

Options, Options

Saline versus Silicone

Cosmetic breast enhancement procedures can be a great option for women looking to achieve a new shape and refresh their self-confidence. And once the choice is made to embark on the journey of cosmetic surgery, there has never been more options for women to choose from. Breast implants can essentially be custom designed to suit every need and body type. Differences in individual body size, breast shape and tissue characteristics can be reflected in the texture, volume and projection of the implant. Breast surgery is not always used simply to increase breast size, but often is a valuable tool for women to correct breast asymmetries, deflation and tuberous breasts.

One of the most important decisions made by women considering breast augmentation is the choice between silicone and saline filled breast implants. While both saline and silicone has been approved by Health Canada, they each have distinct features.

Silicone implants used for breast augmentation consist of a silicone rubber shell filled with a non-toxic silicone gel to the desired size. Silicone gel implants also vary in terms of cohesivity and can range from very soft to firm. Generally, more cohesivity means that the implant is more subtle and smooth. When it comes to personalizing the implant to each individual, a certified plastic surgeon will assist patients in parsing through the varieties of implant shell types, thicknesses, shapes, volumes and tones to determine the best fit. The benefit of silicon implants is that it can often look and feel very similar to natural breast tissue. However, silicone breast implants cannot be adjusted once the implant is in place.

Saline implants consist of an outside shell made of silicone but the implant filler is a salt water solution. Saline implants may also be customized in a similar fashion to the silicone implant based on many factors such as shape, volume and texture. However, saline implants have been criticized for having a less than natural feel and for being often associated with palpable - and sometimes visible- rippling.

Women considering breast augmentation surgery need to spend time and effort to educate themselves about their options. A qualified plastic surgeon will help prospective patients in weighing those options carefully

Dr. Marc DuPéré MD, CM, FRCSC, is a certified plastic surgeon and a member of both the Canadian Society of Plastic Surgery and the American Society of Aesthetic Plastic Surgery. Dr. DuPéré specializes in breast augmentation, tummy tucks, liposuction, calf, pectoral and buttock implants, facial surgery and more. Prospective patients can book a consultation with Dr. DuPéré at the Age-Less Clinic located at 13311 Yonge Street, Suite 114 in North Richmond Hill.

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