

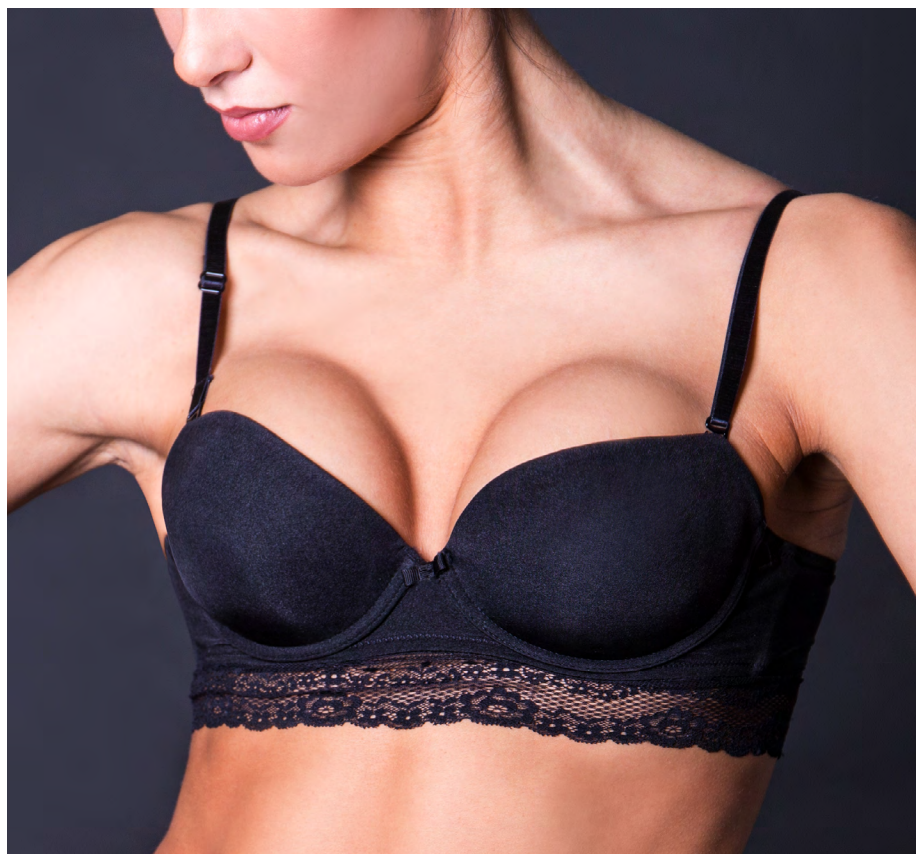
S. BAYATI, MD, FACS



BREAST  
SURGERY

*The Ultimate Guide*

Breast surgery is a significant decision that can enhance self-confidence, restore femininity, and improve physical comfort. Whether you desire larger, lifted, or smaller breasts, the right surgical approach can provide lasting results. However, with various procedures available, selecting the best option requires an in-depth understanding of each technique, its benefits, and potential risks.



At Plastic Surgery Boutique, led by Dr. Semira Bayati, patients receive expert guidance tailored to their unique goals. Dr. Bayati, a board-certified plastic surgeon, specializes in advanced breast surgeries using cutting-edge techniques, offering meticulous care and an artistic approach that provides natural results. This guide provides comprehensive insight into different types of breast surgery, helping you make an informed decision on your transformation journey.

# BREAST AUGMENTATION

## What is Breast Augmentation?

Breast augmentation is one of the most popular cosmetic surgeries worldwide. This procedure enhances breast size and shape using implants or fat transfer, catering to women who seek fuller, more symmetrical breasts. Many women opt for augmentation after pregnancy, weight loss, or due to naturally smaller breasts that don't align with their desired body image.

Breast augmentation can be a confidence booster, allowing women to feel more comfortable in their skin. While some seek subtle enhancements, others desire a dramatic transformation. Regardless of the goal, a consultation with Dr. Bayati ensures a customized surgical plan that meets each patient's aesthetic vision.



# Types of Breast Implants

Choosing the right implant type is essential for achieving a natural feel and long-lasting results. The primary options include:



- ⦿ **Silicone Implants:** These are pre-filled with silicone gel, closely mimicking the natural feel of breast tissue. They are widely preferred due to their soft texture and realistic look.



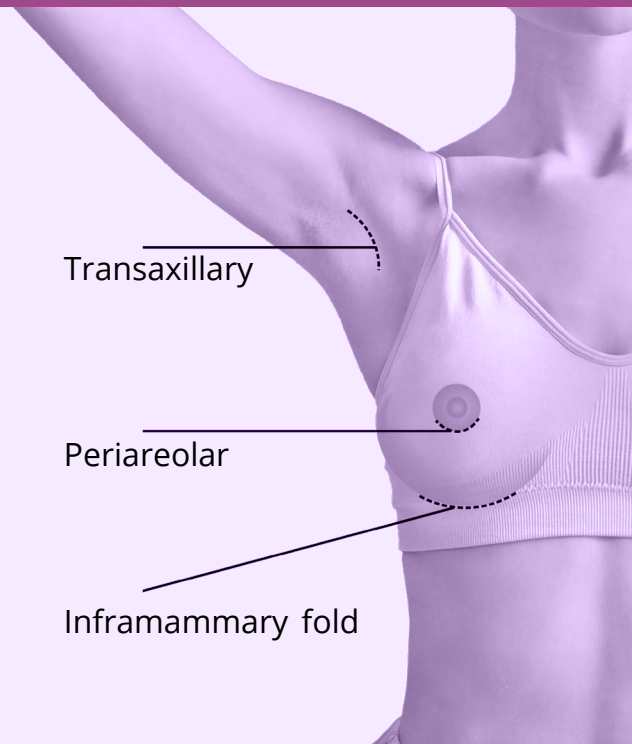
- ⦿ **Saline Implants:** Filled with sterile saltwater, saline implants provide a firmer feel and allow for minor size adjustments post-surgery. If a rupture occurs, the body naturally absorbs the saline.



- ⦿ **Fat Transfer Augmentation:** This technique involves harvesting fat from another area of the body (such as the abdomen or thighs) and injecting it into the breasts for a more natural enhancement. This method is ideal for patients desiring subtle volume increases.

# Incision & Placement Options

Dr. Bayati personalizes each procedure by selecting the best incision and implant placement based on the patient's anatomy, desired outcome, and long-term considerations. Understanding these options helps patients make informed decisions about their breast augmentation journey.



## Incision Locations

Each incision method offers unique advantages, depending on the patient's goals and preferences.

### ⦿ **Inframammary (Under the Breast):**

- ▲ The most commonly used incision is placed within the natural breast crease.
- ▲ Offers better control over implant placement and minimizes risks of complications.
- ▲ Scars are well hidden beneath the breastfold and fade over time.
- ▲ Ideal for patients opting for silicone or saline implants of various sizes.

### ⦿ **Periareolar (Around the Nipple):**

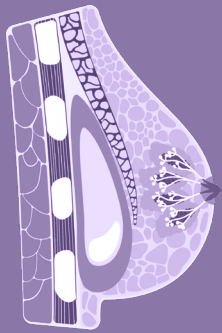
- ▲ A circular incision is made around the areola's edge.
- ▲ Provides precise implant placement and is beneficial for patients also undergoing a breast lift.
- ▲ Scarring blends naturally with the transition between the areola and breast skin.
- ▲ Best suited for women with medium to larger areolas, as small areolas may not allow sufficient access.

### ⦿ **Transaxillary (Under the Armpit):**

- ▲ A small incision is made in the natural crease of the armpit.
- ▲ No visible scarring on the breasts themselves, making it ideal for patients who prioritize a scar-free breast appearance.
- ▲ Endoscopic assistance is often used to ensure precise implant placement.
- ▲ Best suited for saline implants, as they can be inserted and filled after placement.

# Implant Placement Options

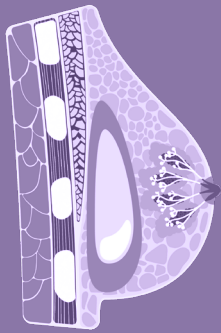
Where the implant is placed affects both the final look and feel of the breasts, as well as post-surgical comfort and longevity.



Submuscular Placement

## ⦿ **Subglandular (Above the Muscle):**

- ▲ The implant is placed directly beneath the breast tissue but above the chest muscle.
- ▲ Provides a more pronounced cleavage and faster recovery time.
- ▲ Ideal for patients with adequate natural breast tissue, as it prevents visible implant edges.
- ▲ May have a slightly higher risk of implant rippling in thinner patients.



Subglandular Placement

## ⦿ **Submuscular (Below the Muscle):**

- ▲ The implant is placed beneath both the breast tissue and pectoral muscle.
- ▲ Creates a more natural slope and reduces the risk of visible rippling.
- ▲ Less interference with mammograms, allowing for clearer imaging.
- ▲ Longer recovery time due to muscle adjustment but results in more natural movement.

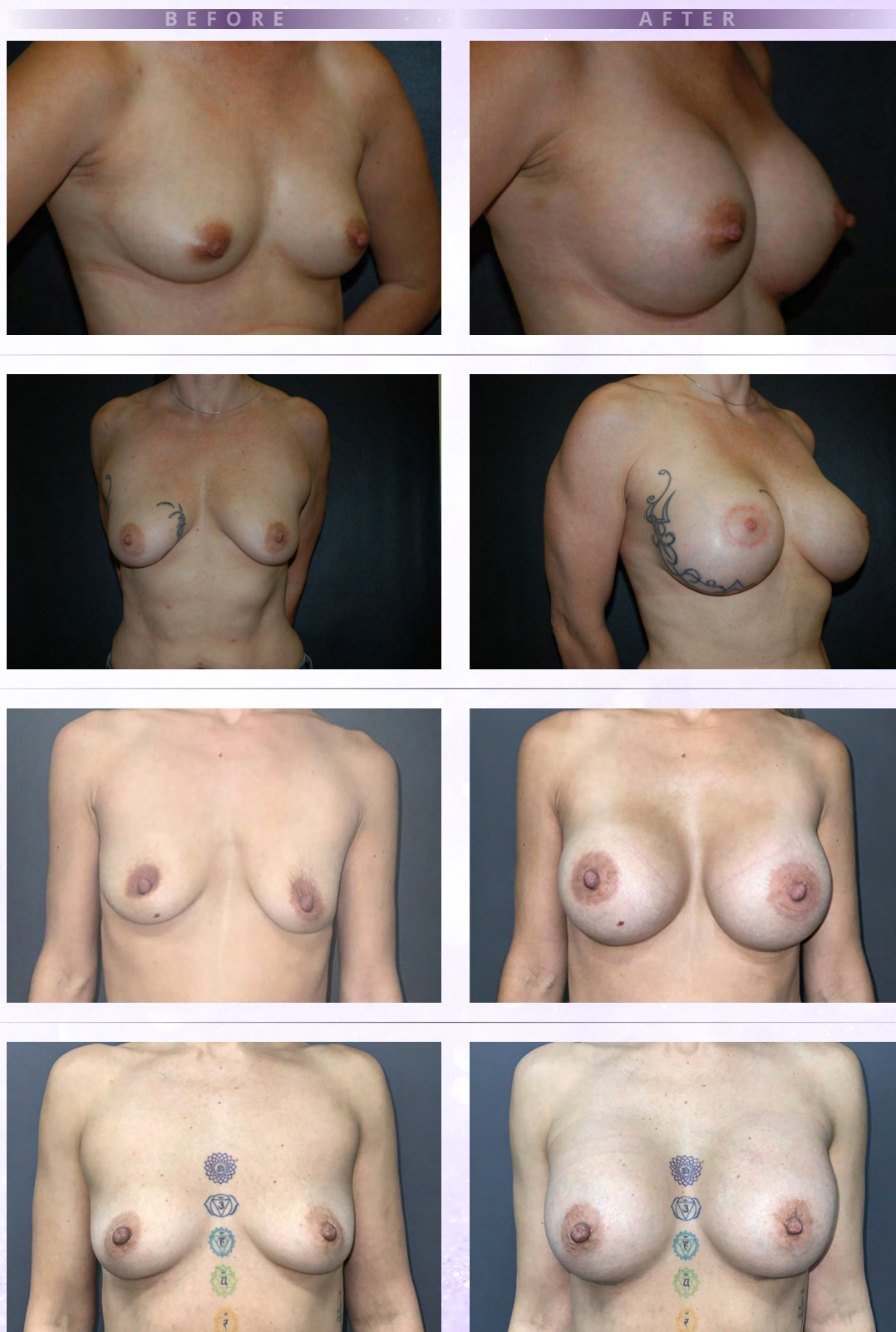
Dr. Bayati evaluates each patient's skin elasticity, existing breast tissue, and aesthetic goals to determine the best incision and placement strategy.

## Recovery & Risks

- ⦿ **Recovery:** Swelling decreases in 2-3 weeks, light activity can resume after 1 week, and final results appear in 3-6 months.
- ⦿ **Risks:** Implant rupture, capsular contracture, and minor asymmetry. Choosing an experienced surgeon minimizes these risks.

Dr. Bayati prioritizes patient education, advanced surgical techniques, and post-operative support to ensure optimal results. Patients are encouraged to follow all post-operative care instructions to maximize their surgical outcomes.

# Real Patients, Real Transformations



# BREAST LIFT (MASTOPEXY)



A breast lift, or mastopexy, is a cosmetic surgical procedure that restores firmness, shape, and youthful positioning to sagging breasts. Over time, various factors such as aging, pregnancy, breastfeeding, weight fluctuations, and gravity can lead to stretched skin and loss of natural breast volume. This results in breasts that appear droopy or deflated. A breast lift works by removing excess skin, reshaping the breast tissue, and repositioning the nipple and areola to a higher, more natural position.

Unlike breast augmentation, which increases breast size, a lift does not add volume but instead recontours the existing breast tissue to improve projection and symmetry. Many women choose to combine a breast lift with implants to restore volume while achieving a lifted, more youthful breast shape.

# Signs That You May Need a Breast Lift

While each woman's body is unique, several signs indicate that you may benefit from a breast lift:

- ⦿ **Loss of perkiness:** Breasts appear flat or lower on the chest due to weakened skin and ligaments.
- ⦿ **Downward-pointing nipples:** Nipples sit below the breast crease rather than facing outward.
- ⦿ **Deflated upper breasts:** The top portion of the breasts looks hollow or lacks volume, which is common after pregnancy or weight loss.
- ⦿ **Skin irritation:** Sagging breasts cause chafing or discomfort beneath the fold, especially in warm weather.
- ⦿ **Significant asymmetry:** One breast sits noticeably lower than the other, making it difficult to find well-fitting clothing.



# How a Breast Lift Differs from Augmentation

Patients often wonder whether they need a breast lift, augmentation, or a combination of both. A breast lift corrects sagging but does not significantly increase volume, while augmentation enhances size but does not lift sagging breasts. If sagging is present, implants alone may not provide the desired lift and could make the breasts appear heavier. Many patients benefit from combining a breast lift with implants, which restores fullness, perkiness, and a youthful breast shape, especially after pregnancy or weight loss.



During a consultation, Dr. Bayati will evaluate factors such as skin elasticity, nipple position, breast volume, and symmetry to determine the best procedure for your goals. Some patients may only need a lift, while others may benefit from adding implants to restore lost volume and shape.

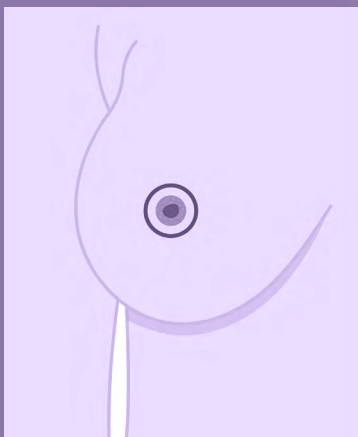
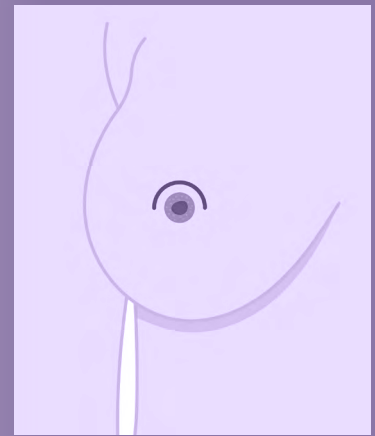
# Different Breast Lift Techniques

Breast lifts are not a one-size-fits-all procedure. Depending on the degree of sagging, breast size, and personal goals, Dr. Bayati utilizes different mastopexy techniques to achieve the best possible results.

## Crescent Lift – For Minimal Sagging

The crescent lift is the least invasive technique, ideal for mild sagging or slight nipple asymmetry. It involves:

- ⦿ A small crescent-shaped incision along the top edge of the areola.
- ⦿ Minor nipple repositioning and tissue tightening.
- ⦿ Often combined with breast augmentation for added volume.
- ⦿ A minimal scar that blends into the areola's border.



## Periareolar Lift (Donut Lift) – For Mild Sagging

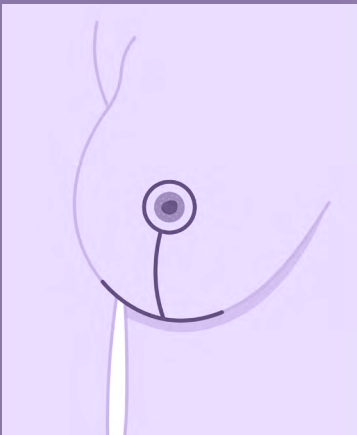
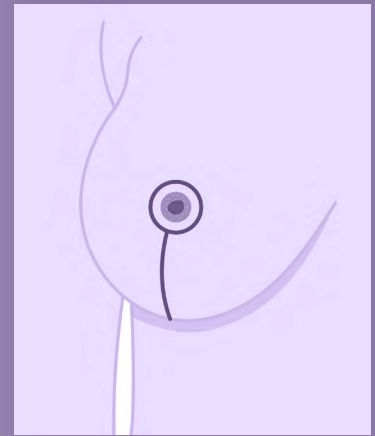
The periareolar lift, or donut lift, is effective for mild sagging or slightly enlarged areolas. This technique involves:

- ⦿ A circular incision around the areola.
- ⦿ Modest nipple elevation and breast tissue tightening.
- ⦿ A discreet scar that follows the natural transition of the areola.
- ⦿ Often paired with breast implants for a fuller, more rounded look.

## Lollipop Lift – For Moderate Sagging

The lollipop lift, or vertical mastopexy, is commonly used for moderate sagging. It consists of:

- ⦿ A circular incision around the areola.
- ⦿ A vertical incision extending from the areola to the breast crease.
- ⦿ Excess skin removal and breast reshaping to create a more youthful contour.
- ⦿ A vertical scar that fades over time with proper care.

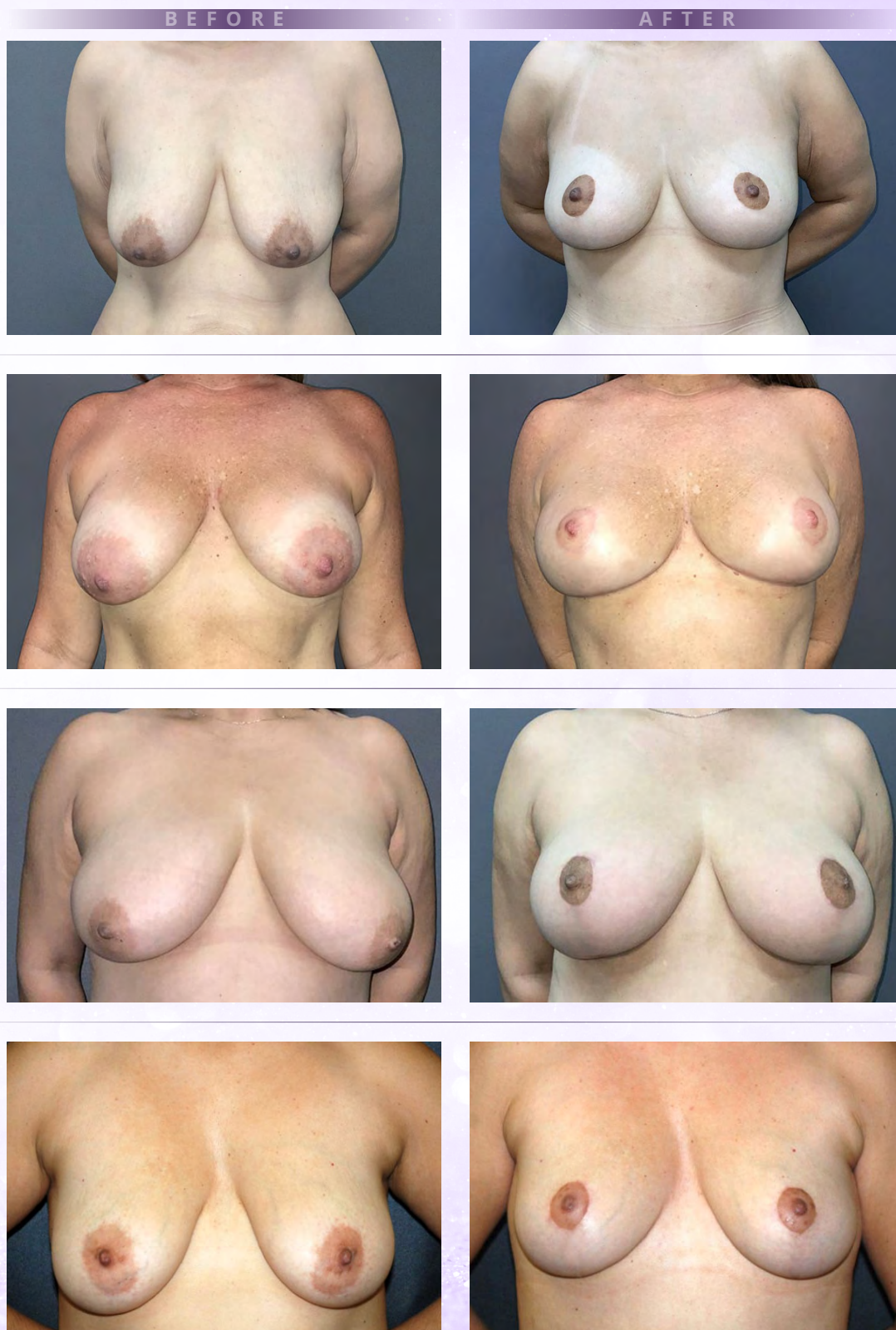


## Anchor Lift – For Severe Sagging

The anchor lift, or inverted-T mastopexy, is the most comprehensive option for significant sagging and excess skin due to aging, pregnancy, or weight loss. It involves:

- ⦿ An incision around the areola.
- ⦿ A vertical incision extending from the areola to the breast crease.
- ⦿ A horizontal incision along the breast fold, forming an anchor shape.
- ⦿ Dramatic reshaping, nipple repositioning, and enhanced breast contour.
- ⦿ More visible scarring, but the best option for severe sagging.

# Real Patients, Real Transformations





# Combining a Breast Lift with Implants

Many women choose to combine a breast lift with implants for a more dramatic transformation, restoring both volume and perkiness. While a breast lift corrects sagging, it does not increase breast size—this is where implants come in.

## Benefits of Combining Procedures

- ⦿ Enhances both shape and volume for a more youthful, fuller look.
- ⦿ Eliminates the need for multiple surgeries, reducing recovery time.
- ⦿ Provides longer-lasting results, preventing further sagging.
- ⦿ Helps create a balanced, proportionate breast shape.

# Recovery Process

Proper aftercare is essential for healing and long-term results. While recovery varies by patient, here are general healing guidelines:

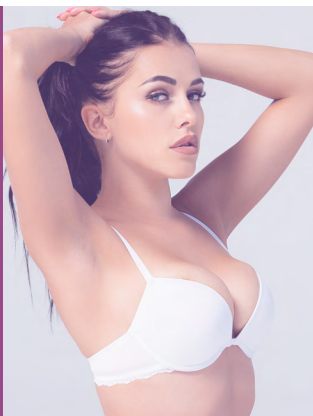


## Healing Stages

- ⦿ **Week 1:** Swelling, soreness, and tightness are common. Most patients return to light activities within a week.
- ⦿ **Weeks 2-3:** Bruising fades, tenderness decreases, and light exercise may resume.
- ⦿ **Weeks 4-6:** The breasts begin settling into their final shape, and most swelling subsides.
- ⦿ **Months 3-6:** Scars start to fade, and final results become more apparent.

## Scar Management

- ⦿ **Silicone Sheets and Topical Creams:** These can help flatten, soften, and fade scars more quickly when used consistently.
- ⦿ **Laser Treatments:** Patients may benefit from laser sessions, which target scar tissue to improve texture, tone, and overall skin appearance.
- ⦿ **Sun Protection:** Avoid direct sun exposure, as UV rays can darken healing skin and worsen the appearance of scars. Always use a high-SPF sunscreen once cleared by your surgeon.



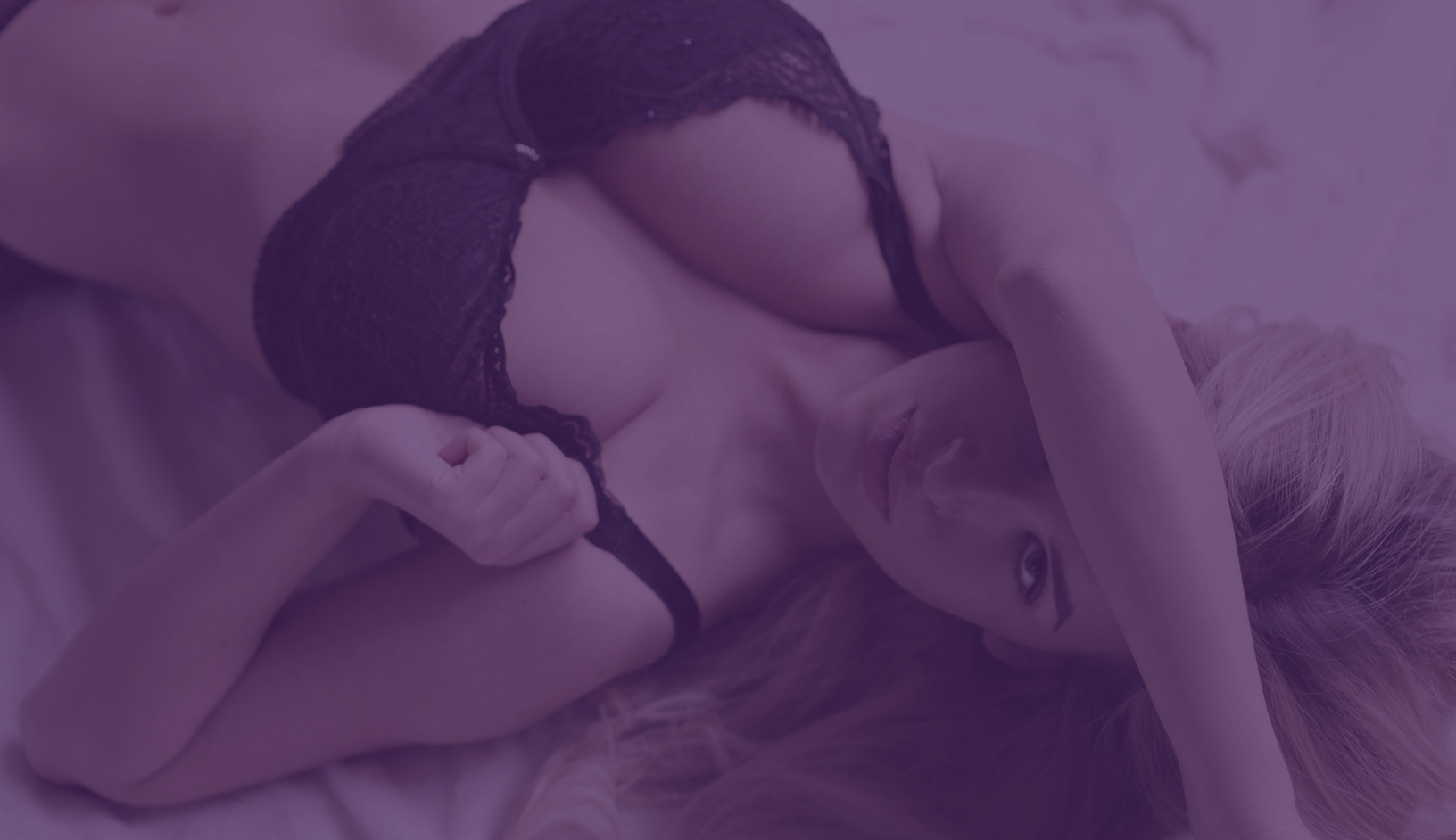
## Tips for Long-Lasting Results

- ⦿ Maintain a stable weight, as fluctuations can affect breast shape.
- ⦿ Wear a supportive bra, especially during exercise.
- ⦿ Avoid smoking, as it can hinder healing and skin elasticity.

By following Dr. Bayati's expert guidance, patients can enjoy long-lasting, beautiful results from their breast lift procedure.

# Real Patients, Real Transformations





# BREAST REDUCTION

## What is Breast Reduction Surgery?

Breast reduction surgery, also known as reduction mammoplasty, is a procedure designed to remove excess breast tissue, fat, and skin to create a more proportionate breast size. Women who experience discomfort, pain, or self-consciousness due to overly large breasts can benefit significantly from this surgery.

Breast reduction is both a medical and cosmetic procedure, improving not only physical comfort but also aesthetic appearance. The surgery provides long-term relief from symptoms such as back pain, shoulder grooving from bra straps, and posture issues while also enhancing breast shape and proportion.

# Medical and Cosmetic Benefits

Breast reduction surgery offers both functional and aesthetic improvements, including:

- ⦿ **Relief from Chronic Pain:** Reduces discomfort in the neck, shoulders, and back caused by excess breast weight.
- ⦿ **Improved Posture:** Lighter, more proportionate breasts lead to better spinal alignment.
- ⦿ **Increased Mobility:** Allows for greater ease in exercise and physical activities.
- ⦿ **Enhanced Breast Shape:** Creates firmer, more lifted breasts that complement body proportions.
- ⦿ **Reduction in Skin Irritation:** Eliminates rashes and chafing under the breasts caused by excess skin folds.
- ⦿ **Boosted Confidence:** Helps patients feel more comfortable in clothing and swimwear.





# Physical Discomforts

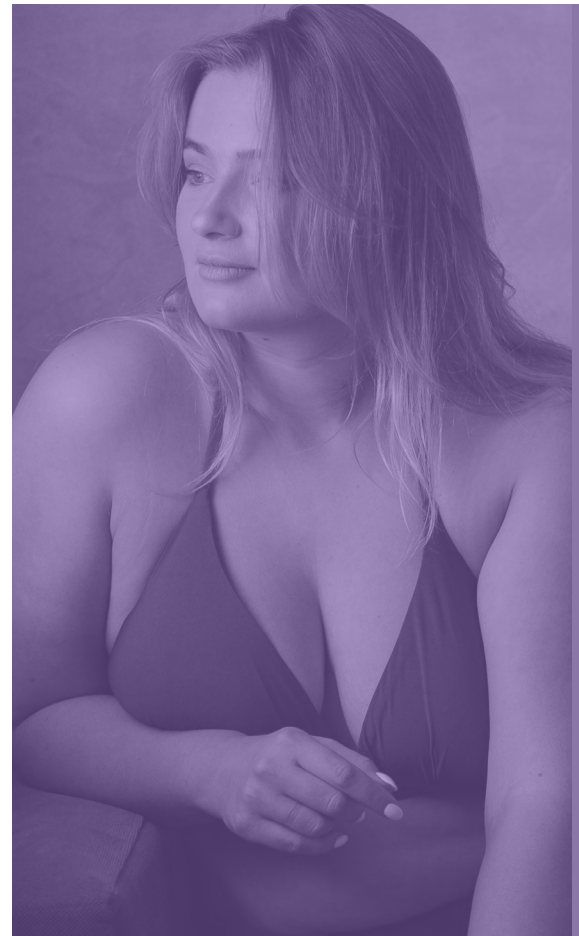
Women with excessively large breasts often experience:

- ⦿ Chronic back, neck, and shoulder pain due to excessive weight.
- ⦿ Deep grooves in the shoulders from tight bra straps supporting heavy breasts.
- ⦿ Restricted physical activity, making it difficult to run, exercise, or participate in sports.
- ⦿ Numbness or tingling due to nerve compression from excessive breast weight.
- ⦿ Poor posture caused by the forward pull of large breasts.

## Who is an Ideal Candidate?

The ideal candidates for breast reduction surgery include:

- ⦿ Women with disproportionately large breasts that cause pain or discomfort.
- ⦿ Those who experience limitations in daily activities due to their breast size.
- ⦿ Individuals who suffer from skin irritation, rashes, or infections under the breasts.
- ⦿ Patients who feel self-conscious or unhappy with the size and shape of their breasts.
- ⦿ Non-smokers in good overall health with realistic expectations about surgery results.



# Breast Reduction Surgical Techniques

Breast reduction surgery removes excess glandular tissue, fat, and skin to create smaller, more proportionate breasts. Dr. Bayati carefully selects the best method for minimal scarring and optimal results.



## Techniques Used

- ⦿ **Traditional Surgical Reduction:** The most common approach, involving removal of glandular tissue, fat, and skin to sculpt a smaller, lifted breast shape. This method provides the most significant reshaping.
- ⦿ **Liposuction-Assisted Reduction:** Used as a secondary procedure to remove excess fat around the breast and refine contouring. Liposuction alone does not significantly reshape the breast.

## Incision Patterns

- ⦿ **Lollipop Incision (Vertical Scar Reduction):** Involves an incision around the areola and a vertical incision down to the breast fold, best for moderate reductions.
- ⦿ **Anchor Incision (Inverted-T Reduction):** Includes an incision around the areola, a vertical incision down the breast, and a horizontal incision along the breast crease. This method is best for significant reductions and reshaping.

# Post-Surgery Expectations

Understanding what to expect after surgery helps patients prepare for a smooth recovery and optimal results.

## Pain Management

- ⦿ Mild to moderate discomfort is common in the first few days post-surgery. Pain medications and anti-inflammatory treatments help manage soreness.
- ⦿ Most patients describe the discomfort as a pressure or tightness rather than sharp pain.
- ⦿ Swelling and tenderness gradually decrease within the first few weeks.



## When to Return to Normal Activities

- ⦿ **First Week:** Rest and limit movement; avoid lifting, reaching, or strenuous activities.
- ⦿ **Weeks 2-3:** Most patients return to light daily activities and desk jobs.
- ⦿ **Weeks 4-6:** Moderate exercise can resume, but refrain from high-impact workouts.
- ⦿ **Months 3-6:** Final results begin to emerge as swelling subsides. Scars start to fade.

# Potential Complications

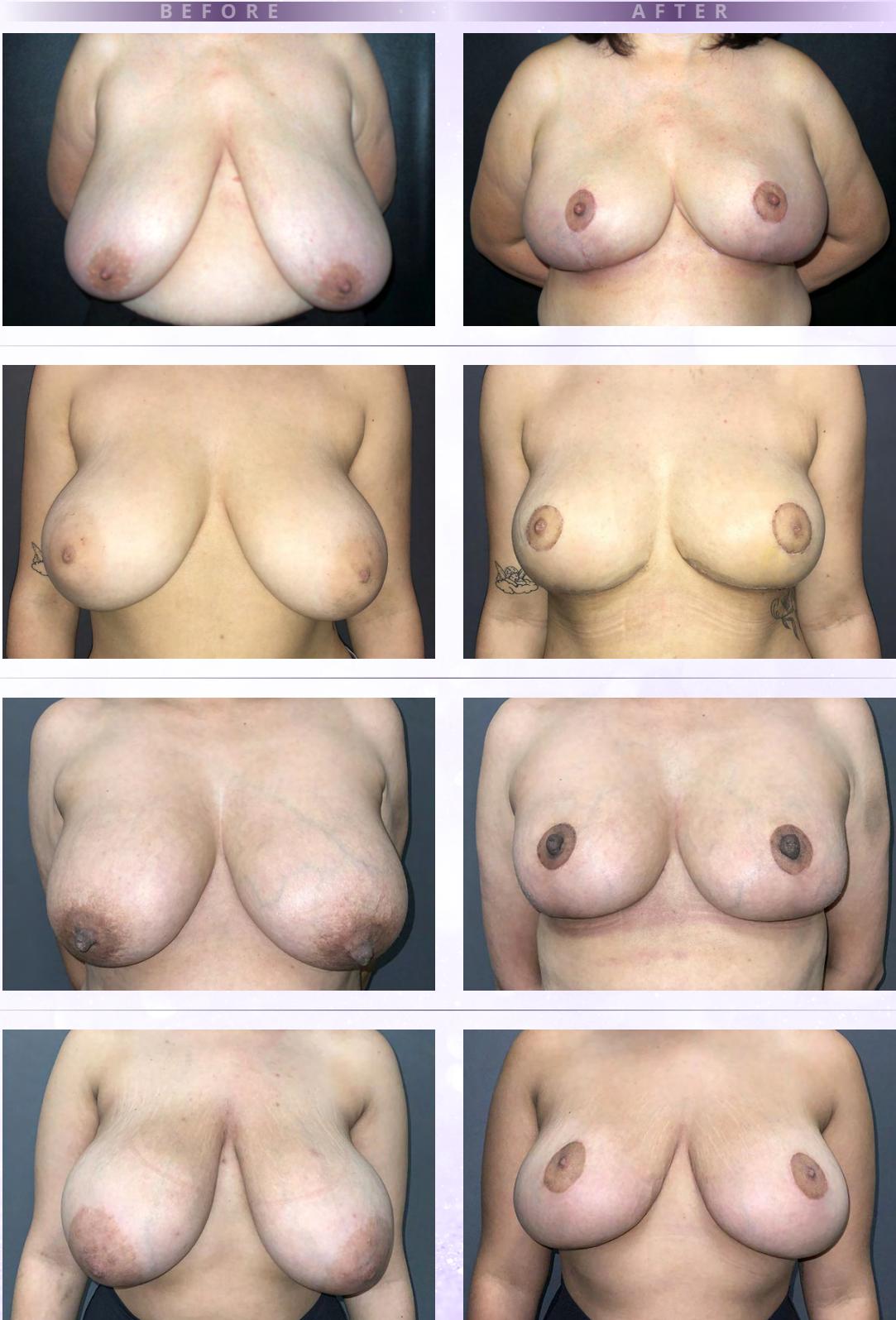
While breast reduction is a safe and effective procedure, potential risks include:

- ⦿ **Changes in Nipple Sensation:** Some patients experience temporary or permanent sensitivity changes due to nerve adjustments.
- ⦿ **Breastfeeding Considerations:** Breast reduction may affect milk production and the ability to breastfeed. Women who plan to have children should discuss options with Dr. Bayati to determine the best approach.
- ⦿ **Asymmetry or Minor Shape Irregularities:** While Dr. Bayati meticulously sculpts the breasts, slight variations may occur due to natural healing.
- ⦿ **Scarring:** While scars fade over time, they are permanent. Proper scar management helps reduce visibility.

By working with Dr. Bayati, patients receive expert guidance, ensuring beautifully sculpted, proportionate breasts with long-lasting results.



# Real Patients, Real Transformations



# REVISION BREAST SURGERY

## Why Patients Seek Revision Surgery

Breast revision surgery is a specialized procedure designed to correct or improve the results of a previous breast augmentation, lift, or reduction. While many patients are satisfied with their initial breast surgery, some may experience complications, dissatisfaction with results, or changes in breast shape over time. In these cases, revision surgery can help restore or enhance the breast's appearance.



### Implant Rupture or Displacement

Over time, implants may rupture or shift due to aging, trauma, or tissue changes. Symptoms include changes in breast shape, pain, swelling, or deflation of saline implants, while silicone ruptures often require MRI detection.

### Capsular Contracture

This condition occurs when scar tissue around the implant tightens, leading to discomfort and breast distortion. In severe cases, surgery is needed to remove the hardened capsule and replace the implant.

### Dissatisfaction with Previous Results

Some patients seek revision due to concerns about breast size, symmetry, or visible implant rippling. If initial results do not meet expectations, revision surgery can refine the shape, correct asymmetry, and achieve a more natural appearance.



# Procedure & Recovery

Revision breast surgery is customized to address each patient's unique concerns.

## What to Expect During a Revision Surgery

- ⦿ Surgery length varies, depending on the complexity.
- ⦿ The procedure is performed under general anesthesia.
- ⦿ Patients may have drains placed temporarily to reduce swelling.

## Differences in Recovery from the Initial Surgery

- ⦿ Recovery is often quicker, as scar tissue is already present.
- ⦿ Swelling and bruising typically last 1-2 weeks.
- ⦿ Light activities can resume in 7-10 days, while full exercise is restricted for 4-6 weeks.
- ⦿ Results become more apparent as swelling subsides over several months.

# Cost & Financing Options

The cost of revision breast surgery depends on various factors, including surgical complexity, implant choice, and additional procedures such as a lift or scar revision.



## Factors Influencing Breast Surgery Costs

- ⦿ Type of implant replacement or removal.
- ⦿ Whether scar tissue removal or reshaping is required.
- ⦿ Need for a breast lift in combination with revision.
- ⦿ Anesthesia and facility fees.

## Financing Plans Available at Bayati Plastic Surgery Boutique

For patients who need elective revision surgery, Bayati Plastic Surgery Boutique offers financing options to make procedures more accessible, including:

- ⦿ **CareCredit®**: Flexible monthly payment plans.
- ⦿ **Cherry Financing**: Fast approval with low-interest options.
- ⦿ **ALPHAEON™ Credit**: High approval rates for aesthetic procedures.



# Choosing the Right Plastic Surgeon



Selecting an experienced plastic surgeon is critical for a successful revision surgery. Patients should ask the following questions during their consultation:

## Questions to Ask During Your Consultation

- ⦿ What is your experience with revision breast surgery?
- ⦿ Can I see before-and-after photos of previous patients?
- ⦿ What surgical techniques do you recommend for my specific concerns?
- ⦿ What should I expect in terms of scarring and healing time?

## Why Choose Dr. Bayati for Your Breast Surgery?

Dr. Semira Bayati is a board-certified plastic surgeon with extensive experience in complex breast revision procedures. Patients choose Dr. Bayati because of:

- ⦿ Her expertise in corrective breast surgery ensures natural, symmetrical results.
- ⦿ Her use of advanced surgical techniques for minimal scarring and enhanced aesthetics.
- ⦿ A compassionate, personalized approach, ensuring each patient's goals are met.

Breast surgery can be a life-enhancing procedure that improves both appearance and confidence. Whether you seek augmentation, a lift, reduction, reconstruction, or revision surgery, choosing the right surgeon is crucial for achieving optimal results. Dr. Bayati specializes in advanced breast procedures, offering personalized care and expertise to help you achieve your aesthetic goals. Schedule a consultation today to discuss your options and take the next step toward feeling your best!



# S. BAYATI, MD, FACS



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949.756.0400

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20311 SW Birch Street Suite 200, Newport Beach, CA. 92660 30309