

HANDSOME ■

AESTHETIC SURGERY  
OF THE YOUNG

BREAS





**S**INCE ANCIENT TIMES THE FEMALE BREAST IS ACCEPTED AS A UNIQUE SYMBOL FOR FEMININITY, SEDUCTION AND FERTILITY EVEN IN VERY DISTINCT CULTURES ALL OVER THE WORLD.

APART OF ITS CULTURAL ROLE THE FEMALE BREAST HAS EVEN GAINED MORE IMPORTANCE IN OUR MODERN SOCIETY WHEN WE HAVE A LOOK AT FASHION, MUSIC AND MEDIA, WERE THE PERFECT BUST NEARLY SEEMS TO BE A KEY ELEMENT FOR SUCCESS.



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>>> Apart from its cultural role, the female breast has gained even greater importance in our modern society.

Speaking only of the societies based on western ideals of beauty, the image of the “ideal” female breast changed a lot during the last century following the great changes in social life like sexual liberation in the late sixties, upcoming feminism, the new femininity of the eighties and the androgyny of the nineties which substantially influenced the self-confidence of especially the young woman regarding her looks as well as her outer image in society, media and fashion.

The new millennium, in spite of its obvious future-orientated acceleration and progression of all aspects of life, actually recreated a female look and style that is reminiscence to the times when a full breast was an important part of any woman’s sensual and seductive femininity.



>>> The breast of the young woman between 18 and 30 years of age has totally different needs from those of a woman of over 30 years who has maybe already had a baby.

This reborn image being transmitted by top-models at the current fashion shows, by young female stars in the movies and by famous pop stars is reflected in every aspect of fashion and social life and makes more and more younger women to undergo plastic surgery to achieve the bust line that they feel belongs to them but accidentally was not given to them by nature.

From a plastic surgeons view, the female breast is something very delicate to change because in has an evident impact on the patient’s life and contrary to the image created by many so called “Aesthetic surgery businesses” you can not seriously offer a one price-one technique solution to achieve excellent aesthetic results. The very complex composition of the female breast consisting of glandular (milk-producing) tissue, fatty tissue and numerous fibre-like bands which hold the

breast in its natural form demands anatomical expertise and individual techniques which take in consideration the age-related changes of the breast tissue.

The breast of the young woman between 18 and 30 years of age has totally different needs regarding the type and shape of the implant, the position of the implant and even the position of the scars than a woman over 30 years with children. It is important to know that the tissue composition of the female breast isn't static, but tends to change regarding the relation between glandular tissue and fatty tissue which subsequently affects firmness, elasticity and shape of the breast.

Therefore, the operating technique must be carefully adapted to the age of the patient taking in consideration the following elements :

Contrary to most women who did give birth, young women with small breasts mostly don't have any or only minimal sagging of the breast, so the fold under the breast is not very accentuated and may even be absent. This fact diminishes the advantage of placing the implants via an incision in this fold, because the scars are not automatically hidden by the normal form of the breast like in older women. So the alternative access placing the implants via a small incision below the areola can provide excellent results with a scar even less visible and therefore needs to be considered carefully together with the treating surgeon.

After a decision for the placement of the future scars has been taken, the position of the implants in the breast needs to be evaluated. Basically, a breast implant can be placed directly underneath the gland overlying the pectoral muscle or it can be placed underneath the muscle. Besides the patient's expectations regarding the desired shape of the enlarged breast the age and the actual shape of the breasts play a very important role in making that decision. In a young woman presenting no or minimal sagging of the breast, a good

elasticity of the skin and a normal breast shape, placing the implant underneath the muscle provides excellent aesthetic outcome, a better protection of the implant through the muscle and more satisfying long term results because the muscle prevents the implant from sagging.

Also if the breast is very small and the desired augmentation is more than one size, the position behind the muscle is advisable, as the glandular tissue would not cover the implant, and the result would not be natural.



>>> Today's market offers a broad variety of different implant shapes and sizes.

On the other hand, if the patient is older and maybe has already given birth and gone through a period of breastfeeding, the shape of breast may require the need to put the implant directly underneath the gland to provide enough volume to fill up the skin stretched by sagging.

The last important point to consider together with the treating surgeon is the style or shape of the implant. As in all other areas of life, science and technology provided a steady and remarkable improvement of breast implants during the last 10 years. Modern silicone implants have a highly resistant shell covering a soft, gel-like core, therefore providing a soft, natural feeling never achieved before while offering implant life expectations of 15 years and more. Today's market offers a broad variety of different implant shapes and sizes which allow for an individual solution for almost every patient. Any responsible plastic surgeon should thoroughly discuss the different types of implants with the patient, and should provide the possibility to touch them, to know how they feel and to try out different shapes and sizes by wearing them inside a bra.

>>>Therefore, the operating technique must be carefully adapted to the age of the patient.

Based on his experience, the surgeon will suggest a certain range of implants that will suit the individual needs of the woman, but in most cases there will be the possibility to choose between a more rounded breast form with a little bit more volume in the upper part or a more natural, tear shaped form; or to decide between different degrees of implant-softness referring to the patient's individual taste.

There is no unique breast shape that can be taken to be "the ideal breast" for every woman; the most important thing when it comes to deciding about the size and shape is to give every woman her own very unique shape that suits her body and style. The seduction evoked by a perfect bust line is not only related to volume, but to an individual harmony in the relation between the breast and the chest.



This kind of harmony, that can be achieved at any age, is what we always aim to create in our patients.

Taking care of the individual needs of the woman's anatomy and taking into consideration the elements mentioned above, the breast augmentation with silicone implants is a safe and reliable procedure with excellent and long lasting aesthetic results, especially when performed on younger women.

The following interview with a 29 year old patient is an example of the results that can be achieved with implants in a patient who has slightly saggy breast but does not want a correction with an additional uplift. The excellent results achieved by breast augmentation in a patient who has small breasts without any sagging are illustrated by photos of another 26 year old patient.

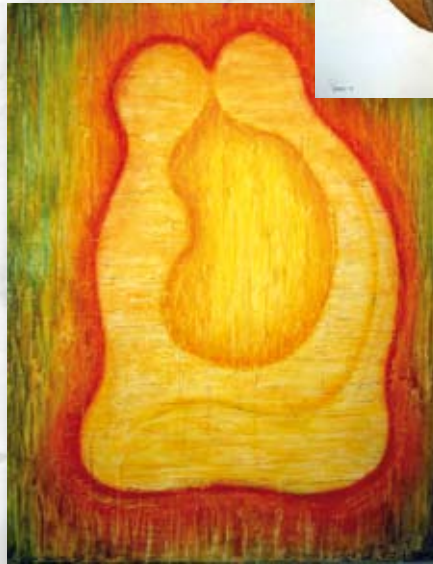
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## PATIENT INTERVIEW WITH MICHELLE DULONG



“ I feel different and I think my new confidence certainly shows through.”

### TRANSFORM MAGAZINE

Hello Michelle, thank you for giving us this interview and sharing your experience with our readers. Can you tell us a bit about yourself and what kind of operation have you had?

#### MICHELLE DULONG

I am 29 years old and I had a breast augmentation.

#### Why did you choose to have this operation done?

>>> I chose to have the operation done because I didn't feel so confident about myself and I couldn't really wear the clothes I wanted to wear, so I chose to go for a permanent solution.

#### Was it a difficult decision to undergo surgery?

>>> No, it wasn't a difficult decision for me at all, I actually made up my mind before I even went to my first consultation.

#### Did you have any fear about having plastic surgery?

>>> Well, of course I had some fear, especially for me as a foreigner coming from the UK to Spain and not even speaking the language, but this was soon overcome.

#### How did you cope with your fears and worries?

>>> I soon overcame my fear because the Dr. Albrecht, his assistant and his team speak English fluently, Lilly, the chief nurse, is from the UK and has almost 30 years of experience in Plastic Surgery. Very soon all of that made me feel more relaxed about what was going to happen to me.

#### Was it your first aesthetic operation?

>>> No, it wasn't actually the first because I had an accident when I was 16 years old where I broke my nose, so I had a plastic surgery done to correct the deformity resulting from the accident; I think it is called a Rhinoplasty.

#### Did you have any pain during the operation?

>>> The only pain I had was a pin prick while the i.v. was being inserted by the anaesthetist but that went away quickly.

#### Are you happy with the results of your breast operation?

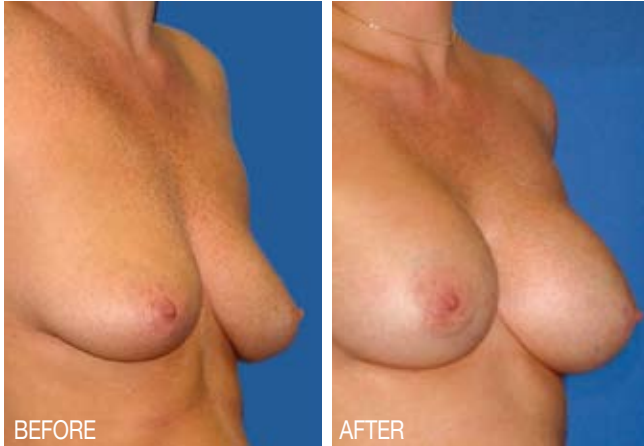
>>> I am absolutely delighted with the results ; I never thought I could feel this way just by having a minor operation. Yes, I am very happy.

#### What do you think about the scars, do they bother you?

>>> This was one thing I really was worried about before the operation, but the scars are not even visible at all, it is just amazing how quick the healing has been.

**In spite of the obvious visible effect, do you think having the procedure done affected your lifestyle or the way you feel about yourself?**

>>> Yes, definitely. I feel different and I think my new confidence certainly shows through.



**BEFORE :** 29 year old patient with small, slightly sagged breasts.

**AFTER :** Patient after breast augmentation without uplift

**Do you think a successful plastic surgery procedure can make you want to have more done?**

>>> Yes, I think it can be a little addictive if you see how the results can affect your well-being and your lifestyle. I also think it is a question of mentality, if you search for the perfection of your body, it can be surely tempting to do more, but there must be a time when you say to yourself: It's fine now.

**Do you think after having the procedure without any complications and with the desired result made you loose a little of your fear regarding plastic surgery procedures?**

>>> Without doubt it has made me get rid of my fear, regarding having aesthetic surgery in a foreign country.

**Did you share your experience with friends or family and if yes, what did they say?**

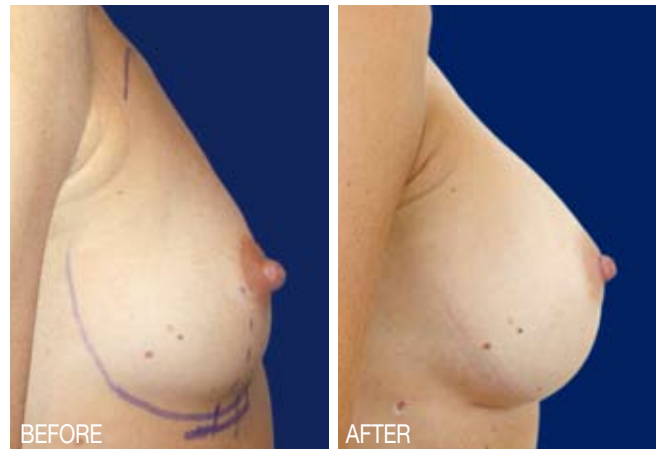
>>> Actually, I just told my mother because I didn't want it to be public knowledge at this stage. My mother was very sceptical about me coming to Spain and having the procedure done, so obviously we had a few scared moments together, but when everything turned out fine at the end even my Mum said that the results spoke for themselves.

**What made you come to Dr. Albrecht?**

>>> I found out about Dr. Albrecht doing online research and also in Magazines, and I liked the fact of Dr. Albrecht being French and providing a kind of artistic touch in his work. After coming for a consultation, I had complete confidence in Dr. Albrecht, his assistant and the whole team, so that made my decision fairly easy to make, because basically I was going to put my life in their hands.

**Why didn't you choose one of those low-cost plastic surgery offers which are available along the coast?**

>>> When I went to gather all the information I realized how important it was for me to be treated by an identifiable surgeon, not by a cosmetic surgery company. When I met Dr. Albrecht and his assistant in person I knew that I would be treated with a personal and human touch.



**BEFORE :** 26 year old patient with small breasts and no sagging

**AFTER :** Patient after breast augmentation

**What kind of recommendation would you give to a friend or member of your family who wants to have some aesthetic surgery and maybe wants to have it done abroad?**

>>> Without a doubt: I would recommend them to put their complete confidence in Dr. Albrecht because of the unique way they care for you. Sure, at first, going to Spain for surgery is daunting for somebody from the UK, but the way they look after you, especially in the aftercare, is superior to anything else I've experienced before. So if anybody wanted my opinion, I would say : Go for it!