

Choosing the Right Breast Implants: A Guide to Your Options



One of the most important decisions you'll make when considering [breast augmentation](#) is choosing the right breast implants. With a wide range of options available, this decision can feel overwhelming. However, understanding the different types of implants, sizes, shapes, and materials will help guide you toward the best choice for your unique body and goals. This guide will cover the key factors to consider when selecting breast implants to ensure you feel confident in your decision.

Types of Breast Implants

There are two primary types of breast implants: saline and silicone implants. Each has distinct features that cater to different preferences and needs.

Saline Implants: These implants are filled with sterile salt water and are inserted empty before being filled to the desired size. Saline implants offer several benefits, including adjusting the size after placement, leading to a more customizable outcome. If a saline implant ruptures, the body naturally absorbs it, making it safer. However, some patients feel saline implants do not have the same natural feel as silicone implants and may be more prone to rippling.

Silicone Implants: Silicone implants are pre-filled with a cohesive silicone gel that mimics the feel of natural breast tissue. Many women prefer silicone implants due to their softer, more natural appearance and feel. In the rare rupture event, the silicone gel typically remains within the implant shell. Still, regular MRIs or ultrasounds may be required to monitor the implant's integrity over time.

Gummy Bear Implants: Also known as form-stable implants, gummy bear implants are a type of silicone implant that maintains its shape even if the shell breaks. These firmer implants often achieve a more natural, teardrop-shaped breast. The downside is that they require a larger incision for placement.

Each type of implant offers different advantages depending on your aesthetic goals, body type, and lifestyle. Consulting with a board-certified plastic surgeon will help you weigh the pros and cons of each type based on your personal needs.

Size and Projection

Choosing the right size and projection of your breast implants is another critical factor in achieving the look you want. Implant sizes are measured in cubic centimeters (cc), and the size you choose will determine the volume and fullness of your breasts. Remember that implant size is not the same as bra cup size, so working with your surgeon to understand how different sizes will appear on your body is crucial.

Projection refers to how far the implants project from the chest wall. There are typically four projection levels: low, moderate, high, and ultra-high. Higher projection implants offer more fullness at the top of the breast and are a good option for women seeking a more dramatic enhancement. In comparison, lower projection implants provide a more natural, subtle contour.

Shape and Profile

Breast implants come in two primary shapes: round and teardrop (anatomical). The shape you choose will affect the overall appearance of your breasts.

Round Implants are the most common shape and are typically chosen for women who want fuller, rounder-looking breasts. They are versatile and work well for most women, particularly those looking to enhance cleavage or achieve a more dramatic look.

Teardrop (Anatomical) Implants: These implants mimic the natural slope of the breast, with more volume at the bottom and a gradual taper toward the top. Teardrop implants are often chosen by women looking for a more subtle and natural enhancement. Because of their shape, they must be placed carefully to maintain the correct orientation.

The implant profile (low, moderate, high) also determines how the breast will appear from the side. A high-profile implant creates more projection and volume at the top of the breast, while a low-profile implant provides a flatter, more understated appearance.

Texture and Surface

Another consideration when choosing breast implants is the surface texture. Implants come in both smooth and textured varieties.

Smooth Implants: These implants move more freely within the breast pocket, creating a more natural movement. However, smooth implants may be more likely to shift over time.

Textured Implants: These implants have a rough surface designed to adhere more securely to the surrounding tissue, reducing the risk of movement. Textured implants are often used with teardrop-shaped implants to help maintain their position.

In recent years, textured implants have been linked to a rare form of cancer called Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL). While the risk is low, discussing this with your surgeon when considering textured implants is essential.

Fat Transfer as an Alternative

Fat transfer breast augmentation is an alternative to traditional implants for women seeking a more subtle enhancement. In this procedure, fat is liposuctioned from another body part, such as the abdomen or thighs, and injected into the breasts. This method provides a modest increase in size while offering a more natural feel. Fat transfer is ideal for women looking to avoid synthetic implants, but it may not be suitable for those desiring a significant increase in breast size.

Consulting with a Plastic Surgeon

Ultimately, the decision of which breast implants to choose depends on your personal preferences, anatomy, and desired outcome. Consulting with a board-certified plastic surgeon is crucial to understanding your options and making an informed choice. Your surgeon will assess your body type, lifestyle, and goals to help you select the implants that best achieve your desired results.

Choosing the right breast implants is a deeply personal decision that involves various factors, including type, size, shape, and surface texture. With the guidance of an experienced plastic surgeon, you can navigate these choices confidently, ensuring that your breast augmentation procedure results in the appearance and outcome you've envisioned. Whether you opt for saline, silicone, or fat transfer, the correct implant can enhance your appearance and self-esteem.