

Advantages of Submuscular Implants

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When considering breast augmentation, much attention is paid to the size of the implants and what you'd like your breasts to look like after the procedure is completed. Equally important, though, is where and how the implants are placed, and the long-term effects of this choice. There are basically two choices when it comes to implant placement: subglandular and submuscular. Subglandular implants are placed beneath the breast tissue, but above the chest muscle. Submuscular implants are placed beneath the chest, or pectoral, muscle. Implants can also be placed partially under the chest muscle. While subglandular implants are recommended in some circumstances, there are several advantages to submuscular implants. Among these are:

- Lower incidence of capsular contracture

- Less chance of rippling

- Your implant is less visible

- Less interference with future mammograms

- More natural appearance and feel to the breast

- Can provide better results for women with small breasts

Capsular contracture occurs occasionally as a complication of breast implants. When an implant is placed, the body naturally forms a pocket of scar tissue, referred to as a "capsule", around it. Capsular contracture occurs when this scar tissue tightens abnormally around the implant. It can create a hard, unnatural look to the breast, and can also be quite painful. In order to correct capsular contracture, the breast implant and the capsule must be removed, then the implant is replaced. While capsular contracture can occur with submuscular implants, it's much less likely than with subglandular placement. Submuscular placement also allows most, if not all, of the implant to be covered. This reduces the likelihood of a hard-edged, artificial look to your breasts, and also gives it a more natural feel. Rippling is also much less likely with a submuscular implant. In addition, because the implant is beneath the muscle, it won't interfere as much with mammography. In a mammogram, pictures are taken of the glandular tissue of the breast. In subglandular placement, the implant is just beneath this tissue, and so can interfere with accurate imagery. With the implant under the muscle, the breast tissue is much more readily visible. The placement of breast implants is an important decision, one best made between you and your plastic surgeon. If you're considering breast augmentation, be sure to discuss the options with your doctor to be sure you make the best decision for your body type and the results you wish to achieve from your implants.

About the Author

Please visit the website of [Dr. Matt Chhatre, Missouri cosmetic surgeon at Summit Plastic Surgery and Med Spa](#), for more information on breast augmentation procedures in the Kansas City and Lee's Summit, Missouri area.

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