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Ask a Surgeon Administration

Question

How old do you have to be to get breast implants?

I'm 18 years old and really want to get breast implants. I've read online that you have to be at least 18 years old before you can get breast implant surgery but I wanted a for sure answer.

Posted in *Breast Augmentation* by [lovnlife007@yahoo.com](#) on **January 7, 2014**

Your Answer

Hello

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nbsp;

For cosmetic reasons we recommend 20 years old as a minimum age. However in case of severe hypotrophy in breast with too little development of breast tissue and in case of abnormality with different volume, so called asymmetry, the surgery can be done before that age. In younger age under 18 years old the surgery is very rare and should be done only with consent of parents. Start with consulting a board certified plastic surgeon to evaluate the possibilities in your case and the timing of the procedure.

Good luck

Posted on **May 17, 2014**

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Question

How long before surgery should I begin consultation visits?

I am looking to get breast implants how long before surgery should I begin consultation visits?

Posted in *Breast Augmentation* by Beth_yamen@yahoo.com on November 17, 2013

Your Answer

There is no rule for how long time in advance you should start consultation. However the processes of doing surgery start long time before coming to consultation. You should be able to specify what you really want to do before booking. Of course the search for a board certified plastic surgeon who you feel confident to is very important. We recommend at least 2 weeks cooling period (thinking time) from consultation to operation.

Good luck

Posted on May 8, 2014

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Question

Is an overnight stay recommended for a tummy tuck procedure?

I see that some doctors have patients spend the night after surgery and others send them home several hours after. Which should I be asking for? If the surgery is uneventful should I look for an overnight stay or discharge home?

Posted in *Tummy Tuck* by ljhays@comcast.net on September 10, 2013

Your Answer

It is a really much about communication and information of patients and health personal it's fully feasible and even beneficiary for the patients to be home after a tummy tuck operation, some of the advantage is that patient would be in her surrounding and environment, also one even more important factor is the mobilization of the patients with would be naturally in this case which diminish the risk for lung embolus and deep venous thromboses dramatically. We discharge our tummy tuck patients, who get deep sedation with TIVA and local Anesthesia, about 2 hours after the procedure after the approval of anesthesia personals. We keep our operation time to maximum 3 hours. This of course should be applied only to healthy patients without any complicating diseases and an adult should be close to the patients during minimum 24 hours following the procedure. Patients can take pain killer with them, also drains and should come to first check one day after the operation, they should be in an aria not more than one hour drive from the clinic and have a Mobil contact Nr always available to contact if needed. Last thing is also this will be more rewarding economically for patients and even doctors.

Any way take a serious discussion about this with your board certified plastic surgeon to agree about the post operative stay.

Good luck.

Dr Amin Kalaaji, MD, PhD

Oslo, Norway

Posted on September 14, 2013

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Question

Can I inject my fat into my breasts if I already have implants, but they're little?

I'd like have liposuction and I have this question, is it possible to inject a little of fat in my breasts because my implants are little?

Posted in *Fat Injection* by vale_bha@hotmail.com on September 8, 2013

Your Answer

Fat grafting to the breast with already inserted implant can be beneficial provided that the indication is determined and discussed before the procedure. It could be advantageous to correct some asymmetries, rippling and augment the volume. It will however not be a substitute to correct severe ptosis of the breast or for capsular contracture removal. However fat graft could improve the results in conjunction with removal of contracture and mastopexi. You should be of course eligible to perform fat graft. Consult a board certified plastic surgeon who has experience with fat grafting to breast to discuss this.

Good luck.

Amin Kalaaji, MD, PhD

Oslo, Norway

Posted on September 14, 2013

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Question

Is it true a breast lift cannot be done after breast augmentation because of possible necrosis?

I went to have a removal and replacement of my 10 year old implants, and I went about 200cc's smaller as my breasts were getting heavy and sagging from the weight. When I was talking with my plastic surgeon pre-operatively, I asked if it was possible to lift my breasts, and he immediately said "No, that cannot be done, you'd be cutting off blood flow to the nipples and would end up with necrosis"... I was very disappointed, and I am wondering now if I should have talked to a different Plastic Surgeon.

Posted in *Breast Lift* by ibkmj@aol.com on June 25, 2013

Your Answer

hi Kristien, there should not be a problem to convert an augmentation to a mastopexy alone or combined with new implant, the most common mastopexy method need a good circulation from above the areola area which is normally not affected by an augmentation procedure. anyhow precaution must be taken if the distance of the areola to be lifted too long and the quality of the skin glandular tissue envelop should be satisfactory before the lifting. to determine these two factors a consultation to a plastic surgeon is advised.

good luck.

amin kalaaji oslo norway

Posted on June 27, 2013

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