

*MOISTURE MOLECULES THAT
ERASE LINES
IN SECONDS*

**OVER
LIFE**

*THE 10-MINUTE
CELLULITE
SMOOTHING
MACHINE*

Breasts



Le Mystère Dream Tisha Lace
\$74, nordstrom.com

BEST FOR Large-busted women who want to minimize both size and projection (how far the breast sticks out)

WHAT THE EXPERT SAYS "These pull the projection of the breast tissue into the ribcage for a more rounded and softer silhouette," Bierwagen says.



Felina Gelina Convertible Push-Up
\$39, designerintimates.com

BEST FOR Small to medium sizes that want increased cleavage

WHAT THE EXPERT SAYS "A push-up bra is a demi-bra with either an integral push-up or a bump in the bottom half of the cup. The pad pushes the breast tissue up and out of the cup, creating a round voluptuous look," Bierwagen says.



Chantelle Ultra Invisible
\$80, bare necessities.com

BEST FOR Those with an average figure or fuller bust

WHAT THE EXPERT SAYS "All bras should do some lifting because, after all, that's what bras are fundamentally designed to do. The less stretch in the cup and the band, the more lift it gives," notes Bierwagen.

01 breasts that are too small

DID YOU KNOW?

If you have saggy breasts and are considering breast augmentation, the surgery and recovery may be easier than normal. When there is extra skin, it's much simpler to place the implant and create the shape that a patient desires since the skin doesn't have to stretch as much.



BIGGER BREASTS FROM A BOTTLE?

Packed with natural phytosterol, which is derived from an Asian root that plumps up fat beneath the skin, **Rodial Boob Job** claims to work with your natural fat to keep it in place where the product is applied. The sweet-smelling balm-like formula traps fat in the breast area, in turn creating fuller breasts. It also contains wheat protein to firm and lift, volufiline to increase fat storage, myrrh extract to promote volume, and pentapeptides to combat wrinkles and smooth the skin.

In 56 days you'll see an increase of about half a cup size and lifted, more firm breasts, according to the company. Keep in mind that breast augmentation is the only proven way to get permanently larger breasts.

\$150, spacenk.com

A COMMON COMPLAINT AMONG WOMEN OF ALL AGES AND BODY TYPES IS BREASTS THAT ARE TOO SMALL. SOME WOMEN ARE BORN WITH NATURALLY SMALL BREASTS THAT LACK A SUBSTANTIAL AMOUNT OF BREAST FAT AND TISSUE. PREGNANCY ALSO AFFECTS BREAST SIZE, GENERALLY CAUSING THE BREASTS TO BECOME SMALLER OVER TIME AS THE TISSUE AND FAT ARE REDUCED.

SOLUTION - Breast augmentation

Before deciding on breast augmentation, it's important that you discuss with your plastic surgeon the overall look you're trying to achieve. "Breast augmentation today is all about customizing the procedure to the patient's wants and body type as opposed to just getting bigger breasts," says New York City plastic surgeon Tracy Pfeifer, MD. Women who are small breasted or have lost volume in the upper portion of the breast are best suited for breast augmentation surgery.

> WHAT TO EXPECT

Before your surgery, your doctor may ask you to look at before-and-after images to narrow down the size, shape and projection you're after. He may also ask you to try on different implants by placing them in your bra or bathing suit, which is a great way of giving an estimate of what you may look like with larger breasts before committing to surgery.

> RIPPLE-FREE IMPLANTS

A new type of implant, called Implite, that claims not to ripple, leak or rupture, is currently being developed by Israeli plastic surgeon Ami Glicksman, MD. Unlike traditional implants that are filled with saline or silicone, Implite implants are filled with a medical-grade gas, which Glicksman says causes less rippling and sagging because "the volume is permanently defined by the inner skeleton of the implant. Traditional implants use fillers (saline or silicone), which cause the shape of the implant to vary according to gravity. The filler flows to the lower part of the implant, leaving the upper part empty, forming waves or rippling in the shell." As of press time, there are two Implite lines: one for full breast reconstruction following a mastectomy and the other for use in biopsy and lumpectomy patients. Both implants, as well as a version for augmentations, are not yet available in the U.S., but may be in the next few years. However, the long-term safety and reliability of these implants have yet to be proven.

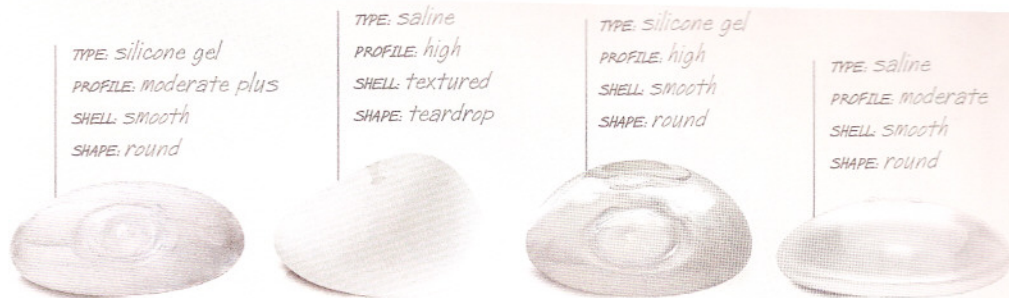
> SIZE LIMITATIONS

Breast augmentation surgery may be a surefire way to get the breasts you ultimately desire, but when it comes to selecting the right size, there are a variety of factors to take into consideration. Depending on how much breast tissue and skin you have will affect how large you can go—when there is less skin, there is a greater risk of stretch marks occurring. A properly trained plastic surgeon should be able to tell you how large you can go without causing extreme stretching.

THE GUMMY BEAR IMPLANT

The form-stable silicone implant, also known as the gummy bear implant, is currently awaiting FDA approval. Unlike traditional silicone implants, which have a honey-like consistency, this new implant is more like Jell-O, so its shape will stay intact.

- > Shaped like a teardrop (for what is claimed to be a more natural look) the implant—which requires a larger incision—contains the same type of silicone as what's currently used, but has three percent more cross-linking of the silicone molecules to make it more cohesive. "Think of silicone as having little bridges. This implant just has more bridges, which keeps the filler from moving around," explains Dr. Pfeifer.
- > Although the implant has yet to be approved stateside (it is used in Canada, Europe and South America), it has a leakage rate of nearly zero and is great for reconstructive purposes or for someone whose breasts are really small or flat.



* The profiles shown above are all available in either silicone gel or saline.

> PROJECTION

To maximize the probability that you'll be happy with the results of your surgery, make sure that you take into consideration the shape and projection (how far your breasts stick out) of your implant in addition to size. "Implants have different projection profiles, with some being higher or projecting more than others," says Beverly Hills plastic surgeon Garth Fisher, MD. You can choose from low, medium or high projections. "One advantage of high-profile implants is that you can put more volume in a patient with a narrower chest or breast space."

> SHAPE

- > **Round implants** are usually placed under the muscle and can give fullness to the upper portion of the breast. Since they don't move much, they almost always keep their shape.
- > **Teardrop implants** have more of a slope, like the breast naturally does, and less fullness in the upper part of the implant. Because of their shape, teardrop implants may provide better projection and a more natural look. They can potentially rotate, which may cause an unnatural distortion.

Incision options

> INFRAMAMMARY

*in the crease
of the breast*

+ **THE UPSIDE** Most plastic surgeons agree that an incision placed in the crease of the breast is the best method for providing symmetry. Also, if you ever need revision surgery in the future, your doctor can use your existing scar instead of having to make a new one.

- **THE DOWNSIDE** Your scar may be more visible.

WHAT THE DOCTOR SAYS

"This is the most commonly used incision because it's the easiest way to get the implant placed," says Dr. Hammond.

> PERIAREOLAR

around the nipple

+ **THE UPSIDE** Many surgeons and patients prefer this incision since it heals the best and the incisions are small. Once you are all healed, your scar should be virtually undetectable.

- **THE DOWNSIDE** Those with very small areola may not be appropriate for this incision. There may also be scarring of some of the breast ducts, which could interfere with breastfeeding, although most patients can breastfeed after surgery with this incision.

WHAT THE DOCTOR SAYS

"I have always felt that this incision provides the highest percentage of 'good' scars because there is an opportunity for the scar to blend with the color transition of the areola. Even if you heal poorly, this part of the body is not typically exposed," says Dr. Fisher.

> AXILLARY

through the armpit

+ **THE UPSIDE** This option is best if you're looking to be virtually scar-free on and around the breast.

- **THE DOWNSIDE** Placing an implant through the armpit can be difficult since it's hard to squeeze it in. If revision surgery is necessary, your surgeon will need to make a secondary incision in order to remove or replace your implant.

WHAT THE DOCTOR SAYS

"It's essential that an endoscope is used. It facilitates creating a precise pocket by adequately releasing the pectoralis muscle so that the implant doesn't sit too high," says Dr. Pfeifer.

DID YOU KNOW?

Implant shells are available as either textured or smooth. A textured shell may require a longer incision because the surface makes it harder to place. Smooth round implants are the overwhelming choice of most surgeons because they tend not to wrinkle as much as textured implants. Plus, if they happen to rotate, the breast does not look abnormal.



*lifting
bra*

Affinitas Samantha
\$30, affinitasintimates.com

WHAT THE EXPERT SAYS

"The lifting bra is an everyday wearable bra. It enhances the bust and adds fullness. Lifting bras also work well for women who have lost a lot of weight," says Zarabi.

> WHY BREASTS SAG

Sagging is a normal part of how the body changes. And while some may say that saggy breasts are the result of weight gain and loss and pregnancy, it's really breast involution (when the milk-producing glands shrink and start to shut down) coupled with these body changes that causes the breasts to drop.

- > "Age has something to do with sagging breasts, but is not as much of a factor as pregnancy and genetics are," says Dr. Mariotti, who once performed a lift on an 18-year-old female.
- > Breasts don't have muscle, but rather suspensory ligaments and tissue. "When the Cooper's ligaments, which suspend the breast tissue, get **stretched out**, they can't recoil and support is lost," says Dr. Pfeifer. "And if the skin gets stretched, the dermis can be damaged (and unable to contract back), which is why stretch marks appear."
- > **Losing weight** can also cause the breasts to sag since volume is lost. There's a lot of fat in the breast and if you tend to lose weight in your breasts, you'll probably lose volume too. It's also believed that the larger the breasts, the more quickly and noticeably your sagging will be.

breastfeeding may not be to blame for saggy breasts

According to a recent study conducted by the University of Kentucky, breastfeeding your baby may not be the underlying reason as to why breasts sag. The study analyzed the breasts of 93 women who had either implants, a lift or both. Nearly half of the women had breastfed at least one child for nine months; the other half of the participants didn't breastfeed at all. Using pre-procedure photos, the results showed no significant difference between the two groups of women. Researchers believe that age and obesity are more likely to cause breast sagging than pregnancy itself.