reshaped, and the nipple will be repositioned.

What to Expect

There will be some swelling and you'll need to wear a support bra. You'll be able to see a difference immediately after surgery. Take it easy during the first two to three weeks and allow your body time to heal. The scars will be permanent, but they will fade with time (this often depends on genetics).

03

Breast Lift

Procedure Time: Two to five hours

Recovery: Seven to 14 days

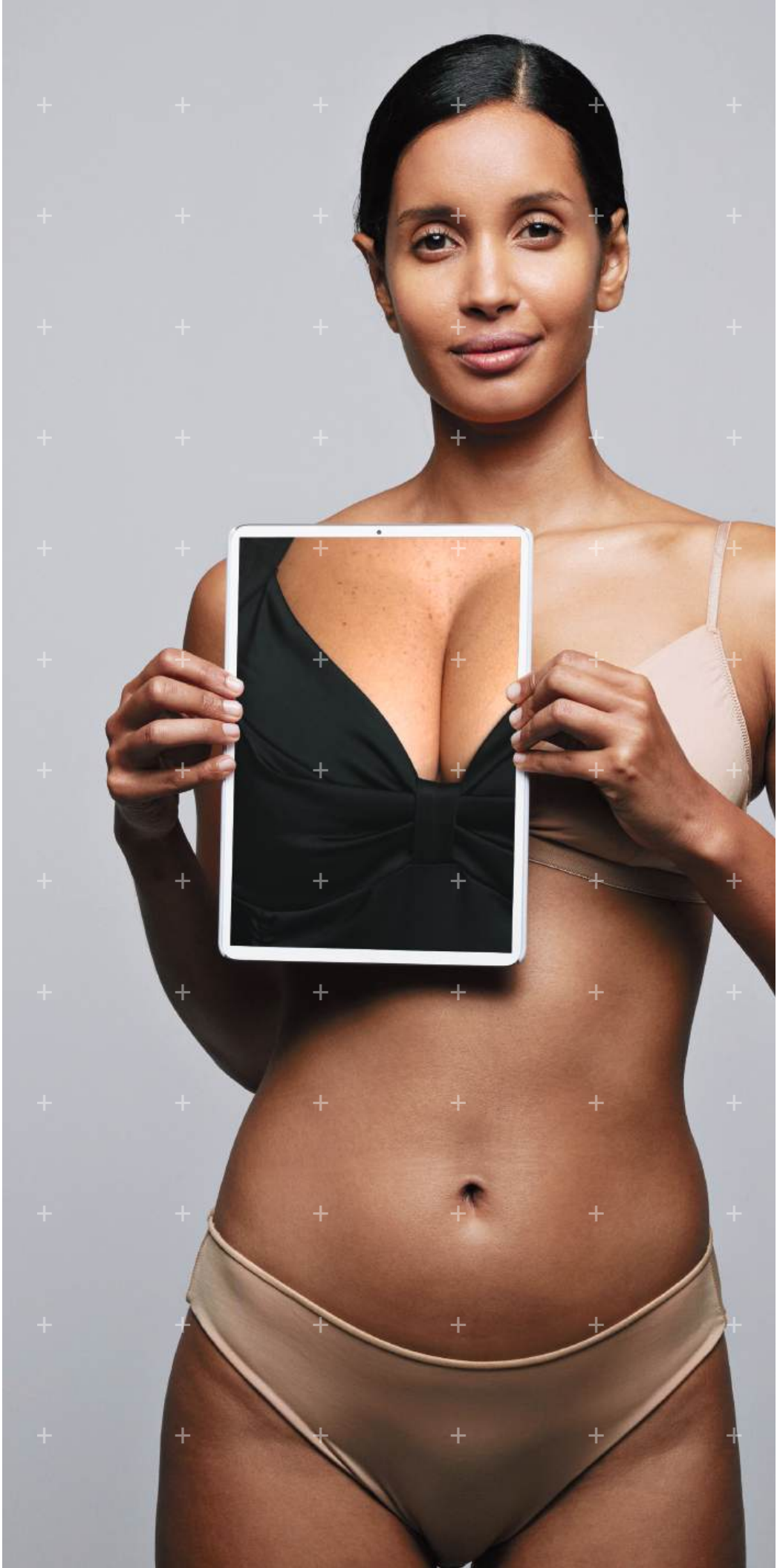
How Long It Lasts: Permanently

Know Before You Go

A breast lift (aka mastopexy) is the only way to reposition breasts. It can often be done in the appropriate patient using short-scar techniques so that scars are smaller and less noticeable. The goal of this procedure is to elevate the nipples and areola higher on the breast mound, as well as tighten any loose skin. Think of the breasts as balloons during pregnancy—while you're pregnant, they grow to accommodate expanding milk ducts; then the glands shrink and the breasts lose fullness and volume. If your nipples point upward or forward, you probably don't need a breast lift, but maybe just volume restoration. If they point downward, you may benefit from a breast lift. If there is volume loss and sagging skin, then you may need a breast lift with either an implant or fat grafting to recapture the shape. On the day of surgery, the breasts will be marked where the incisions will be made before anesthesia is administered. During the procedure, depending on the degree of excess skin and how much lifting needs to be done, the doctor will make one of three incisions. The tissue will then be lifted and reshaped to give the breasts a natural, lifted look.

What to Expect

Immediately after surgery breasts will feel firm and swollen. Their new shape and position will be visible, and your new look will become more apparent over the following weeks. As with any surgery, your body will need time to recover. To help you heal quickly, avoid exercising for the first two weeks and don't perform any overhead or upper-body exercises until your doctor has given you the go-ahead after you have fully recovered.



04

Breast Lift With Implants

Know Before You Go

A breast lift will elevate and reshape your breasts, but it will not add volume. If you want to increase the size of your breasts, as well as adjust their position, you can add implants for a fully rejuvenated look. This may be the best option for you if your breasts appear to be drooping or sagging. After pregnancy, many women lose fullness in their breasts. To restore your pre-baby breast size, shape and position, a breast lift with implants should be considered.

Creating Cleavage

Cleavage, in general, depends on the width of your sternum and shape of your chest wall. However, a breast lift can restore upper breast fullness that can help create cleavage, providing you have ample volume in the lower part of your breasts. If you don't have enough volume, small implants can create fullness. To avoid the look of bony, widely spaced cleavage, it's important to take your natural breast width into consideration. Typically, these measurements will determine your best option. Even with a breast augmentation or lift, you may still need to wear a bra that lifts your breasts up and pushes them together.



DR. SEAN SIMON

PLASTIC SURGEON

MIAMI, FLORIDA



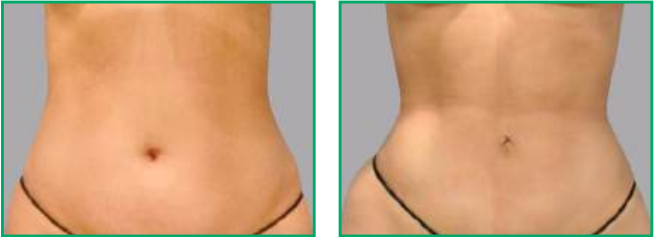
CONTACT

Dr. Sean Simon
305.668.0496
drsimonplasticsurgery.com
@seansimonmdplastic
surgery

ABOUT

Drawing on nearly 20 years of experience and more than 10,000 operations to his credit during that time, double board-certified Dr. Sean Simon applies his philosophy of treating the whole patient to every aspect of care.

From working closely with patients to determine the ideal treatment option to making sure they are at ease and comfortable after surgery, Dr. Simon is able to address their specific needs to ensure the optimal aesthetic results. Whether he is performing a body-contouring procedure with advanced, laser liposculpture techniques or a complicated breast enhancement or reconstruction, Dr. Simon utilizes his extensive experience, talent and skill to deliver consistently outstanding results.



This 29-year-old patient achieved a sculpted silhouette with Smartlipo power-assisted liposculpture.



This patient's transformation, shown from a side view, resulted in a flatter stomach and a sculpted look.

“Combining experience and innovation in plastic surgery.”



This patient, 31, had a natural-looking enhancement with liposculpture and fat grafting to the buttocks.



Dr. Simon performed a breast lift and reduction to give this 25-year-old patient lighter, perkier breasts.

SPECIALTIES

- Abdominoplasty
- Aesthetic Injectables
- Blepharoplasty
- Body Contouring
- Bodylift
- Breast Augmentation
- Breast Lift / Reconstruction
- Buttocks Augmentation
- Buttocks Lift
- Fat Transfer
- Fractional CO₂ Skin Resurfacing
- Lip Augmentation
- Liposuction
- “Miami Laser Necklift”
- SculpSure®
- Smartlipo®

CREDENTIALS

- Medical Degree**
University of Miami
- Board Certification**
American Board of Plastic Surgery
American Board of Surgery

Have a Question for Dr. Simon? Now You Can Ask Anytime.

I created an AI-powered digital avatar through Delphi.ai that is trained on my expertise and approach to plastic surgery and aesthetics. By scanning the QR code, patients and readers can ask Dr. Simon questions and receive personalized answers about plastic surgery, aesthetics, and what may be right for them.

LEADING DOUBLE BOARD-CERTIFIED PLASTIC SURGEON

DR. SEAN SIMON

Plastic and Reconstructive Surgery

3850 BIRD ROAD, SUITE 201
MIAMI, FL 33146
305-668-0496

DRSIMONPLASTICSURGERY.COM

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