

RICHMOND
AESTHETIC SURGERY



PATIENT'S **BREAST** AUG BLOG

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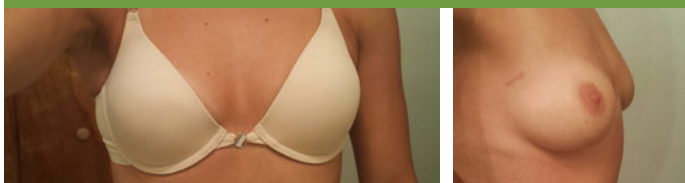


I WILL TRY AND GET TO THE POINT

OCTOBER 1, 2013 • 14 DAYS PRE-OP

I will try and get to the point and make my first post short and sweet. I don't have to explain why I decided to get implants because everyone reading this won't be quick to judge because they probably want a BA or already have one! I loved reading about girls' experiences and seeing their progress in pictures. It has really helped me out a ton on deciding what exactly I want and having realistic expectations. So I decided to post my own experience on here to help other girls.

After 50-pound weight loss, I have lost all volume in my breasts and went from a very full C to a small B.



I had my pre-op appointment yesterday and my PS and I decided on Mentor Silicone Memory Gel 400cc Moderate Plus Profile. He said that is the biggest I can go without having a ton of side boob and he will place a 400cc sizer in during surgery. If he thinks it looks too big, he is going to go with 375cc. He said it should put me at a D/DD cup. I started taking pre-op supplements I got offline (I did tons of research on the product and what supplements help the best with recovery). You start 2 weeks before and then after surgery I have a post-op supplement kit I take for 30 days. It contains no vitamin E or herbal supplements and I also made sure to get the OK from my PS to use them.

I also got my prescriptions during the appointment. I have:

- Percocet for pain.
- Valium for sleep and muscle relaxation.
- Phenergan for nausea.
- Augmentin for antibiotic (will take 1, the day before surgery).
- Docusate for a stool softener.

STATS

OCTOBER 2, 2013 • 13 DAYS PRE-OP

I forgot to mention I am 5'5" and 128lbs, and getting them under the muscle!

THINKING ABOUT THE NEGATIVE REACTIONS FROM PEOPLE

OCTOBER 3, 2013 • 12 DAYS PRE-OP

As the days are getting closer and closer to my surgery date, I am starting to think about how I will get mostly negative reactions from family and friends...or people that I run into on a daily basis. I haven't cared to think about that subject because I don't care what anyone thinks about me getting a BA. I have only told my parents, boyfriend, and a few of my best friends. But then I just started thinking I won't be able to keep it a secret from everyone once I get them done. Not like I would want to hide it anyways. I know I am going to have a whole new glow to me and want to show off the new me as it should be. I just don't care to hear negative things being said and I am not going to sit there and explain why I did it to every single person I run into...which leads to them talking behind my back because they don't understand and that just pisses me off thinking about it.

I won't go into full detail to try and not make this longer than it is, but this year I have made a transformation psychically and mentally. I have grown so much as a person and have so much self love now. I found my passion and career path in fitness. It has changed the way I think about everything from life to people and everything else. I learned to worry less because it doesn't help the problem in any way, to not judge people because you don't know their life. If I want something and have enough passion, I have the power to achieve

anything. That's why I honestly don't care what people's negative opinions are anymore. Since my career will be in fitness, I also want to be able to throw on any sports bra and not worry about it having padded inserts and since I worked hard for the body I wanted and have no power to make my boobs bigger naturally, then why not get a boob job if it makes me happy?

I learned that, if someone is doing something you don't agree with and it doesn't effect your life in any way or endangers their life, then you have no right to judge them. Now people are going to say "well you are putting your health at risk by getting a BA." I can drop dead right now, get in a car accident tomorrow, get murdered, etc. Does that mean I shouldn't leave my bed and live my life because something bad MIGHT happen? NO. I believe when your time is ready it will happen no matter where you are or what you're doing. Anyone should also be smart about it and do their research before and make sure they have a very good PS who cares about your safety before anything anyways. Now do I agree with someone getting a cosmetic procedure because they want to look like someone they idol or they don't have self love and think changing their appearance will make them happy when it actually wont? No, it does not and nor does it effect my life in any way, and thats why I don't judge them. If something makes you truly happy then do it! Life is too short to be miserable. If you honestly can't sleep at night because someone got a boob job then you need to reevaluate yourself because the real problem is with you.

I feel so relieved just getting my thoughts about this out even if no one reads this. Thank you for reading this far. I hope it helps some girls deal with negative comments differently. I would love to know if anyone else feels the same way?

FITNESS - POST OP

OCTOBER 3, 2013 • 12 DAYS PRE-OP

After reading so many reviews from girls on here, I noticed everyone is stressing about their weight they gained after surgery or can't wait to get back to exercising..which is totally understandable. But you have to be smart about recovery and don't rush things. When you get breast implants, your body doesn't know what you just did, and takes it as an injury. The body instantly goes into recovery mode and starts immediately trying to repair itself. Your body reproduces completely new cells that make up your body every few months so I would suggest trying to eat more nutritious foods that way it will help speed up recovery (allowing you to be able to work out harder, sooner). Most importantly listen to your PS's advice on when to start working out and how hard. I wouldn't weigh

You have to be smart about recovery and don't rush things.

yourself right after surgery because your body will hold a lot of water weight for a while and if you see you gained 10 pounds or so in a day or 2, that will just stress you out even more and you need to focus on recovery.

Just let your body go through the motions. It knows what it needs to do and if it wants to hold water for a little or makes you bloated, don't stress! Since you can not work out for a few weeks, the best thing you can do is have your diet in check. That will prevent you from gaining weight. Starving yourself will not make you skinnier and it is awful for your body. Your body needs food to fuel itself. It will be working extra hard repairing itself so healthy foods are the best thing for it. If the body does not have any food in the system, it will turn to your muscles for energy and that is very bad. Also the less muscle you have, the less calories your body burns by just being alive. Muscle is very important to the body! If you do find that you did gain a few pounds over the month or two from not being as active, don't worry about it. It is better to be safe and not exercise too soon and injure yourself or your implants, putting you out of the gym even longer and more problems! You can always burn those extra few pounds off once you're all healed up anyways! If you're getting your BA within the next few months you're in luck because you can always cover your body up with extra layers since it will be colder out anyways. :)

I lift pretty heavy weights and I have decided that I will no longer include a chest day in my routine. Yes, it is important to work out your pec muscles to prevent injury, but when you do other upper body exercises like bicep, tricep, etc. your chest muscle is the secondary muscle that is getting worked out so it's not being neglected. When you do start to do upper body again, I would start with light weights and add more until you are comfortable with it. If you feel any pain at all from your implants. STOP. Don't force anything that doesn't feel right. Another tip I recommend is to drink plenty of water pre- and post-OP. The extra water pre-op will help hydrate your skin, making it more expandable for the implants. Post op it will help a lot keeping the bloating down and flushing out toxins.

I already got my PS's advice on working out. Within 4-6 weeks I can start working out my upper body again. I plan on taking long walks after the first week just to get my blood flowing and since I go crazy if I can't work out. If i feel like I have enough strength I am going to start lightly training my lower body in week 2 but probably closer to week 3.

6 DAYS TO GO

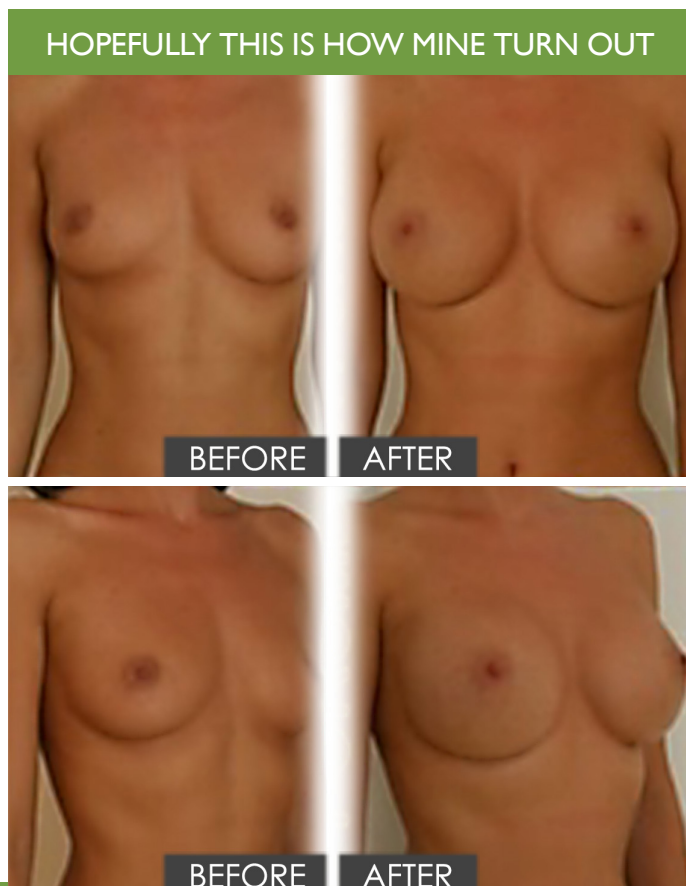
OCTOBER 10, 2013 • 5 DAYS PRE-OP

Less than a week now! Still hasn't hit me yet that it's really happening. I started making a list of all the things I need to get done this weekend like clean my house, grocery shopping, etc. I have been going extra hard in the gym all week and being extra strict with my diet so if I do gain some fat from the time off coming up, I won't feel as bad. Plus I know I will miss lifting heavy and wish I went harder before the surgery. My PS wants me to keep my surgical bra on for 3 weeks post op... I hope I can wear a regular sports bra and not just that one. I will wait to ask when I see him the day of surgery. I have been coming across girls BA that have the same breast shape and tissue as me and their after pictures are amazing. So I think my results will be exactly like I wanted! Crossing my fingers!

RESULTS

OCTOBER 10, 2013 • 5 DAYS PRE-OP

I know you can show your PS all the wish boobs you want but most of your results will be based on your anatomy. In this before picture, I feel like I have the same anatomy as this woman and my dream boobs are her results. I looked at the shape of her breast, and how close her breasts meet each other.



THE KELLER FUNNEL TECHNIQUE

OCTOBER 10, 2013 • 5 DAYS PRE-OP

<http://californiasurgicalinstituteblog.com/how-keller-funnel-makes-breast-augmentation-safer.html>

The link above describes the Keller Funnel Technique. My plastic surgeon uses this method for silicone implants, which significantly reduces the risk of capsular contracture and many other issues. When choosing a surgeon to do your BA, I would highly recommend choosing one that uses this technique. It also probably means they are very experienced because it is not something a new PS can normally do!

2 MORE DAYS...

OCTOBER 13, 2013 • 2 DAYS PRE-OP

Ah, getting so excited, but kind of scared. Just hoping everything goes well. I got so much done this weekend. Filled my prescriptions, laundry, scrubbed the whole house, and groomed the dogs. My amazing boyfriend even steam cleaned all the carpets! Also went and got a body pillow so I can wrap it around my sides to help me sleep sitting up. Figured I could still use the pillow even after I heal instead of the awkward wedge pillow.

HOLY S***!

OCTOBER 15, 2013 • 1 DAY PRE-OP

...Sorry had to get that out of my system lol. In 27 hours I will have my new boobs! There is a part of me that is calm and cool and another part of me that is screaming with excitement. Last night I waxed my eye brows, bikini area, and under arms. That was my first time waxing under arms and man did that hurt!! But since my doctor wants me to keep my arms down the first couple days I figured it will be nice to not worry about having stubble! So my mom lives 2 hours away and is coming down tomorrow morning and staying till Friday evening, when my boyfriend gets home from work and then he can take care of me during the weekend. I thought that was very sweet of my mom and am excited to spend some time with her and just relax. I don't go back to work till next Thursday, giving me a full 7 days to recover so hopefully that will be enough. I sit at a desk for most the day so shouldn't be too bad. I told my boss I was getting surgery but didn't say for what... and I got the impression they think something is wrong and worried

because I said I can't lift anything for a while when I get back. I might tell them (they are a couple) but I don't know yet.

The past 2 nights I have been having crazy boob dreams and I keep thinking I'm going to get killed somehow before I get them because it's too good to be true lol. I just want to get this over with so I can see how my body handles it. So many people on here have had a lot of pain to barely any pain so I don't know what to expect!

TODAY IS THE BIG DAY!

OCTOBER 16, 2013 • DAY OF TREATMENT

Just a quick update: Just arrived at the hospital and got checked in! Keep me in your prayers please. I will update when I join the rest of you girls in boobieland haha

ALL DONE!

OCTOBER 16, 2013 • DAY OF TREATMENT

Just got home from surgery! I got there at 10 am and had surgery at 12. They put the air blower on me which blows hot air under your gown...felt so good. I was very calm the whole time until everyone started coming in to prep me and said in a few minutes we were going to the OR so he injected something to make me calm.

I was instantly loopy and remember maybe the first minute in the OR then I woke up in recovery. No nausea at all so far. Very tolerable pain. Just a little in between my breast. They gave me a Percocet before I left. I go and see the doc tomorrow at 1:00. Sorry if I'm not making sense or being short, I am still kinda loopy.

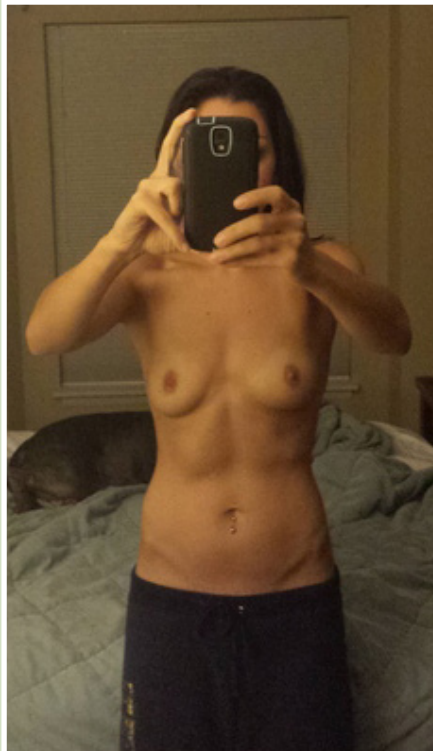
MORNING OF SURGERY

OCTOBER 16, 2013 • DAY OF TREATMENT

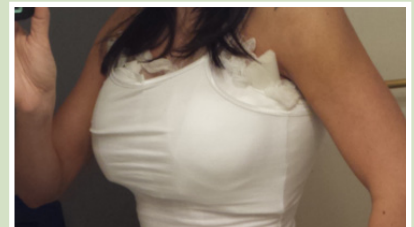
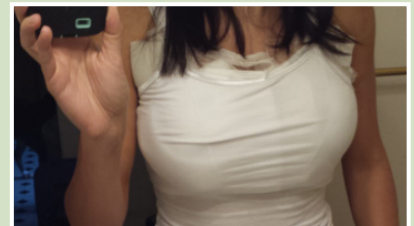
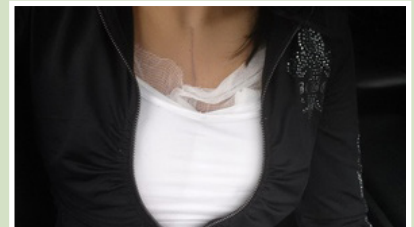
So I ended up getting 400cc on the left (I think) and 425 on the right. He said I was a little uneven from my scoliosis I have. Soo happy I could fit the bigger cc's instead of 375 though! :)



I bought this at ross for \$13! It is so comfy!



My last pic with my small boobs!



After the surgery



St. Francis Hospital

POST-OP DAY 2

OCTOBER 17, 2013 • 1 DAY POST-OP

So yesterday after surgery I basically stayed up till about 10pm just taking a percocet and half a valium because I didn't want to screw up my sleep schedule too much. I then took a whole Valium and Percocet before bed. Set my alarm for 2 am and 7am and took them. Definitely felt the morning boob but once I took my meds and got up I felt a lot better. Slept pretty well with my arm pillow in bed. Been feeling the bubbling every now again under my skin. At first it felt like my necklace fell off and the chain fell down my chest, that's how mild it was but then I realized I wasn't wearing a necklace.. haha. Feeling good today. Just got back from my post op appointment and saw the nurse since my PS is in surgery. She said she was amazed how good I looked 1 day after and that she was jealous haha. She said in between my boobs are swollen so it looks smaller than what they will be. I can't wait to drop and fluff and get a nice shape! She told me no icing so it doesn't mess up blood flow. I can wear any sports bra that isn't underwire too.

DAY 2 RESULTS

OCTOBER 17, 2013 • 1 DAY POST-OP

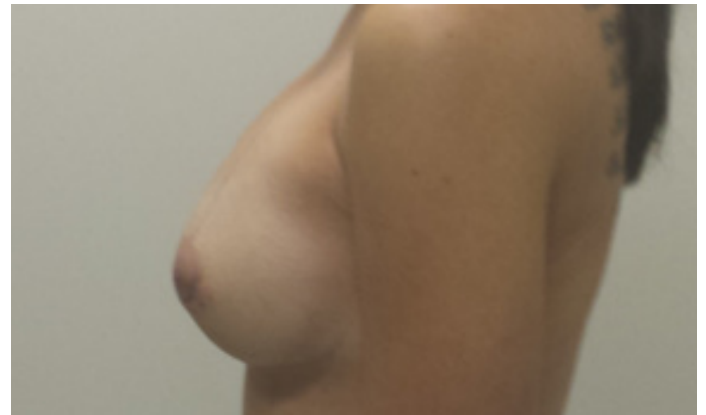


“*At first it felt like my necklace fell off and the chain fell down my chest, that's how mild it was.*”

ALSO

OCTOBER 17, 2013 • 1 DAY POST-OP

I wasn't nauseous at all after surgery, and they gave me graham crackers and apple juice to take my Percocet with. They also put this "air paw" gown on me that blows hot or cold air on you and you have a remote to control it...best thing ever. My PS said when I got home to chug 2 big bottles of Gatorade to help flush out the anesthesia and my system. I honestly believe that helped me from not bloating too bad too, so I suggest Gatorade ladies! Also when you need to get up from your couch, chair or bed, use your core muscles and glutes!! It helps so much taking the pressure of your pec muscles to get up.



BLOAT IS NO JOKE

OCTOBER 17, 2013 • 1 DAY POST-OP

If you check out my last small boob pic I posted the morning of surgery and compare it to this one....ugh. Oh well drinking plenty of fluids trying to help it go down.



DAY 3, CONT.

OCTOBER 18, 2013 • 2 DAYS POST-OP

LADIES! Go out and buy some of these sports bras for post-surgery. They are so soft and comfy.



POST-OP DAY 3

OCTOBER 18, 2013 • 2 DAYS POST-OP

Woke up at 2:30 and 7:30am to take my pain meds and then woke up at 9am and wasn't in too bad of pain. Haven't taken any pain meds so far but just bought Tylenol extra strength to take if needed. This is TMI, but I made my first bowel movement today!! So happy it seems I am healing up very fast. No bruising at all either. Here are pics from this morning.



POST-OP DAY 4

OCTOBER 20, 2013 • 4 DAYS POST-OP

I tried to update yesterday but for some reason the website wouldn't let me...I am still off my Percocet. I am just taking Extra Strength Tylenol and last night I took a Valium to make sure I got a good nights sleep, which I did, and help muscles relax. Woke up earlier than I wanted to because my back was starting to hurt sleeping sitting up. I took these pictures as soon as I woke up. I am not supposed to do any massages until I go in Friday for my check up and then my PS will show me what to do.

So I basically just keep my bra on 24-7 and not worry about them. Yesterday my best friend and god son came into town and I went out with them for a few hours walking around the mall and to a playground. I don't know if it was because I was constantly walking but I noticed my boobs started to vibrate and gurgle like non stop... hopefully that was the swelling making its way down. Then when I got home and laid down, it hasn't done it since.

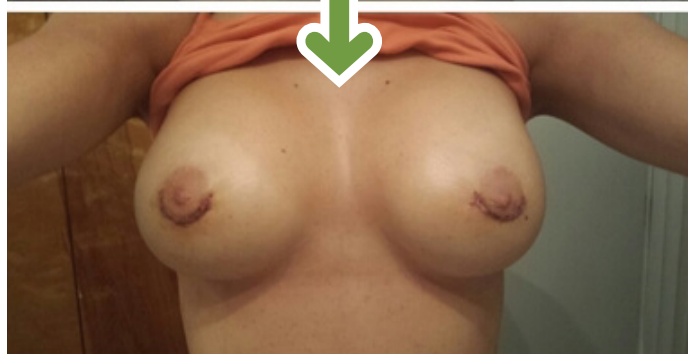
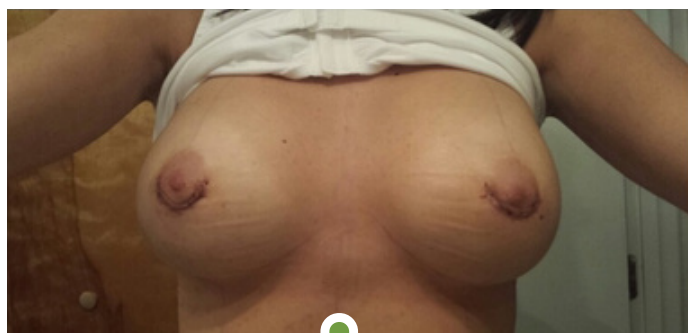


I am amazed I have no bruising still...but still swollen on the side of my rib cage and in between my breasts. I just can't wait until they drop and get some shape instead of just being boring rocks on my chest! I don't even feel like trying on clothes yet. I am just very grateful I am having a wonderful recovery with no complications so far *crosses fingers*

POST-OP DAY 5

OCTOBER 21, 2013 • 5 DAYS POST-OP

Good morning, girls! Feeling better and better every day. I noticed as I was getting dressed this morning it's a lot easier to move my arms above my head. Still going to take it easy reaching for things high up though. I am going to go shopping for new tops today! Hopefully that will go well. Still off all pain meds except for Tylenol and a Valium at night. I am still taking stool softeners which have been helping tons with the bloat. I can't massage my boobs yet, but I have been pushing the fluid down with my fingers that built up between my breast. Kinda weird to feel it...but in this comparison pic I took this morning you can tell my crease is getting more visible so the swelling is going down! Hope everyone is healing well!



POST-OP DAY 6

OCTOBER 22, 2013 • 6 DAYS POST-OP

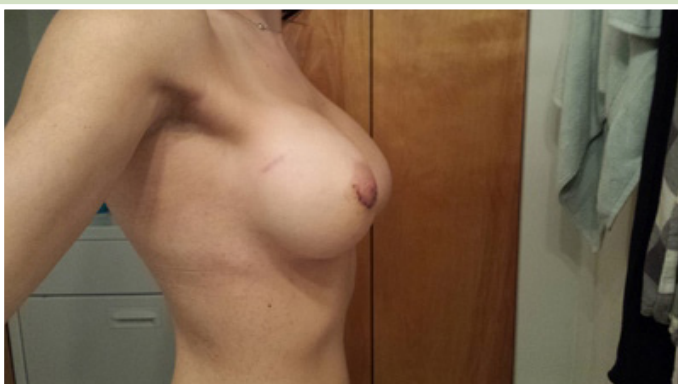
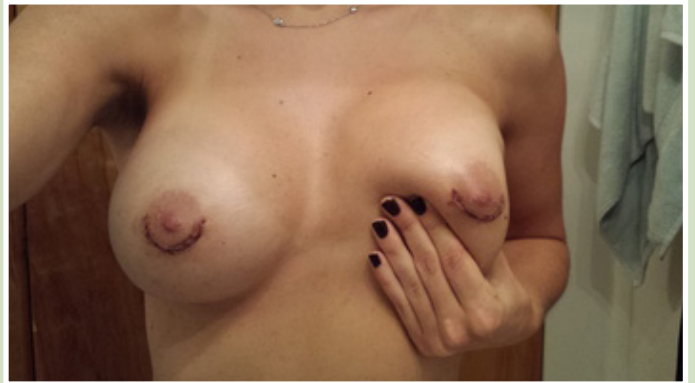
Starting to get shooting pains every now and again...nerves are coming back. Every morning when I wake up I take a comparison pic and keep seeing a little progress :) Still have to take it easy lifting things and changing clothes. I can sometimes feel my pec muscles move and that doesn't feel very good. Definitely could have gone back to work today but I will enjoy the next 2 days off and rest more. I bought some tops yesterday and for the first time I actually loved the way I looked in every single top. Such an amazing feeling. I'm loving my new boobs!



“

I bought some tops yesterday and for the first time I actually loved the way I looked in every single top.

”



POST-OP WEEK ONE!

OCTOBER 23, 2013 • 7 DAYS POST-OP

Can't believe it's been one week already! Back to my normal self, except for lifting heavy things and working out. I return to work tomorrow. I'll have to get use to not taking my daily naps! Haha. Feeling pressure every now and again on the bottom of my boobs so they are starting to drop and they are also a lot squishier now! I will update Friday when I go see my PS for my one week post-op and start massages.

I WEEK POST-OP VISIT!

OCTOBER 25, 2013 • 9 DAYS POST-OP

So today is day 9. I just left my PO visit with my surgeon. The nurse was taking out my stitches and said I need to be on a billboard because they look so good lol. Then in the middle of her doing that my PS walks in and his face lites up and said, "When did we do surgery again?? You are one of my superstars!" He was just amazed how fast I healed already and the shape of them. We went over massages even though I started them yesterday on my own. He wants me to start stretching out my pec muscles by raising my arms above my head, walking my arm up a wall, and using a doorway to pull my arms back. Ill do the massages 4 sets of each, 4 times a day for 3 months. I told him I was amazed I didn't have the "frankenboob" everyone seems to get and he was like "Uhh whats that?" And I said you know the boxy sitting up high look post op and he goes "Oh noooo, I don't give those kind of results, no one really sees that here." Makes me love his skill level that much more. Start light cardio back up in a week. Lifting weights week after. He said I wont drop too much, just get softer and fluffy. I'll see him back in a month!

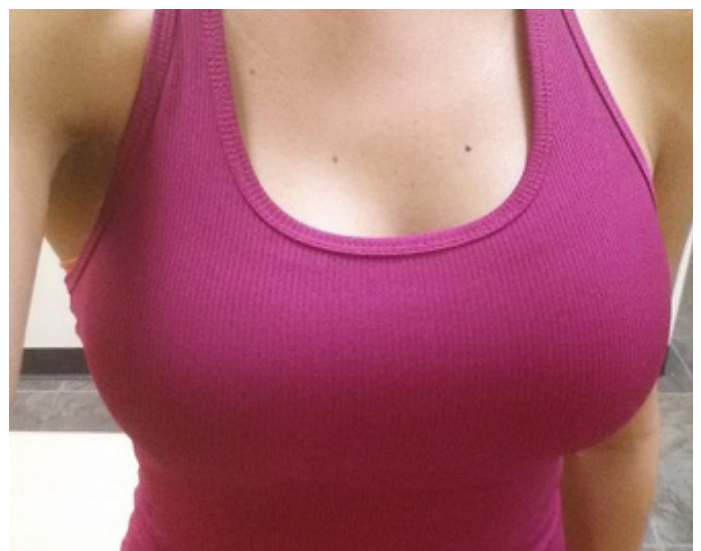
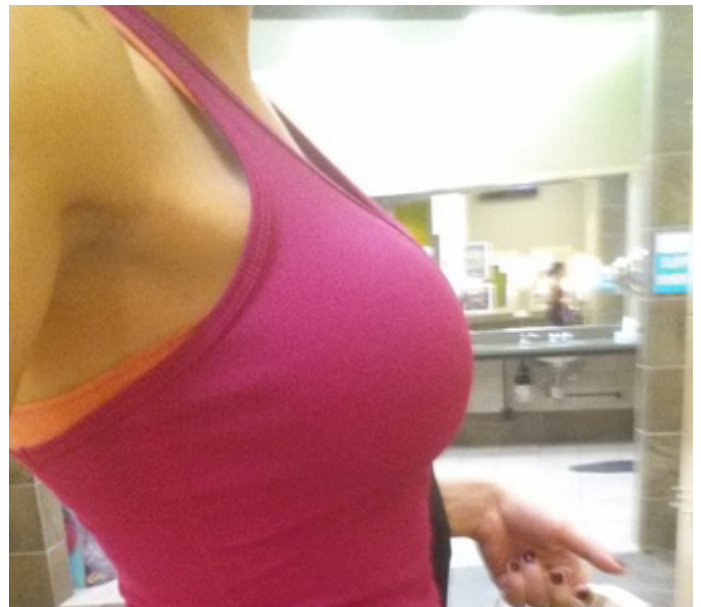
Also I have no boob greed. Don't think I will either. I think they are perfect for my size and very full like I wanted. Overall, I couldn't be happier and glad I picked a great well known plastic surgeon which lowered my stress SO MUCH because I knew he would do a great job having such a good reputation to up keep.

“ *I think they are perfect for my size and very full like I wanted.* ”

FIRST TIME BACK IN THE GYM

OCTOBER 27, 2013 • 11 DAYS POST-OP

...aaaand even though I only did very light cardio I felt my body wasn't ready yet. I know I am supposed to wait a few more days to go back but when you're in the gym 6 days a week and haven't been back in almost 2 weeks it's hard to just lay around and do nothing. Yesterday we celebrated my boyfriend's birthday and I had wayyy too much cake..so I felt like I needed to burn some off today. I did the stairmaster for 45 min on level 6. Which didn't get my heart rate up past 160 so I thought that was fine...but I definitely should have been more careful raising myself up onto it. I could tell my internal pocket incision did not like that. My boob feels better now but staying out of the gym 'til Wednesday (two week mark) just to be safe. Love the way my body looks in my workout tops now and no more padded sports bras! Here are some pics of the way they look in my gym top.



JUST WANTED TO ADD PHOTOS

OCTOBER 27, 2013 • 11 DAYS POST-OP



4 DAYS SO FAR USING SCAR GUARD

OCTOBER 30, 2013 • 14 DAYS POST-OP

Amazing difference already!!



ONE WEEK AFTER STARTING MASSAGES

NOVEMBER 1, 2013 • 16 DAYS POST-OP

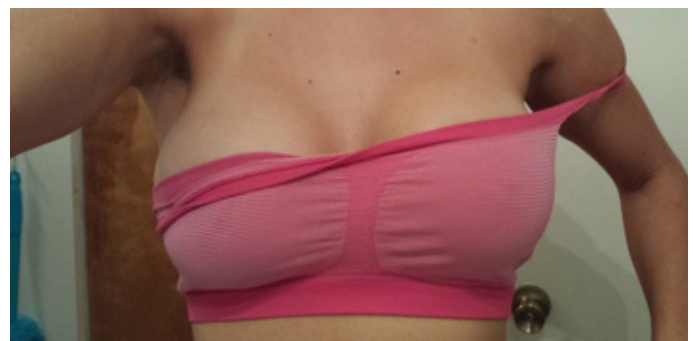


So it's been 16 days since surgery. Seems like forever ago. Been sleeping on my sides all week just fine with no discomfort. No pain at all anymore, but did notice when I was doing the stairmaster at a slow pace my internal pockets get agitated whenever I get the blood in my body flowing. Not so much pain but I feel like I can feel the new incision inside if that makes sense. Hopefully that stops by week 3 or 4 when I get the OK to start regularly working out. I have been doing my massages now for a week. They are so much more squishier now they feel like a real boob and I know it's just going to get better and better. I do 4 sets throughout the day of 10 reps each. Up.Down.In.Out. and hold for 10 seconds each.

POST-OP BRA BRAND: HANES

NOVEMBER 1, 2013 • 16 DAYS POST-OP

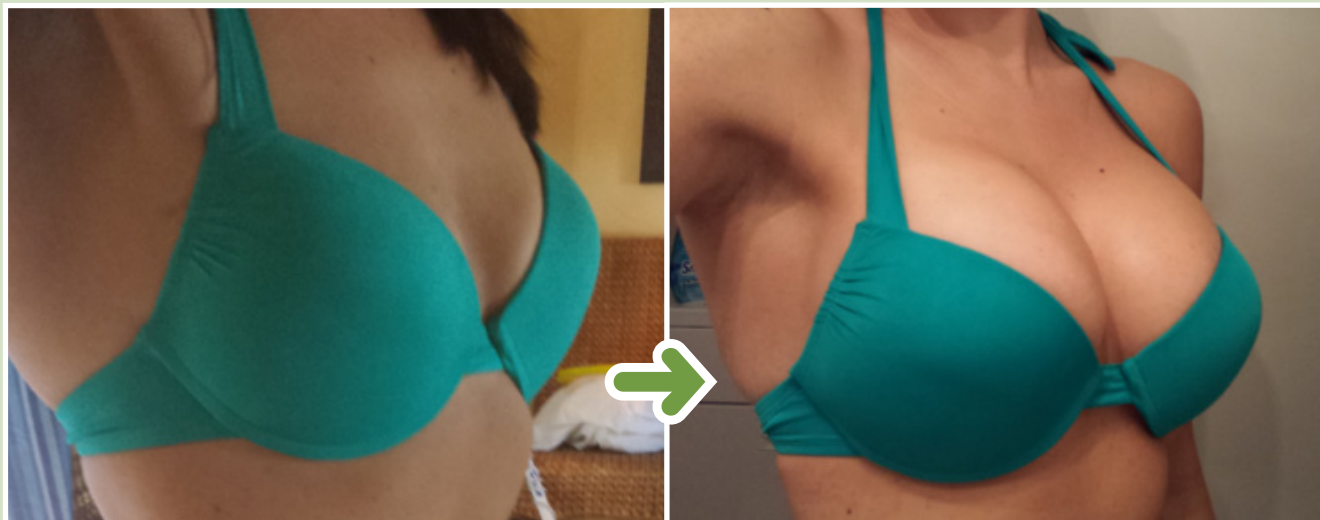
This is the bra I have been wearing post op. The brand is Hanes. I got them a few years ago but still see the style around at Walmart and such. When the nurse saw me the day after surgery she went to put on the post op bra but then quickly switched to a bigger size because she thought the first one would squeeze me to death but I just felt like the one she gave me wasn't tight enough so I just started using the Hanes bra. Hugs me perfectly. Just wanted to show you why I feel like it's a good post op bra because you can step into it and raise the straps up so you do not have to raise your hands over your head.



BEFORE / AFTER

NOVEMBER 5, 2013 • 20 DAYS POST-OP

Pretty sad that you can't even tell this is a push up bikini top on the top photo. Since I lost all volume in them not even a push up bra could make them plump up...Obviously I knew my new boobs wouldnt fit in my old bikini top but this was the first time I actually put them in something other than a sports bra and I can honestly say I LOVE them. I can't wait until I start wearing normal bra's out and get this cleavage in shirts.



23 DAYS POST-OP

NOVEMBER 9, 2013 • 24 DAYS POST-OP

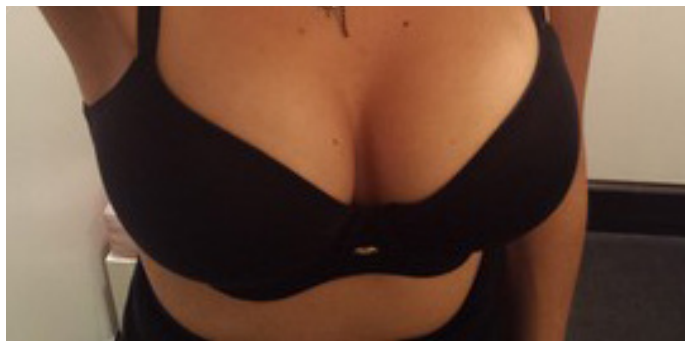
So it's been a little over 3 weeks now. Last Monday & Tuesday (4th & 5th) I started lifting things at my work again (between 10-20lbs) on and off all day, and I thought something was wrong like I injured myself because in my right breast there was non stop pain like in my internal pocket. So I started to freak out a little thinking I was bottoming out or CC and was going to call my PS but took a pain killer then Wednesday morning I haven't had any pain since....Guess it was just my muscles not used to the weight and had to get used to it. I went to the gym and worked legs and stair master with no pain from getting my heart rate up again so very happy about that. It's weird, like I am magically OK to work out right at the 3 week mark but before then my body was telling me it was too soon. Doing another round of legs today and stair master today. Then Monday I will start my 5-6 day gym routine back up. So happy!

“ *So happy!* ”

I AM A 34DD!

NOVEMBER 9, 2013 • 24 DAYS POST-OP

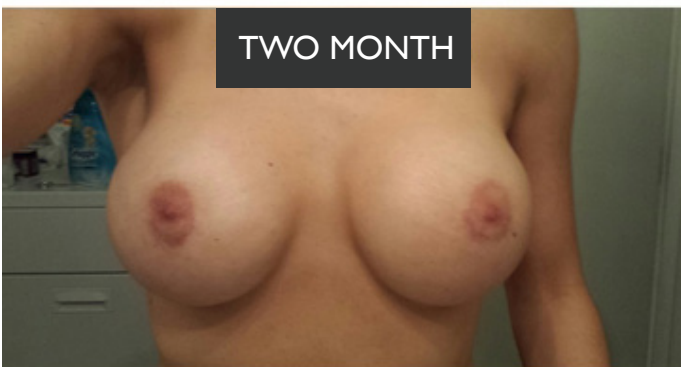
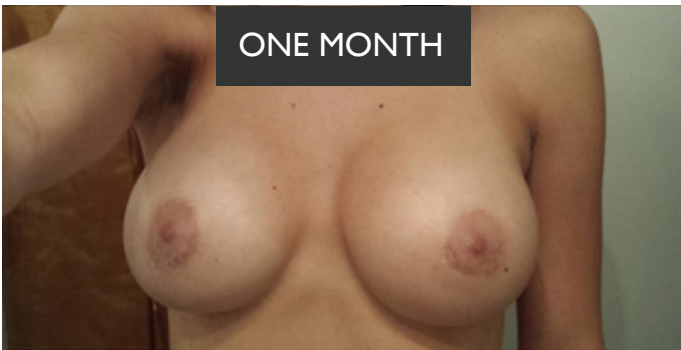
I got sized today at Victoria Secret and the lady said I was either a 34DD or maybe a 34DDD, but I tried on the DD first and loved the way it fit so much I didn't even bother asking to try on a DDD. Thought that was way too much...I have no over spill in a DD so thats why I didn't bother going a size up. I bought 2 bras. I know my boobs wont change so much in size over the next couple months that I will need to go a size bigger so I went ahead and got nice bras. I told her I wanted a bra that I can wear under a tight t-shirt and look seamless (didn't want push up bras yet). I tried on many different styles and I ended up with "body" and "fabulous".



1 MONTH UPDATE

NOVEMBER 17, 2013 • 1 MONTH POST-OP

Feeling great! I just started lifting upper body on Friday because it no longer hurts when my chest muscles flex so I knew I was ready. Started with light weights to ease back into my routine and felt no discomfort during or after working out. Even jogged on the treadmill for the first time too. Made sure they didn't bounce and had a supportive sports bra on. Here is a photo of the evolution of my boobs over the past month. In some photos it looks like one is bigger or facing out more but I noticed it all depends how I'm standing and how my arm is placed but they are the same size.



2 MONTHS POST-OP

DECEMBER 17, 2013 • 2 MONTHS POST-OP

2 month update! I feel like it's been so much longer! Still feeling great! The only tip I want to give is: When you think you're done healing. You're not. And when you think all the swelling is gone...it's not. Haha. I saw the rest of the swelling disappear within the last 2 weeks, I feel like. Still fit into my 34DD bra though. I was using Scar Guard for scar treatment up until a week ago. My PS just formulated his own scar treatment that is locally made and is prescription strength instead of over the counter. So far I love it. It is silicone based, so it blends in smoothly and doesn't peel off like scar guard. I have even been using it on an old scar and have seen improvement.

5 MONTHS POST-OP

MARCH 4, 2014 • 5 MONTHS POST-OP

Here is a quick update to show you my new breasts in outfits over the past couple months, so you can see how they look in clothes and on my body if you're the same size as me! :)

