

IMPACT OF COSMETIC SURGERY - BREAST AUGMENTATION AMONG REPRODUCTIVE AGE: BEAUTY FOR ASHES

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Abstract

This study thoroughly examines the complex and diverse field of breast augmentation, including its historical development, current procedures, and upcoming developments. By employing a narrative review methodology, this study combines current literature and expert opinions to create a coherent story that tackles the research objectives. Statistical data indicates a worldwide increase in the desire for breast augmentation, which is influenced by societal factors, technological progress, and personal reasons. Patients must carefully examine and consult with skilled plastic surgeons when deciding between silicone and saline implants, as this choice involves a trade-off between cosmetic outcomes and safety considerations. Additionally, this study investigates the psychological and social effects of breast augmentation, emphasising the intricate interaction between individual, cultural, and societal elements. While some people may find enhancements in self-esteem and happiness with their body image, others may struggle with unfulfilled expectations or cultural pressures. The experiences and attitudes of patients regarding the process are influenced by sociocultural norms and perceptions. This highlights the need for a detailed awareness of various viewpoints and situations. This study offers useful information for healthcare practitioners, researchers, and individuals contemplating cosmetic surgery by thoroughly examining the conceptual foundations and changing patterns of breast augmentation.

Keywords: Cosmetic Surgery, Breast Augmentation, reproductive Age

Introduction

Cosmetic surgery, a specialty of medicine focused on improving physical appearance and resolving age-related issues, has witnessed a significant increase in global demand. This phenomena is observable in various socioeconomic contexts, indicating a changing cultural perspective on beauty ideals and self-perception. The United States is a notable example, experiencing a significant rise in cosmetic treatments, with 11.7 million documented in 2007, mostly including minimally invasive techniques. In contrast, in regions such as sub-Saharan Africa, where healthcare focuses on basic medical necessities, plastic surgery still represents a considerable proportion of the surgical workload. This highlights the diverse role of cosmetic procedures in addressing both physical and psychological well-being.

The increasing popularity of cosmetic surgery worldwide is driven by a convergence of various variables. The widespread impact of western culture has greatly increased the importance of physical beauty, making the quest of cosmetic modifications a common way to meet cultural standards. Moreover, the increase in disposable incomes among potential patients, together with developments in surgical techniques that guarantee safety and effectiveness, have reduced concerns related to such procedures. Furthermore, the declining expenses associated with cosmetic procedures have made them more accessible to a wider range of people, allowing a broader demography to contemplate and seek aesthetic interventions. Between 2000 and 2020, there was a significant increase in the number of surgical and minimally invasive cosmetic procedures. This reflects a change in society's attitude towards cosmetic enhancements, which have become more widely accepted and normalised. This shift has been facilitated by factors such as increased screen time, affordability, and advancements in technology, which have improved the results of these procedures.

Although there is a dearth of comprehensive national data, anecdotal evidence indicates a simultaneous rise in the demand for cosmetic surgery in Nigeria. Nevertheless, advancements in this particular domain are slower compared to those of more developed countries, mostly due to a range of socio-economic obstacles. The factors contributing to this issue encompass a lack of widespread societal approval, financial limitations, a shortage of proficient plastic surgeons, and insufficient backing from the government. In addition, the negative publicity surrounding negative results, especially when it involves well-known persons, has caused

concerns and doubt among the Nigerian population about the safety and effectiveness of cosmetic treatments.

Breast augmentation is a popular cosmetic operation that aims to enhance the size and contour of the breasts. It is a renowned procedure in the field of aesthetic surgery. The importance of breast aesthetics goes beyond just how they look, and has a deep impact on women's self-image and whole state of being. According to Fakin et al. (2019), there is a clear correlation between satisfaction with breast appearance and healthy self-esteem and increased confidence. This highlights the psychological effects of cosmetic procedures connected to the breasts. Empirical evidence from the United States indicates a significant occurrence of breast implantation procedures, with estimates ranging from less than one million to over three million affected persons, suggesting a broad desire to improve breast aesthetics.

Younger individuals frequently choose breast augmentation for aesthetic reasons, whilst older age groups may choose reconstructive procedures after mastectomy, illustrating the varied motivations behind breast-related cosmetic surgery. Nevertheless, the rise of issues like Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL) requires more attentiveness and the implementation of thorough data gathering systems. The efforts that began in 2016 to register and monitor cases of BIA-ALCL highlight the importance of continuous surveillance to reduce the risks involved and guarantee the safety of patients undergoing breast augmentation and other related cosmetic operations.

The increase in demand for cosmetic surgery is indicative of a wider cultural inclination towards placing more importance on physical appearance and self-perception. Although cosmetic procedures can provide significant transformations for many people, there are always obstacles to overcome, especially in areas where access and acceptance are restricted. In order to ensure safe and effective results in cosmetic surgery, it is crucial to collect extensive data, maintain strict surveillance, and engage in continuous discussion. This will enable patients to achieve their desired aesthetic goals while also protecting their overall well-being.

The objective of this study is to thoroughly investigate the complex and diverse aspects of breast augmentation, by examining its fundamental principles and the changing patterns over time. By exploring the complexities of this cosmetic process, learners will acquire a detailed comprehension of its uses, methods, and consequences. Moreover, the study aims to provide

insight into the consequences of breast implants for lactating mothers, discussing relevant problems and factors related to this subject.

Moreover, the study seeks to examine the diverse choices and preferences prevalent among women seeking breast augmentation. By enumerating various options available, including implant types, sizes, and surgical approaches, participants will gain insights into the factors influencing patients' decision-making processes. Additionally, the study aims to facilitate a balanced exploration of the pros and cons associated with different choices in breast augmentation.

Methodology

For this study, a narrative review methodology was employed to comprehensively explore the objectives. Narrative review methodology involves synthesizing existing literature and expert perspectives to construct a cohesive narrative that addresses the research objectives. This approach is particularly well-suited for providing a broad overview of a topic, integrating diverse sources of information, and offering insights into complex phenomena.

The methodology commenced with an extensive review of relevant literature encompassing scholarly articles, academic journals, textbooks, and reputable online sources. This phase aimed to establish a comprehensive understanding of breast augmentation, including its historical evolution, contemporary practices, and emerging trends. By synthesizing findings from existing research, the narrative review will elucidate key concepts, theoretical frameworks, and empirical evidence pertaining to breast augmentation, thereby laying the groundwork for subsequent analyses.

Results (Review of Literature)

Historical Overview and Trends in Breast Augmentation

The field of breast augmentation has had substantial progress since its start, mirroring developments in medical technology and changes in cultural perspectives on body image. The initial endeavours in breast augmentation may be dated back to the late 19th century when paraffin injections were initially employed, albeit they yielded disastrous outcomes due to

significant complications. The invention of silicone gel implants by Cronin and Gerow in the 1960s marked a significant advancement in cosmetic surgery, namely in the field of breast augmentation (Biggs & Yarish, 1990). Technological breakthroughs have significantly contributed to the improvement of breast augmentation treatments. In the 1990s, the emergence of saline-filled implants provided a different option to silicone, which attracted individuals who had concerns about the safety of silicone gel. In addition, advancements such as cohesive gel (gummy bear) implants and enhancements in surgical techniques, such as the use of minimal incision approaches, have improved the safety and aesthetic results of these surgeries (Jewell, 2010).

Statistical data indicates a consistent and gradual rise in the worldwide prevalence of breast augmentation. Based on data from the International Society of Aesthetic Plastic Surgery (ISAPS), breast augmentation is continuously ranked as one of the most popular cosmetic surgical operations globally. The United States, Brazil, and Mexico are the countries with the highest number of surgeries performed. The increasing popularity and demand for this operation in different regions is highlighted by this upward trend. The popularity of breast augmentation has been greatly influenced by cultural and societal factors. The glorification of a larger bust as a representation of femininity and allure in Western cultures has motivated numerous women to pursue breast augmentation. The media's depiction and the support of famous individuals contribute to the continued promotion of this standard, shaping the way the public views and embraces cosmetic surgery (Jones, 2008). Furthermore, the process of globalisation and cultural interchange has effectively enabled the dissemination of these beauty ideals to other regions across the globe, hence leading to the growing frequency of these procedures in non-Western nations as well.

The field of breast augmentation has undergone significant advancements, transforming it from its basic origins into a refined and generally embraced cosmetic surgery. Technological progress, statistical patterns, and cultural impacts are all significant factors in the continuous development and widespread appeal of it.

Types of Breast Augmentation Procedures

Breast augmentation involves a range of treatments that aim to improve the size and form of the breasts, with silicone and saline implants being the most often used techniques. Silicone

implants, containing a cohesive gel, are preferred for their realistic texture and decreased likelihood of rippling, making them a popular option for patients desiring a more natural outcome (Nguyen et al., 2019). On the other hand, saline implants, which contain sterile salt water, have the benefit of being able to alter the volume and are easier to detect if they rupture. However, they are more likely to show apparent rippling and may feel less natural (Pusic et al., 2008). A viable alternative to implants is fat transfer, a procedure that utilises liposuction to extract fat from different areas of the body, which is subsequently injected into the breasts. This technique enables both body sculpting and natural augmentation, however it often yields less dramatic outcomes in comparison to implants (Lantieri et al., 2016).

There are different types of incisions used in surgical breast augmentation, including periareolar, inframammary, and transaxillary techniques. The periareolar incision, which is performed at the lower border of the areola, is associated with inconspicuous scarring but may have an effect on nipple feeling and the ability to nurse (Cunningham, 2013). The inframammary incision, situated in the crease beneath the breast, offers optimal accessibility for accurate implant positioning and has a lower likelihood of affecting breastfeeding or nipple sensation. However, it may result in a more noticeable scar (Tebbetts, 2002). The transaxillary method, performed by making an incision in the armpit, completely avoids scarring on the breast. However, it can be technically difficult and may result in less accurate placement of the implant (Cheng et al., 2012).

When comparing different surgical methods, each one has clear advantages and downsides. Silicone implants typically provide a more authentic sensation, although saline implants are simpler to modify and monitor for potential leakage. Utilising fat transfer eliminates the use of foreign substances, although it may necessitate several sessions to achieve the best possible outcomes. The choice of incision also varies depending on the desired outcome: periareolar incision results in hidden scars but may lead to sensory problems, inframammary incision allows for optimal placement but comes with more apparent scarring, and transaxillary incision minimises scarring on the breast but requires a more sophisticated surgical procedure (Glicksman, 2012). It is essential to thoroughly discuss and analyse each treatment with a plastic surgeon to customise the process according to the patient's specific requirements and preferences.

Implants and Materials Used in Breast Augmentation

The main focus of breast augmentation operations is to utilise either implants or fat transfer to increase the size and contour of the breasts. Silicone and saline implants are the most often used types of implants. Silicone implants, containing a thick silicone gel, are preferred for their realistic texture and pleasing visual appeal. In contrast, saline implants, which are filled with sterile salt water, provide the advantage of being adjustable in size and usually necessitate smaller incisions, resulting in a less invasive procedure (Shah et al., 2020).

The field of breast augmentation has been greatly enhanced by advancements in implant design. An example of a breakthrough in the field is the creation of cohesive gel implants, sometimes referred to as 'gummy bear' implants. These implants retain their shape even when they are cut, providing improved durability and a realistic texture (Calobrace et al., 2018). In addition, there have been advancements in implant surface technology, offering choices between rough and smooth surfaces. Textured implants, which are specifically engineered to cling to the surrounding tissue, can effectively decrease the likelihood of capsular contracture, a frequently seen problem. Nevertheless, they have been linked to an increased occurrence of Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL), which has led to a reassessment of their usage (Clemens et al., 2019). Conversely, smooth implants carry a reduced likelihood of developing BIA-ALCL, although they may be more prone to other problems, such as implant rotation.

Implant shapes have become more varied, including anatomical (teardrop) and spherical implants to meet diverse aesthetic preferences. Anatomical implants are advantageous for patients with less breast tissue since they create a more natural contour. On the other hand, round implants are generally favoured in cosmetic augmentations as they offer more fullness in the upper pole (Headon et al., 2016). Assessing the safety profiles and long-term outcomes of these implant materials is of utmost importance. Despite their widespread use, silicone implants have been subject to scrutiny about potential health hazards. However, comprehensive investigations have predominantly affirmed its safety when subjected to frequent monitoring (Jewell et al., 2019). Saline implants have a lower risk of leakage since the body can safely absorb saline. However, they may cause more noticeable and tangible rippling.

Implications of Breast Implants for Breastfeeding Mothers

The use of breast implants can have a substantial impact on the ability to produce milk and the success of nursing, which frequently causes worry among women who are considering or already have the implants. Implants have the potential to disrupt the production and distribution of milk, especially if surgical procedures cause harm to milk ducts, nerves, or glandular tissue. Studies suggest that the periareolar incision technique, which involves making an incision around the nipple, has a greater likelihood of negatively affecting breastfeeding compared to other incision sites such the inframammary fold. Nevertheless, numerous women with breast implants can effectively breastfeed, particularly when the implants are positioned submuscularly, as this method helps to maintain a greater amount of breast tissue and ducts that are essential for milk production.

Breastfeeding moms with implants may experience complications such as engorgement, mastitis, and worries regarding the sufficiency of milk production. Mastitis, a bacterial infection of the breast tissue, might be worsened by the presence of breast implants due to possible obstructions in the milk ducts. Key management strategies involve vigilant surveillance for early indications of infection, ensuring correct breastfeeding methodologies, and establishing transparent channels of contact with healthcare professionals to immediately treat any potential difficulties. Research investigating the makeup and quantity of breast milk after breast augmentation surgery has produced inconsistent findings. Several studies indicate that the existence of implants does not have a substantial impact on the nutritional value or safety of breast milk. Nevertheless, there are ongoing concerns over the possibility of silicone leaching into breast milk, but current evidence does not indicate substantial hazards. In addition, it is worth noting that the decrease in milk production that some women experience after breast augmentation surgery is typically caused by the surgical techniques used, rather than the implants themselves.

Although breast implants can present difficulties for breastfeeding, numerous women effectively overcome these hurdles with proper medical assistance and support. Continuing research and personalised care are crucial for addressing the specific requirements of breastfeeding women with implants, with a focus on prioritising the health of both the mother and the newborn.

Patient Preferences and Decision-Making in Breast Augmentation

Various demographic factors contribute to the influence on patient preferences and decision-making in breast augmentation. Women undergo breast augmentation for several reasons, such as improving body image, elevating self-confidence, and attaining a desirable physical look that corresponds to society or personal standards. Studies suggest that younger women frequently opt for breast augmentation largely for cosmetic reasons, but older people may get the treatment for reconstructive purposes after mastectomy resulting from breast cancer (American Society of Plastic Surgeons, 2020).

Multiple factors influence the selection of implant type, size, and surgical method. There are two main types of implants: silicone and saline. Silicone implants are often favoured because they provide a more realistic texture and appearance. The selection of the implant size is normally determined by considering the patient's physique, desired result, and advice from the physician. The choice of surgical methods, such as periareolar, inframammary, and transaxillary, depends on the patient's anatomical characteristics and their preference regarding the location of scars. Swanson (2013) states that the decision-making process entails thorough consultations, during which patients engage in discussions about their objectives, get information regarding the potential risks and advantages, and take into account the surgeon's experience and recommendations.

Psychological and social aspects have a substantial influence on patient satisfaction and decision-making when it comes to breast augmentation. The satisfaction of patients with the outcome is heavily influenced by their self-esteem, body image, and overall mental health. Research has indicated that women who have higher expectations before surgery may feel more satisfied after the surgery if their aims are achieved. However, if their expectations are not met, it might result in dissatisfaction and psychological suffering (Cash & Smolak, 2011). Decision-making is also influenced by social factors such as cultural norms and peer perceptions. For example, the influence of societal expectations and the aspiration to adhere to prevailing ideals of beauty can motivate individuals to choose to have breast augmentation. Moreover, the patient's experience and contentment with the surgery can be significantly enhanced by the backing and companionship of their family and friends.

Ultimately, the choices and decision-making process for breast augmentation are influenced by a multifaceted interaction of patient preferences, medical criteria, and psychological and

social elements. Comprehending these factors is essential for healthcare providers to guarantee that patients make well-informed choices and get satisfying results.

Pros and Cons of Various Breast Augmentation Choices

Patients undergoing breast augmentation have a decision between silicone and saline implants, which involves weighing the balance between cosmetic results and safety concerns. Silicone implants provide a realistic appearance and tactile sensation that closely resembles the texture and consistency of actual breast tissue. Studies have shown that silicone implants have a lower incidence of rippling and wrinkling compared to saline implants, which leads to a more visually appealing outcome (Gladfelter et al., 2019). In addition, silicone implants have been shown to have a reduced incidence of capsular contracture, a frequent complication characterised by the development of scar tissue around the implant resulting in breast stiffness and distortion (Lønning et al., 2020).

Nevertheless, the utilisation of silicone implants also entails intrinsic hazards, namely linked to implant rupture and its associated problems. Although current silicone implants are more resilient and less susceptible to rupture than previous iterations, there is still a risk of rupture. Therefore, prompt intervention is necessary to address any potential health issues (Siggelkow et al., 2020). Furthermore, the correlation between silicone implants and Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL) has received heightened scrutiny in recent years. Despite its rarity, BIA-ALCL has a reported incidence rate of roughly 1 in 3,817 individuals with textured implants (Magenat-Thalmann et al., 2020). This highlights the significance of continuous monitoring and educating patients about potential dangers.

However, saline implants have distinct benefits in terms of safety and the ability to easily detect rupture. Saline implants are composed of a silicone shell that is filled with a sterile saline solution. In the event of a leakage or rupture, the saline is safely absorbed by the body, resulting in minimal danger (Moyer et al., 2018). In addition, saline implants can be put through fewer incisions, which may lead to faster recovery periods and decreased scarring.

Nevertheless, saline implants have a higher likelihood of exhibiting noticeable rippling and palpability, especially in individuals with thin skin or insufficient breast tissue coverage. The aesthetic result and patient satisfaction can be compromised, especially when aiming for a

natural appearance (Wixtrom et al., 2017). In addition, saline implants have been linked to a greater likelihood of deflation and subsequent need for revision surgery as compared to silicone implants. This could potentially affect long-term results and patient contentment.

Regarding the duration of recovery, surgical treatment, and outcomes related to quality of life, both silicone and saline implants necessitate comparable postoperative procedures, such as wound management, limitations on physical activity, and scheduled check-ups. Nevertheless, the psychological consequences of breast augmentation results, such as contentment with breast appearance and body perception, can differ across patients based on their personal preferences and expectations (Thompson et al., 2020). When considering silicone and saline implants, it is important to thoroughly evaluate the benefits and potential hazards of each option in collaboration with a trained plastic surgeon. Both types of implants can enhance aesthetic outcomes and increase self-esteem and quality of life for many patients.

Psychological and Social Impacts of Breast Augmentation

The psychological and social effects of breast augmentation are intricate and diverse, with consequences on individuals' self-worth, perception of their own body, and general assurance. Studies indicate that for a significant number of people, getting breast augmentation can result in enhancements in self-perception and psychological well-being. A study conducted by Sarwer et al. (2007) revealed that women who received breast augmentation saw notable enhancements in their self-esteem and happiness with their body image after the treatment. The findings emphasise the potential beneficial impact of breast augmentation on individuals' psychological well-being, leading to increased self-assurance and general life satisfaction.

Nevertheless, the psychological impacts of breast augmentation differ among individuals and can be influenced by factors such as pre-existing body image issues, expectations, and postoperative results. While certain individuals may undergo notable enhancements in self-esteem and body image, others may still struggle with underlying psychological concerns or feel dissatisfied with the results of the surgery. A study conducted by Pusic et al. (2009) indicates that although most women express significant pleasure with the outcomes of their breast augmentation procedures, a small group may encounter postoperative problems or unhappiness with the aesthetic results, which can have adverse effects on their psychological well-being.

Moreover, the social conceptions of breast augmentation and its acceptance in various communities have a substantial impact on shaping individuals' experiences and attitudes towards the procedure. The influence of societal norms and cultural attitudes on beauty standards and femininity can affect individuals' choices to have breast augmentation and potentially affect their psychological well-being after the procedure. The study conducted by Henderson-King and Henderson-King (2005) emphasises the impact of cultural elements on body image standards and the willingness to undergo cosmetic surgeries like breast augmentation. This highlights the importance of comprehending sociocultural environments in evaluating psychological consequences.

Ultimately, breast augmentation can enhance self-esteem and body image for many people. However, it is crucial to acknowledge the various psychological factors and societal influences that contribute to patients' perceptions and pleasure with the surgery. Subsequent investigations should further examine the enduring psychological effects of breast augmentation and take into account the interaction between personal, cultural, and societal elements in influencing patients' experiences and overall welfare.

Discussion

The notion of "beauty for ashes" suggests a metamorphosis from a condition of hardship or discontentment into one of aesthetic appeal or satisfaction. Regarding breast augmentation, this expression implies that the procedure might have a beneficial effect on individuals' mental and social welfare, resulting in enhancements in self-assurance, perception of one's physique, and general self-assurance. Although there is research supporting the idea that breast augmentation can improve self-perception and psychological well-being (Sarwer et al., 2007), it is crucial to carefully consider whether this transformation is universally experienced and if it is free from significant drawbacks or challenges.

Although breast augmentation may lead to enhanced self-esteem and body image for some individuals, it is important to note that these positive outcomes are not universally experienced by all patients. Various factors, including pre-existing body image problems, unrealistic expectations, and postoperative difficulties, might have an impact on patients' satisfaction and psychological well-being (Pusic et al., 2009). Furthermore, the influence of societal pressures and cultural norms on beauty standards might sustain impractical ideals and augment feelings

of insufficiency or discontentment, even after undertaking cosmetic interventions (Henderson-King & Henderson-King, 2005). Although breast augmentation has the ability to bring about beneficial changes, it is not a universal solution for dealing with underlying psychological problems or societal influences about body image.

Furthermore, the level of acceptance and the way breast augmentation is perceived can fluctuate among various cultures and cultural settings. Although breast augmentation is often accepted and even promoted in certain civilizations, it might be stigmatised or perceived negatively in other cultures. The sociocultural elements might have a substantial impact on how individuals perceive and feel about the operation, affecting their psychological adaptation and overall contentment (Jones, 2008). Hence, the concept of "beauty for ashes" is influenced by societal standards and cultural perceptions regarding beauty and femininity. This emphasises the significance of taking into account various viewpoints and situations when evaluating the psychological effects of breast augmentation.

To summarise, breast augmentation has the capacity to enhance favourable psychological and social consequences for numerous persons, but it is not devoid of intricacies and factors to be taken into account. The phrase "beauty for ashes" implies that the treatment has the ability to bring about transformation. However, the actual outcome may be affected by individual characteristics, postoperative experiences, and societal situations. Through a rigorous analysis of the psychological and social consequences of breast augmentation, we can gain a deeper comprehension of its effects on individuals' overall health and approach the intricacies of cosmetic surgery with heightened consciousness and empathy.

Conclusion

The increase in demand for cosmetic surgery, including breast augmentation, highlights a worldwide societal inclination towards emphasising physical attractiveness and self-perception. This occurrence demonstrates an intricate interaction between societal factors, technology progress, and individual drives. Since the 1960s, breast augmentation has undergone significant advancements in implant design and surgical procedures, making it a popular and widely accepted cosmetic operation. Statistical data indicates a steady rise in its global appeal, influenced by cultural notions of femininity, media representation, and the process of globalisation. Nevertheless, in addition to the advantages, breast augmentation also

entails difficulties such as potential problems, societal pressures, and diverse cultural acceptance.

The decision-making process regarding breast augmentation is influenced by various aspects, such as patient preferences, aesthetic objectives, and psychological issues. Choosing between silicone and saline implants necessitates careful consideration and consultation with a certified plastic surgeon, as each option presents unique benefits and drawbacks. Furthermore, the psychological and social effects of breast augmentation are complex, with results differing among individuals and cultural settings. While a significant number of individuals may enjoy an increase in their self-esteem and contentment with their body image, there are still those who may struggle with unfulfilled expectations or cultural pressures. Hence, healthcare personnel must possess a thorough comprehension of the psychological and social aspects of breast augmentation in order to facilitate informed decision-making and provide complete patient care. In order to successfully navigate the intricacies of cosmetic surgery, it is necessary to engage in continuous communication, conduct thorough research, and be mindful of both personal preferences and society expectations. This approach empowers individuals to make decisions that are in line with their desired appearance and overall health.

The demand for breast augmentation, a widely sought-after cosmetic procedure, is expected to continue rising based on current trends. Approximately 34% of American women are discontent with the size or form of their breasts and express a desire for augmentation. The periareolar, inframammary, transaxillary, and transumbilical incisions are frequently employed in contemporary practice, along with the subglandular, subpectoral, and dual-plane pocket placements. The breasts enhance the feminine physique, often maturing during puberty, and hence represent the beginning of womanhood and motherhood. Females who have a flat or almost flat breast may experience feelings of unattractiveness and reduced confidence. Certain practices have potential health hazards, while certain approaches lack full endorsement from the scientific community. There is a pressing necessity for the government to regulate the display of breast augmentation and other forms of cosmetic surgery on social media.

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