

## Saline Implants - The Good and the Bad

For many years, saline breast implants were the only approved implant in the United States. This was great for the manufacturers but not so great for consumers - women had only one choice when it came to selecting a breast implant. Saline implants have various design styles. Some are pre-filled and not adjustable. Others can be inflated or deflated after they are inserted (and come pre-filled). And then there are those that are completely deflated when installed, and then filled with saline solution to the surgeon and patient's pre-determined size after they are in place. The variety of design styles makes saline implants extremely versatile when it comes to breast augmentation surgery. Because saline implants can be filled after they are inserted into position, they often require much smaller incisions than silicone gel implants. A smaller incision offers women more options when it comes to choosing a preferred incision type. Another benefit of smaller incisions is the decreased chance for scarring. Because saline implants are filled with a saltwater solution, and because they weren't forced to undergo a thorough, 14-year clinical trial by the FDA, they are typically 30% less expensive than silicone implants. One of the risks of breast augmentation surgery is when scar tissue forms around the breast implant, causing hardening of the breast and sometimes diminishing breast sensitivity. If this occurs, the only option is to remove the implant altogether. It is generally accepted that saline breast implants are less prone to this situation. The most notorious complaint from women who chose saline implants for their breast augmentation is this: they do not feel or move like a real breast! Because they are filled with saltwater mix, the fluid is very thin, making for a thin-feeling breast. Both men and women have complained that these types of breast implants do not mimic a real breast nearly as well as a silicone gel implant. On the positive side, saline implants are easier to replace if they rupture or deflate. And, if they do rupture and leak saline into your body, the saline solution is harmless to your health and will be purged out of your body in a short period of time. You'll also spot a deflated saline implant rather quickly - usually within 48 hours your breast implant will have deflated considerably and you will need to contact your surgeon and schedule an appointment to discuss corrective options. The FDA recommends that women who have silicone gel implants get checked via MRI every two years to see if their implants have ruptured. This recommendation is not the same for saline implants. Would you like to learn more about saline implants? You will need to contact a local plastic surgeon in your area to find out more information. Only a licensed, board certified surgeon can give you health-related advice. The intention of this article is not to provide medical advice or recommendations of any sort. If you have questions about plastic surgery procedures, you will need to schedule a consultation with a board certified surgeon in your area. Good luck!

## About the Author

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