

QUESTIONS TO ASK YOUR SURGEON: BREAST AUGMENTATION WITH LIFT

Do you mark my breasts prior to surgery or do you wait until I am lying down?

The most crucial step in a breast lift is marking the breasts prior to surgery. The markings will determine how well the surgery is performed in terms of symmetry and overall shape. Some physicians do the markings during the surgery. However, Dr. Rahban finds this to be incredibly inaccurate, as patients are lying down and their breasts are not sitting naturally.

Do you double check your markings to make sure they're accurate? Am I sitting up while you do this?

Next, prior to making any incision, Dr. Rahban likes to confirm that the markings done preoperatively are accurate. Therefore, with the patient asleep, he will temporarily staple his markings into place and sit the patient up, looking at each breast for its own shape as well as symmetry between the two.

Am I a candidate for a dual-plane breast augmentation?

With the dual-plane approach, the implant is under the muscle, yet the muscle is released or moved out of the way so the implant can settle into the bottom half of the breast, filling it in a more natural way. This technique tends to be Dr. Rahban's preferred approach.

- **How do you help me determine which size is right for me, both cosmetically and physically?**

During surgery, he has a full array of sterile “sizer” implants. He inserts a sizer and sits the patients up, continuously comparing them to the photos they selected. He will exchange sizers until he is confident that the size is consistent with the desired look—not cup size—the patient desired. As such, he is not bound by a limited number of implants he pre-selected or worse, what the patient thought was the appropriate size during the consultation. With this time consuming but thorough method, Dr. Rahban has virtually eliminated sizing issues in his practice.

- **Do you sit me up during surgery so you can see how the implants naturally sit?**

At this point, he will refer to the photos you have given him, and will insert the size of implant he believes will accomplish the goal. He will then sit you up while you are asleep and look at the photos and compare to determine if the size is correct. If need be, he will repeat this procedure with various sizers until he feels confident that your size is consistent with what you selected, and that both breasts are symmetrical in size.

- **Do you use a Keller Funnel?**

When inserting the implant, especially silicone implants, the implant is large and the opening is small, requiring force to insert the implant into the pocket. This jeopardizes the integrity of the implant, and often causes damage to the skin of the incision. Dr. Rahban uses a product called the Keller Funnel™ which is a device that facilitates the insertion of the silicone implant into the pocket with great ease.

- **Do you close my incision or does someone else?**

In closing the incision, Dr. Rahban carefully sutures each underlying layer from the inside out, maximizing support. It is crucial that your surgeon personally closes both breasts, as there are some plastic surgeons who allow a surgical tech or surgical assistant to close.

- **Do you use layered closure?**

Closure of incisions can be as simple as staples and/or glue, and as complex as a multiple-layered technique. Dr. Rahban feels strongly that closing the skin with multiple layers in a fastidious fashion is the single most important step in having scars that will be minimal and that will ultimately fade over time.

- **Tell me about your closing technique. How much tension is placed on the incision?**

In closing the outer skin, Dr. Rahban uses an enormous number of sutures. This high number of sutures ensures there is very little tension on each individual stitch. This lack of tension produces minimal scarring, and the incision is virtually invisible once the healing process is complete.

- **Do you offer a second consultation prior to my procedure?**

Every patient goes through a thorough pre-operative process. This begins with a pre-op visit two weeks prior to surgery. This is similar to a second consult. During this time, you will go over the details of your surgery with Dr. Rahban, and you will get a second opportunity to ask questions and go over your procedure, thus ensuring a complete understanding.

- **How many follow-up appointments do we have?**

After a breast augmentation with lift, Dr. Rahban schedules a total of five follow-up appointments. Most plastic surgeons schedule two follow-ups, during which time you may not even see the doctor. During every follow-up appointment, Dr. Rabhan sees his patients personally.