



AMERICAN SOCIETY OF
PLASTIC SURGEONS®

Breast Augmentation Patients Report High Satisfaction Rates, Says Study in *Plastic and Reconstructive Surgery*

New Evidence on What Women Can Expect after Breast Augmentation Surgery

Arlington Heights, Ill. (May 1, 2013) – Ninety-eight percent of women undergoing breast augmentation surgery say the results met or exceeded their expectations, according to a prospective outcome study published in the May issue of [Plastic and Reconstructive Surgery®](#), the official medical journal of the [American Society of Plastic Surgeons \(ASPS\)](#).

Women also report improvements in self-esteem and quality of life after [breast augmentation](#), according to the study by ASPS Member Surgeon Dr. Eric Swanson, a plastic surgeon in private practice in Leawood, Kan. The study adds high-quality information regarding expected outcomes after breast augmentation—including recovery time and psychological benefits.

98 Percent of Women Satisfied with Breast Augmentation Results

The survey study evaluated 225 consecutive women who returned for interviews at least one month after breast augmentation over a five-year period. Interviews included questions about the recovery, results, complications and psychological effects.

The average patient age was 34 years old, and the majority of women received saline-filled breast implants placed under the muscle. The average implant volume was 390 cc.

On a 10-point scale, the women reported an average pain score during recovery of 5.9. On average, they used prescription pain medication for five days and were off work seven days. Patients felt they were "back to normal" about 25 days after surgery.

Eighty-five percent of women rated their new breast size "just right." Thirteen percent would have preferred a larger size and less than two percent a smaller size. Only one percent expressed dissatisfaction with their scars, which were usually located in the crease under the breast. Seventy-five percent of women rated their breast firmness "just right." When asked to rate the result, over half of the patients gave it a perfect 10 on a scale of 1 to 10. Almost all patients (98 percent) reported that the results met or exceeded their expectations.

Increased Self-Esteem and Other Psychological Benefits

Nearly 40 percent of the women surveyed experienced at least temporary nipple numbness after surgery. Persistent numbness was reported by only two percent. The complication rate reported by patients was 10 percent. When asked about psychological effects, 92 percent of women reported improved self-esteem after breast augmentation and 64 percent reported an improved quality of life. Before surgery, the majority of women (86 percent) were self-conscious about their breasts. After surgery, only 13 percent were self-conscious about them.

Breast augmentation is the most popular cosmetic surgery procedure in the United States—approximately 286,000 operations were performed in 2012, according to [ASPS statistics](#). The study results provide new information for women considering breast augmentation, particularly in terms of their expectations of the recovery and results. "This study is valuable in providing information from the patient's perspective, not the surgeon's," Dr. Swanson writes. "Patient satisfaction is the most important measure of surgical success."

[Plastic and Reconstructive Surgery®](#) is published by Lippincott Williams & Wilkins, part of [Wolters Kluwer Health](#).

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For more than 60 years, *Plastic and Reconstructive Surgery®* (<http://journals.lww.com/plasreconsurg/>) has been the one consistently excellent reference for every specialist who uses plastic surgery techniques or works in conjunction with a plastic surgeon. The official journal of the American Society of Plastic Surgeons, *Plastic and Reconstructive Surgery®* brings subscribers up-to-the-minute reports on the latest techniques and follow-up for all areas of plastic and reconstructive surgery, including breast reconstruction, experimental studies, maxillofacial reconstruction, hand and microsurgery, burn repair, and cosmetic surgery, as well as news on medico-legal issues.

About ASPS

The American Society of Plastic Surgeons (ASPS) is the world's largest organization of board-certified plastic surgeons. Representing more than 7,000 Member Surgeons, the Society is recognized as a leading authority and information source on aesthetic and reconstructive plastic surgery. ASPS comprises more than 94 percent of all board-certified plastic surgeons in the United States. Founded in 1931, the Society represents physicians certified by The American Board of Plastic Surgery or The Royal College of Physicians and Surgeons of Canada. ASPS advances quality care to plastic surgery patients by encouraging high standards of training, ethics, physician practice and research in plastic surgery. You can learn more and visit the American Society of Plastic Surgeons at PlasticSurgery.org or Facebook.com/PlasticSurgeryASPS and Twitter.com/ASPS_news.