



Here's to a month of celebrating the women in our lives. We think you're all beautiful.

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Is It Time to Consider Breast Implant Replacement?

Just the other day, Dr. Lichten had a patient come into the Columbus office for her annual checkup after [breast augmentation](#).

The patient is a 61-year old female who had [breast lift mastopexy](#) with breast augmentation (400cc Natrelle silicone

implants) 12 years ago after [massive weight loss](#).

The patient reported no problems but wanted to know if or when she should consider replacing her implants.

A Real-World Case Study

Unlike many other practitioners, Dr. Lichten sees his breast augmentation patients for **no charge** every year for the life of the implants. He says, "It is important to me to see these patients each year, so I can check in with them and assess the health of the implants."

"Educating my patients and helping them understand their options at all times is at the core of my practice," says Dr. Lichten. "So, after an examination that included a hand-held ultrasound, the patient and I talked about what I was seeing. She does have some evidence of capsular contraction and possible separation from the breast wall, which is new since her last MRI 3 years ago. I answered her questions about breast implant replacement, shared the FDA guidelines, and discussed her options."



Understanding when to replace breast implants is essential for maintaining both aesthetic results and health. So, for anyone thinking about getting breast implants, or for those who are having or have had a breast augmentation procedure, here's what to know when thinking about getting or replacing silicone breast implants.

General Guidelines for Breast Implant Replacement

In 2021, the FDA released updated breast implant safety guidelines. These guidelines were informed by both patients and surgeons, including surgeons from the American Board of Cosmetic Surgery.

Board-certified cosmetic surgeon: The FDA recommends that breast augmentation only be performed by physicians who are adequately trained and credentialed. [Dr. Lichten is an ACLS-certified plastic surgeon](#) licensed in the state of Ohio.

Routine Screenings: The FDA recommends that patients undergo rupture screening 5 to 6 years post-surgery, and every 2 years after.

Implant Malfunctions: The FDA recommends removal or replacement of the implants in the event of separation from the implant pocket, or leakage, rupture, or visible damage to the implant. These issues can compromise the aesthetic appearance and/or the safety of the implant.

Replace after 10-20 years: Breast implants are not intended to last forever. Most silicone implants are FDA-approved for 10-20 years. The longevity of implants is affected by any number of factors, such as type, texture, size, placement, body type, and lifestyle.

Rupture Risk: The average risk of rupture is rare, just 1-2% per year. It's important to note

that the silicone used in today's implants is designed for better cohesiveness. That means it is more likely to stay contained within the breast capsule in the event of a rupture.

Watch the video below to learn more about what's inside a silicone breast implant.



"I also had an 80-year-old patient who, despite an ultrasound suggesting a possible rupture, chose not to undergo replacement since she felt no discomfort and preferred to avoid additional surgeries," says Dr. Lichten. "That being said, deciding to replace silicone breast implants comes down to considering both clinical recommendations and personal preference. I recommend regular consultations so, together, we can monitor the condition of the implants and prioritize personal health and safety."

If you've had the procedure and do not have your next screening with Dr. Lichten scheduled, please take a minute and [book your follow up](#) today.



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