



AMERICAN SOCIETY OF
PLASTIC SURGEONS*

Breastfeeding Does Not Cause Sagging Breasts in Augmentation Patients, ASPS Study Finds

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ARLINGTON HEIGHTS, Ill. – Women are often concerned about the effect breastfeeding could have on the appearance of their breasts, especially after they have invested in breast augmentation. But a new study being presented at [Plastic Surgery The Meeting](#), the annual scientific meeting of the [American Society of Plastic Surgeons](#) (ASPS), Oct. 11-15, in San Diego, found that breastfeeding does not worsen or cause breasts to sag in women with breast implants.

"Breast sagging, often experienced after childbirth, results from changes brought about by the pregnancy itself, not breastfeeding," said Norma Cruz, MD, ASPS member surgeon and study author. "Breastfeeding does not appear to further cause breasts to sag in women who've had breast augmentation."

The study evaluated the changes in breast measurements resulting from pregnancy in women who had breast augmentation and breastfed (57 patients) and those who did not breastfeed (62 patients). Measurements were taken before pregnancy and one year after pregnancy or one year after completing breastfeeding.

Changes in breast measurements and the degree of sagging were not significantly different in breast augmentation patients who breastfed and those who did not. Overall, breast measurements and the severity of sagging did increase in patients, but were attributed to changes that occurred due to pregnancy only.

"A similar study in women without breast implants found that breastfeeding was not a significant risk factor for breast sagging," said Dr. Cruz. "Since breastfeeding improves both a mother and child's overall health, patient education on this issue is of importance."

According to [WomensHealth.gov](#), a project of the U.S. Department of Health and Human Services Office on Women's Health, breastfeeding is linked to a lower risk of type two diabetes, breast cancer, ovarian cancer and post-partum depression in women. In newborns, breastfeeding helps build their immune systems, fight diseases and build a stronger connection between mother and child.

The study, "The Effect of Breastfeeding on Breast Ptosis Following Augmentation Mammoplasty," is being presented in electronic format, Oct. 12-14, at the San Diego Convention Center.

Reporters can [register](#) to attend Plastic Surgery The Meeting, or arrange interviews with presenters, by contacting ASPS Public Relations at (847) 228-9900, media@plasticsurgery.org or in San Diego, Oct. 11-15, at (619) 525-6330.

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.

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