

## How Big Can You Go? Sizing Breast Implants

Choosing your breast implant size will be ultimately your decision; however, physical limitations and your plastic surgeon's opinion should not be taken lightly. There are many considerations you need to take into account before choosing breast implants. Which is right for me? Most women feel comfortable moving up one or two sizes if they have an A to B cup. Many surgeons offer gel-filled bra inserts in various sizes that you can use to help visualize your potential new physique. You may also make your own by filling small bags with sand and then placing them in your brassiere. Remember that these bra inserts can only give you an idea of how your new breasts will look underneath your clothes. Without the support of a bra, they will have more weight and also will hang differently than your natural breasts. How can my plastic surgeon help me choose the right one? Plastic surgeons, especially breast implant specialists, have seen every different body type and shape. A good, highly skilled cosmetic surgeon will have a keen aesthetic eye for which implant will best compliment your individual body. Balance is important. A petite woman may wish to go many cup sizes larger, when just one or two will have a great impact. Taller, broader women often are able to choose larger breast implants because their features will keep them more in proportion. If you disagree with your plastic surgeon, remember that he often has your best interest in mind. You'll also want to get multiple opinions with various plastic surgeons, and if they all are estimating similar implant sizes, it's a wise idea to trust them. How big can I go? We've all seen pictures of women with exaggerated breast implants, and while this is certainly possible in some cases, it isn't advised for the average woman. There are physical limitations as well as aesthetic ideals to consider when choosing breast implants. Women with narrow chests may find they can only increase by one cup size. Women with little pre-existing breast tissue will also not be able to choose an extremely larger breast size or else they increase risks such as capsular contracture and other complications. Don't put your health at jeopardy. Small changes in breast size can still make a dramatic impact without harming your body. You'll also want to think about how your new breasts will impact your normal activities, such as exercise or sports. What else do I need to know about breast implant sizing? It's often easier to enlarge the breasts with revision surgery than to reduce, and the second surgery is less painful with a shorter recovery period. The type of implant you choose, saline or silicone, will also affect the overall appearance of your breasts. You'll want to discuss with your plastic surgeon the difference in appearance between these two types of breast implants, as there is many different risk and aesthetic factors involved.

### About the Author

With [breast augmentation, Northwest Indiana](#) based surgeon enhances the breasts by adding fullness and improving its shape. Get curvier and more voluptuous look and improved body proportion. To know more, visit <http://www.ashpoleplasticsurgery.com>.

Source: <http://www.breast-implants-info.com>