Breast Implants? Why Understanding Emotions Is Important

By Dr. David Janssen, Board-Certified Plastic Surgeon

Why do women get breast implants? While each situation is unique and highly personal, I have found in my twenty years of practice that women rarely get breast augmentation to please men.

The emotions surrounding breast size are not about vanity or attracting others. For small-breasted women, it is about not having to buy mismatched sizes of tops and bottoms. It can be about looking better in dresses which are sized for average breast sizes. It is even about getting rid of the imprinting that starts in middle school. As a husband and father of a daughter, I am acutely aware of the comparisons made during adolescence. A slow developing teenager is a member of the "Itty Bitty Titty Club". A small breasted woman is a "Carpenter's Dream" because she is as flat as a board or a "Pirates Treasure" due to a sunken chest. These "harmless" references to breast size leave emotional scars that women want to overcome.

In addition, some women, who have had children, also have strong emotions about breast size. The feelings of not being feminine, adequate, or normal are common complaints of women who are honest with themselves. These women get breast implants to feel more confident.

The American Society of Plastic Surgeons (ASPS) research also supports what we have experienced with breast augmentation patients at our practice. The most common reason cited by women is that breast augmentation can make them feel better about the size and shape of their breasts.

Studies show that few women select augmentation to please others such as their spouses or significant others.

Before women come in for a consultation in our office, they have spent considerable time doing research and viewing the videos on our website. They know that they want breast implants and have wanted them for a long time, but they are unable to clearly state to others why they want them. Patients sometimes are apologetic for feeling negatively about themselves. They say that this is purely a vanity operation. This is a difficult concept to understand for women of adequate breast size, but not for plastic surgeons who listen to their patients.

The differences in personality between patients before and after breast augmentation leave many women to state, "This was the best thing I ever did for myself". The change of clothing worn, the confidence of adequacy, and the countenance of contentment makes this one of the most gratifying operations for a plastic surgery practice to experience with a patient.

Most women have told us that the hardest part of getting the procedure performed was picking up the phone to make the appointment. After that, it was easy. We suggest that you do the research.

Have an idea of what you want to look like. And then call around for a practice that listens to your concerns and addresses your issues. As for size, you want people to guess if you have implants, and not to know that you have them! That is our philosophy at our practice, which is why we take the time and energy necessary to achieve a natural look for each patient. Every woman deserves to look the way she wants.

Dr. David Janssen is a board-certified plastic surgeon with Fox Valley Plastic Surgery, based in Oshkosh. The practice, co-owned by Dr. David Janssen and Dr. William Doubek, offers facial aesthetics, breast surgery, body contouring, Coolsculpting™, advanced laser services, vein care, medical weight loss and MediSpa services. Since 1993, Fox Valley Plastic Surgery has been dedicated to patient education and care. Your opportunity to view hours of custom-produced videos and many procedural photos is available at www.fvpsurgery.com