



"Natural Feel" Breast Enlargement

Breast augmentation, one of the most popular plastic surgery procedures performed nationally, can now be done in a way to give women a more natural, softer, and safer result. According to Dr. Robert Skalicky, a board certified plastic surgeon practicing in Bucks County and a member of NOVO (National Leaders in Breast Aesthetics), "Women want to obtain a beautiful body contour that is more natural and less detectable than implants of the past allowed." This natural result can be accomplished with the FDA's release and approval of the new "cohesive gel" breast implants. These implants are composed of a silicone gel that bonds to itself like jello, giving a soft result with less chance of complications. While women still have the choice of using saline implants, the new cohesive gel breast implants allow a more natural result with less risk of wrinkling and rippling along the edge of the breast. In addition, the cohesive gel implant design eliminates the chance of silicone leakage from a potential implant rupture. "There is an increasing number of women selecting cohesive gel implants along with many women changing from their saline implants to the cohesive gel implants," states Dr. Skalicky.

While the new gel implants have allowed breast augmentation patients to have a softer feel to the breast, a natural result is still ultimately dependent on surgical technique and the expertise of the surgeon. Dr. Skalicky explains that, "The new implants are a wonderful new device for the plastic surgeon to use; however, breast pocket dissection and implant positioning are still critical to obtain an undetectable and natural look to the breast. The surgeon's skill is just as important as the implant."

Dr. Skalicky serves as Medical Director of The Aesthetics Institute in Bucks County, a specialty hospital for all plastic surgery procedures, the first of its kind in the country. "We have created a "center of excellence" for all types of breast, facial and body contouring procedures in a beautiful, confidential, "hotel like" setting. Our patients receive the highest level of surgical expertise in an atmosphere that has eliminated the coldness of the typical clinical hospital environment," states Dr. Skalicky. "Many of my patients feel like they have just spent a few hours at a 5 star, Ritz Carlton like hotel."

Breast augmentation surgery can be performed in one hour and recovery is less than one week. Along with patient "pampering" in the pre-operative time, new techniques have been designed to minimize post-operative discomfort after the procedure. "I have developed new techniques using local anesthetics to significantly reduce the pain during the first few days after surgery," explains Dr. Skalicky. "The goal is to make the entire patient experience as gentle as possible. My patients deserve that."

Although breast augmentation is so popular, many patients are now selecting combination procedures in plastic surgery. A patient may choose to have breast augmentation done along with eyelid surgery or nasal surgery for example. According to Dr. Skalicky, "It can be more cost and time effective to combine cosmetic procedures so patients can accomplish several areas of correction with one anesthesia procedure and one recovery period." In this vein, Dr. Skalicky has created a Minimally Invasive Surgery Center in his practice in which new, less invasive techniques have been designed to offer patients smaller surgical procedures to correct other areas of aging. These procedures consist of mini-facelifts, eyelid lifts, browlifts, mini-rhinoplasty, spot liposuction, wrinkle removal (Juvederm), and Botox. These techniques allow patients to correct areas of sagging skin earlier in life with minimal recovery. It has become a large part of Dr. Skalicky's practice. "My patients want to reduce the signs of aging at an earlier age but without long incisions, without long recovery, and without long downtime from work. Many of these techniques can be performed with local anesthesia or minimal sedation."



Dr. Skalicky offers private, complimentary consultations for all cosmetic procedures and has offices in Bensalem and Newtown, PA. He can be reached through Bucks County Plastic Surgery Center at 215-633-3470 or 215-702-8600.