

**Guide To Breast Augmentation with**  
*Dr. David E. Berman*



[www.bermancosmeticsurgery.com](http://www.bermancosmeticsurgery.com)

## **Is there any charge for a Breast Augmentation consults and how long will the consult be for?**

All of my cosmetic consults are free. I will spend 45 minutes with you at the consult. Please arrive 15 minutes before your consult. You can download the forms you will need to fill out for us from our web site and complete them at home. I am not like most other doctors, I almost always run on time and I strive to actually see you when your appointment is scheduled, so please arrive on time. There is always traffic in Northern Virginia so please allow for it.

My time is valuable so if you cancel less than 24 hours before your appointment, we will charge you \$100. It is very hard to fill that appointment time at the last minute and I have turned other patients away.

At the end of your consult, we will give you a written estimate of the costs for your surgery, including the surgery center and anesthesia.

## **Do you offer financing?**

Yes. My office offers Care Credit and Alphaeon. You can also work with your own bank etc. My staff can assist you with this matter.

## **How do you choose the correct breast implant size?**

In my practice I have you go to a web site such as Implantinfo.com and find a picture of someone who looks like you in your pre-op state and then find a picture of someone whose post-op photo you would like to emulate. If they look like the pre-op photo you have selected and I use the same size implant as them, then you will end up looking very, very similar to their post op result. This is almost a full proof method.

You will then need to email the photo that you have selected (please only choose one photo and that one must state what implant size was used.) and email this to ([deberman08@gmail.com](mailto:deberman08@gmail.com)) and my office at [bermanbeauty@yahoo.com](mailto:bermanbeauty@yahoo.com). I will always email you back within 24 hours. If you do not hear back from me, please check with my office to make sure they have received your photo.

At the time of the consult, I will explain the difference between saline and silicone implants. I offer both saline and silicone implants

## **Where is the surgery carried out?**

Although I am able to carry out a lot of surgeries in my office, when under general anesthesia I use several fully accredited surgery centers. The three main centers that I am using now are Botticelli, Loudoun Hospital Surgery Center or Loudoun Hospital.

## **Special instructions the day of surgery and the days before.**

- Do not take any Aspirin, Bufferin or Excedrin for the ten days before surgery. Even things such as Motrin, Advil, Aleve etc. should be avoided for the week before surgery since they tend to cause more bruising. You can take Tylenol or narcotics before surgery, since they do not affect bleeding or platelets.
- You should shower with Hibiclens, a special antiseptic soap for 2-3 days before surgery (you don't need to wash your hair with it)
- Nothing at all to eat or drink after midnight, the day before your surgery (unless you are advised otherwise by the anesthesiologist because your surgery is later in the day)
- You may shower the morning of your surgery and once again, use the Hibiclens soap.
- Arrive at least one hour before surgery (each surgery center will tell you their preference) but allow for traffic and please arrive early. It is really unfair to cases following you in the operating room, if you arrive late. There is always traffic in Northern VA!!!
- The person driving you can either wait, or leave and come back. I will be happy to call them after your surgery is completed. You will generally stay between 45-90 minutes in the Recovery Room before you can go home.

## **Instructions after surgery**

- Almost everyone tolerates the general anesthesia well these days. In my surgeries, I also use local anesthetic, which allows the anesthesiologist to keep you a bit lighter. I almost never need you paralyzed. This allows you to wake up quicker and to bounce back quicker. Nevertheless, it is a good idea to go easy on what you eat the first 4 hours after you wake up. Eat things that are gentle on the stomach, such as soup, toast, a banana, rice, crackers etc. Most patients, if feeling well, can eat anything they want after 4 hours.
- It is important to be up and walking around. You can also go up and downstairs. Of course, use common sense. If you feel a bit light headed, then hold onto someone. I definitely do NOT want you to be brought your meals in bed. Within reason, moving around and gentle stretching, will get you to bounce back quicker.
- You should definitely shower the first day post-op. If there is any gauze placed, remove it first and it does not need to be replaced. DO NOT TAKE OFF THE STERISTRIPS. The water will not hurt them so let them get wet. Please remove the steri-strips by day ten, if they have not fallen off by then.
- I have discussed with you the arm/shoulder stretching I want you to do after a BA. Please begin them on the ride home from the surgical center and do them a few times, every hour that you are awake. If you wake up in the middle of the night, please also do them.

## **The web site talks about the implant profile, What is this?**

The higher the profile, the more the implant projects out from the chest wall and the smaller the base diameter of the implant. If you have a very narrow chest, you will probably want a higher profile. I usually choose a mid range profile. You can drive yourself a bit nuts over this because if you actually look at the numbers, you will see that the difference can be quite subtle.

## **What about sex and exercise after surgery?**

You can have sex the next day after surgery, depending on how you feel. I will advise you about exercising on the first post-op visit. In general, I want you not to exercise at all, except for just walking for 7-10 days. After that, you can start driving your heart rate up and doing things like a spin class and weights for your lower body etc. You will not want to do things that require a lot of bouncing around for 3-4 weeks.

Most of my runners start jogging around 17-21 days after surgery. The last thing that I let you do is chest exercises such as push-ups and bench presses and chin-ups etc. and you can do those 4-6 weeks after surgery. Just start easy for the first few days and don't try and make up for lost time.

## **What about post-op swelling?**

Everyone swells after a breast augmentation. I personally think there is less swelling after silicone implants than for saline implants. However, everyone does experience some breast swelling. The swelling is never even but rather the swelling makes your breast implants look too high. Also both breasts will not swell the same, so they will look different in the post op period. You need to allow at least 3 months for them to fully settle.

## **What about massaging the breast implants?**

There is no point in trying to start that before 7-10 days after surgery. Your breast will feel quite hard due to the swelling and you will achieve nothing trying to massage them too early. I will show you at your first post-op visit about massage.

## **When should I get my final appearance?**

In general, you want to allow 3 months to get your final shape. It can take longer if you have the vertical lift with a Breast Augmentation.

### **How long do I have to wear the sports bra?**

If you had a straightforward Breast Augmentation, I usually let you switch into a normal bra, after the first post-op visit. If you had a vertical breast lift with the BA, I will advise you on the first post op visit, but I usually have you wear a very supportive bra all the time (except of course in the shower) for about 6 weeks or longer.

### **What do I do after I take off the steri-strips?**

It is usually easiest to remove the steri-strips on day 10 in the shower. We sell BioCorneum, which I like to help with the scarring. You can start using it once the steri-strips come off. Sometimes, you can feel some of the suture knots or threads sticking out of the wound. This is nothing to be concerned about and they will dissolve. If they are bothering you, you or I can just cut the threads or knots. Don't worry, you won't come apart!

### **I am getting strange sensations in my Breasts?**

Many patients notice that as they are recovering from their BA, they will experience strange sensations, such as a mild burning or mild electrical shock feeling etc. They are very common and it is due to the nerves recovering from surgery. It will go away soon.

### **What if I have concerns in the post-op period that are not mentioned above?**

I am always happy to hear from my patients after surgery, if you have concerns. It is fastest to text me at 703-405-5668 or you can email with questions and send pictures of your concerns at [deberman08@gmail.com](mailto:deberman08@gmail.com). Of course, you can call the office during regular work hours.

## Coaching and BA

Back in 2013, I decided to add a major dimension to my career path by going back and training to be a Life Coach through CTI, the largest private training organization in the world. This took a year and it was very fascinating and exciting. I want to integrate what I learned from the coaching course with my plastic surgery practice, very deeply with a select few patients and then for the rest, I just wanted to get them thinking deeper about plastic surgery, coaching and their own lives.

For those select individuals, I would take you on as coaching client and have you explore in greater depth, how this surgery can be a transformative step in your lives and then work with you to make all aspects of your life, in greater alignment with your values and goals. This will entail additional charges and is completely optional, you do not have to do this. You also do not have to be a patient to take advantage of coaching since this can be done by phone or internet, you do not even have to live on this continent. If someone is interested in becoming a coaching client you can email me with any inquiries.

Every cosmetic procedure is ultimately about having your expectations met. This is why I spend a lot of time during my consults, making sure that your physical expectations of what the surgery can achieve are realistic. However, there is a dimension that is often ignored and that is making sure your personal/psychological goals are fully met. This can be multi-faceted and different for each person. The best way to explore what this means to you is to read through some of the questions that I offer below, to get you thinking about what you want changed in your life, as a result of the surgery. Of course, you want larger breasts or you would not be having a breast augmentation, but what changes in your life do you want to take place as a result of having this surgery?

- You have now decided on getting a BA, what is it that you want to achieve?
- It goes without saying that a BA has a strong sexual aspect to it. What statement are you trying to make?
- Are you looking for a more balanced look?
- Are you trying to look hotter and sexier?
- Are you just trying to get your two-piece clothing to be the same size because right now, your top is much smaller than your bottom half?
- What are you striving for?
- What has influenced you in deciding on the correct size and are you happy to have these influences on you?
- Ask yourself, what is influencing your decision to go that large or small?
- Are you trying to emulate a photo of a woman you saw that you thought looked great?
- Are you trying to appeal to an image that you think your partner may prefer?
- What response do you want your partner to have? If they don't have it, how will you react to it?
- Are you trying to get more attention with your surgery and if so, from whom?
- Are you afraid of getting attention from your surgery?

- Are you afraid everyone will notice? On the aside, this is a common concern. I will share with you that many of my patients are very worried that they will get asked about their recent BA when they return to work. You will be surprised how few people will actually notice. We think that the world notices everything about us, but in fact, most people are too busy obsessing about themselves, that they rarely notice much change in others.
- What is this procedure going to do for your self-confidence?
- How wills an increase in self-confidence manifest in your personal and professional life?
- How will this manifest your self esteem when nude?
- Are you going to be more open about your body after your surgery?

**What will this do for your wardrobe? How do you want it to change? What statement do you want your clothes to make about you now?**

I have had patients tell me that they don't want to be too big but what that means to each person is very different. For some women, it means a B cup and for others, not too big means a "small" D. I have also heard almost the opposite, in that they want to be very large and for some women, that can be a small C or a large D or more.

There is no correct answer, but it is important for you to know what you want and to be able to convey that to me, so that I can help you achieve your goals. I can tell you as an ethical plastic surgeon that I will not operate on someone if I don't feel that they are doing it for themselves. If I feel that they are being forced or compelled to do the surgery, then I will not do it. Of course, sometimes it can be hard to tell. If you are a single woman, what changes do you expect this to make in how you present yourself to men? (or women, depending on your choice of partners)

**A story from my work as a Plastic Surgeon:**

Years ago I had an Asian woman come to me for a BA. It became quite clear after talking with her that she was quite satisfied with her current breast size. After talking with her further, she confided in that her husband was currently having an affair with one of his secretaries, who had large breasts and was younger than her. I told her that I would not do a breast augmentation on her because she really did not want larger breasts. Rather, she wanted her husband back and having a BA was the mechanism to achieve this. I told her that no matter how good a result I gave her from the surgery, she would be unhappy with the surgery and with me. The BA would not achieve her goal, which was to get her husband back. She would be upset with the surgery and with me. This is one simple example of how important it is to look deeper at what your motivation is for the surgery. No matter how wonderful the result from the surgery, it is all about having your expectations met.

For those patients, who wish to explore this deeper, I do two phone calls per month, for about 45-60 minutes to explore their lives in a much deeper capacity. I offer a free coaching call, so that you can see how powerful it is and what it can do for you. After you sign on, I don't have long-term contracts. You simply pay in advance monthly. I feel that I don't want a long-term contract. I want you only to be paying me for as long as you find value in the coaching.