



[Learn more about breast surgery procedures.](#)

Which breast implants are best?

Consider look, safety and feel

Silicone or saline, breast augmentation enhances shape, restores volume

Should I get breast augmentation? If so, should I get silicone implants or saline? Are they safe? What's the difference? Is one better than another?

If you're considering [breast augmentation](#), it's only natural that you'll want answers to your many questions.

And while searching the internet is a good place to begin educating yourself, for the best, most medically correct answer, always ask [your doctor](#).

At our practice, Dr. Lichten uses the latest generation of saline or silicone-gel implants to:

- Enhance breasts that have lost volume over time
- Create volume in naturally small breasts
- Restore a more even appearance to breasts changed by pregnancy or weight loss

If your breasts have deflated and sagged from childbearing, weight gain, weight loss or aging, a [breast augmentation](#) with either a saline or silicone

implant plus a [breast lift](#) can give you a beautiful pair of full breasts that sit at the right spot on the chest wall.

So which breast implant is best?

"The best breast implant is the one that makes you the most comfortable with your choice and your look," says Dr. Lichten. "That's why we encourage women to come in for a consultation. We'll talk about both options. I'll also explain the procedure and recovery time in detail, and show you some actual implants that you can 'try on' in the privacy of our exam room. During your consultation, we'll spend plenty of time talking about your wishes and concerns, as well as consider your frame size and rib cage proportion to help you decide which implant is right for you."

Did you know ...

- **Silicone implants** look, act and feel more natural. They come in low, medium and high projection, and Dr. Lichten feels that you should be matched to a size by your breast width first, then picking the right projection for you (rather than focusing on volume or cup size).
- **Saline implants** are a great option, too. They are less expensive than silicone and can be inserted via a smaller incision.
- **Both types of implants** feature a silicone outer prosthetic shell.
- **For the most natural look**, implants should fit your chest width.

 [Book an Appointment](#) 

See real patient before-and-after photos

View patient success stories

Everybody loves a good makeover (including us).

There's just something about seeing someone else's-life transformation that invites us to consider our own change.

From [breast augmentation](#) to [mastopexy \(breast lift\)](#) find your inspiration in our [before-and-after gallery](#).

July special: LATISSE® BOGO

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Runners' Corner: Sports Bras

Comfort as important as support

Breast implants or not, every woman runner needs a well-made, supportive sports bra. That's because running, while good for cardiovascular health, can stretch delicate breast ligaments, resulting in drooping, sagging breasts.

Plus, the right sports bra can help prevent breast, back or shoulder pain.

So which sports bra is best?

"Pick the sports bra that's your perfect match," says Dr. Lichten. "A woman's breasts, augmented or not, are completely unique. That's why one bra type, size or style does not fit all. You have to find the bra that you are most comfortable in, and that usually means trying on a lot of different bras."

For more tips ideas and running news:

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'From thin and saggy breasts to me again!'

"After having two kids and breastfeeding them both, my breasts were not the same. Then I started exercising a lot and they almost disappeared. The skin was thin and saggy and I just wanted to feel like me again. Dr Lichten listened

to what I wanted and needed. The whole process has been amazing and totally worth it!"

-Dr. Lichten breast augmentation patient

Learn more about your cosmetic or reconstructive surgery options. [Request an appointment online](#) and receive \$25 off your consultation fee.

How to get gorgeous summer skin

"Summer is a great season-but not for skin," says Natalie Milliser, our licensed aesthetician. "The combination of sun, sweat and sunscreen can cause blemishes, blotchiness and breakouts."

That's why Natalie and Dr. Lichten recommend [ZO Medical products](#). Developed by original Obagi Nu Derm creator, Dr. Zein Obagi, this next-generation, therapeutic skin care line smooths, firms and hydrates skin.

In addition to ZO, we also recommend [Skin Medica](#), a state-of-the-art skincare line backed by years of research and scientific data.

Whichever line you prefer, get glowing this summer with a customized skin care regimen.

Schedule an appointment with Natalie @740-653-5064.

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