

PATRONELLA

*True Form* PLASTIC SURGERY®

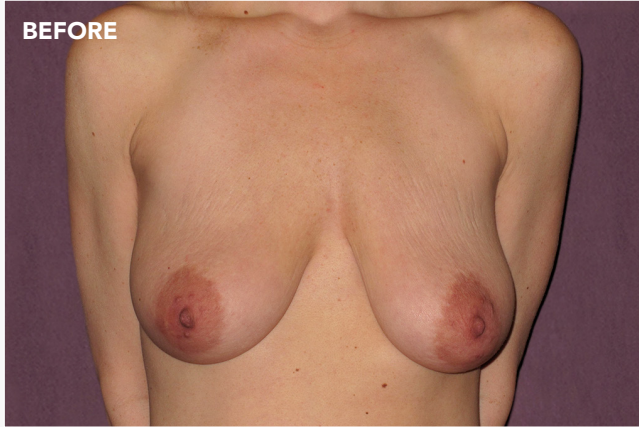


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TRUE FORM AESTHETIC BREAST SURGERY®



# Key Elements | True Form Aesthetic Breast Surgery®



Combined breast augmentation and breast lift patient of Dr. Patronella

- 1. Breast Fold Definition*
- 2. Soft Outer Curves*
- 3. Equally-Aligned Nipples*

In devising a surgery plan, Dr. Patronella identifies the unique characteristics of each patient which require planning to create attractive and natural-looking results. Failure to identify and address any one of these individual characteristics may lead to dissatisfying surgical results. Some of the anatomical features Dr. Patronella evaluates during a patient's consultation for breast surgery include:

## **PHYSICAL FRAME**

A woman's unique frame, stature, and chest circumference is assessed to determine the range of implant sizes that will best fit her body.

## **RIB CAGE STRUCTURE**

Because the rib cage impacts the position and projection of the breasts, any unusual or subtle asymmetries of the ribcage must be identified. Asymmetries of the chest wall (bone structure) will be magnified when an implant is placed.

## **SEPARATION BETWEEN BREASTS**

Breasts are spaced far apart on some women while closer together for others. Implants must be placed under the breasts in their existing positions. Shifting the implant to the inside of the breast to correct wide spacing may lead to an unattractive look.

## **THICKNESS OF EXISTING BREAST TISSUE**

This factor influences recommendations for implant size and type. For those who have relatively little breast tissue, silicone implants generally deliver a more natural look and feel with softer edges and less rippling compared to saline implants.

- 4. Equally-Sized Breasts*
- 5. Equal Width of Breasts*
- 6. Equal Projection of Breasts*

## **DIFFERENCES BETWEEN BREASTS**

Accounting for any differences between the breasts' size, nipple position, and the amount of skin and tissue present on one side compared to the other is also important for planning.

## **SCOLIOSIS SIGNS**

The curvature of the spine impacts the orientation of the ribs, which, as previously described, can affect the breasts' position on the chest. This can cause one breast to tilt more in one direction, to project more prominently, or appear higher or lower on the chest than the other breast.

## **SHOULDER LEVELNESS**

Uneven shoulder position can cause one breast to appear lower than the other.

The majority of women will have an asymmetry of one or more of these elements that can influence the overall appearance of the breasts. As part of the consultation, Dr. Patronella first seeks to understand a patient's goals, vision, and expectations, and then, during the evaluation, assess whether he can meet those goals and expectations based upon her unique physical features. As a surgeon, he strives to recognize any asymmetries, determine if he can improve them, and develop a surgical strategy to achieve the best aesthetic outcome possible.

*I want the breasts to appear as close to perfect as I can make them while recognizing that perfection is elusive.*

*Dr. Chris Patronella*

## OPTIMIZING RECOVERY & RESULTS

### INTERNAL BRA

In some cases, Dr. Patronella incorporates GalaFLEX mesh to stabilize implant position and provide support to breasts that have been lifted. Absorbable GalaFLEX serves as a scaffold to stimulate the body to produce collagen support in the weave of the mesh. So when the mesh is fully absorbed by the body, the collagen is still there. This internal bra supports the weight of large breasts or implants and enhances the longevity of the breasts' perkiness following breast lift surgery. For breast implant revision surgery, Dr. Patronella often employs GalaFLEX combined with other techniques to repair the implant pocket and improve the position of implants.

### PAIN MANAGEMENT

Dr. Patronella offers his patients an injection of a 3-day anesthetic (Exparel) performed during surgery. Most patients who have this injection find their pain more manageable and feel more comfortable getting up and around following surgery, which ultimately accelerates recovery.

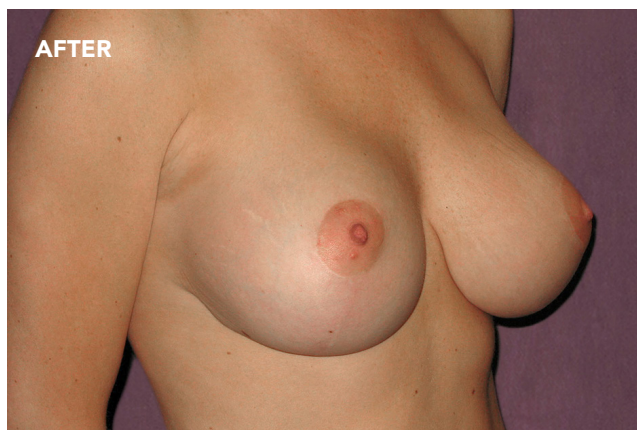
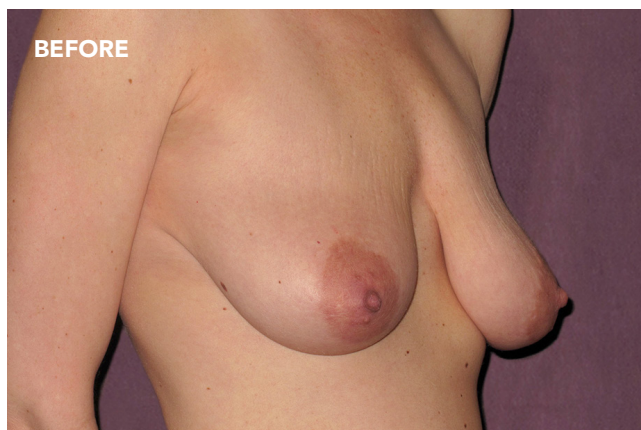
### IMPLANT DISPLACEMENT EXERCISE (IDE)

Dr. Patronella's team shows patients who have breast implant surgery how to perform the Implant Displacement Exercise (IDE). This reduces the risk of capsular contracture in which the implant is locked in an unaesthetic position and feels hard and unnatural.

### SCAR TREATMENT

To further improve patients' aesthetic results, Dr. Patronella implements a Scar Recovery Program. With this regimen, which begins six weeks after surgery and continues for 6 to 12 months, patients apply a series of topical products selected by Dr. Patronella to diminish the appearance of scars. Patients frequently combine the Scar Recovery Program with a series of laser treatments in Dr. Patronella's medical spa to make scars less noticeable.

“There are many things we can do to balance any perceptual differences in symmetry in order to attain the most ideal aesthetic outcome possible. This might involve adjusting the level of the inframammary fold (the breast crease), varying the amount of tissue removed from the breasts, and varying the implant size or profile, the implant's projection, that is used for one breast for the purpose of harmonizing its appearance with the other. That is the art of aesthetic breast surgery.”



Combined breast augmentation and breast lift patient of Dr. Patronella

## TESTIMONIALS

"Dr. Patronella is a true and exceptionally gifted artist. If you are fortunate enough to meet with Dr. P or encounter his staff, you are making one of the BEST decisions in your life. Yes, it takes a while to schedule this eagerly anticipated appointment, but when it's you in that room for your initial consultation appointment, you will understand and appreciate why. You can tell that the staff works very well as a team to ensure that you receive the highest quality care. Thanks Dr. P for a successful surgery and a pleasant recovery despite the fact that I have a compromised immune system. Thank you for being so compassionate. You will find no better doctor!!"

[Google review](#)

"\*\*AMAZING\*\* - Dr. Patronella is hands down the best in Houston. I did my research, like most women will, and my experience was great. He hears you out but also will give his opinion. I'm a week postop and I LOVE my breast augmentation. He cares about each patient, and I love his staff."

[Vitals review](#)

"5 Stars!! - I have wanted cosmetic surgery for years but always steered away because I didn't want to be that one person that lived to regret it. I researched and did my homework.

Dr. Patronella is a very conscientious plastic surgeon. He definitely is a craftsman at his skill and has a passion for what he does. Two years ago I had a breast augmentation and tummy tuck. It's the best thing I've ever done for myself. I am the most confident about myself now than I've been in years. Thank you Dr. Patronella for helping me gain back my confidence!!! On another note, his staff is caring and absolutely the best."

[Vitals review](#)

"I love Dr. Patronella! I had a Mommy Makeover (breast lift and his True Form Tummy Tuck), and he has changed my life. I've never felt confidence like this before! I never thought I could look in the mirror and say I love my body, but now I can't help but think it and smile every time I look at myself. I won't go to anyone else because I know Dr. Patronella is the best. I had my surgery October 2nd, and now—almost January—the scars are nearly invisible on my stomach and breasts. And I never dropped a cup size (32DD). In fact, at the follow up appointment, a nurse thought I had implants! Honestly, it's amazing how he's transformed my body, and I'm over the moon!"

[Google review](#)

"Dr. Patronella came highly recommended. I traveled from out-of-state to have a True Form Tummy Tuck and a bilateral breast implant revision/replacement. His surgical coordinator Eva did an email photo consult with me to give me an idea of what to expect a few months before my actual consult and pre-op. She is an angel, so responsive and informative!

"As a nurse myself, I know quality when I see it. Dr. Patronella is the real deal. His bedside manner is second to none, and his skill is a true gift. He is a blessing to his patients. It's been a great experience. I stayed in a nearby suite for 4 nights, and his nurse made 2 house calls for wound care teaching and wellness checks. I can't say enough great things about the care I have gotten. Pre-op, intra-op, and post-op have all made me feel like the clinicians employed by him have a true dedication to the patients they serve and the job they do!"

[Vitals review](#)

## DR. CHRISTOPHER

*Patronella*

## AWARDS

- Newsweek: America's Best Plastic Surgeons 2022, 2021\*  
\*(in the categories of Facelift, Liposuction, and Breast Augmentation)
- Voted One of "The Ultimate 100 Global Aesthetic Leaders" - 2019, 2020, MyFaceMyBody
- Winner: "Surgical Makeover of the Year – Face" – MyFaceMyBody awards, 2019
- Winner: "Male Plastic Surgeon of 2018-South U.S." - MyFaceMyBody awards
- Winner: "Best Aesthetic Practice" in Texas - MyFaceMyBody awards, 2016
- Texas Super Doctors Hall of Fame – Texas Monthly, 2018 - present





# PATRONELLA

*True Form* PLASTIC SURGERY®

## TRUE FORM AESTHETIC BREAST SURGERY® RECOVERY GUIDE

Congratulations on taking the exciting step to enhance your look through aesthetic breast surgery with Dr. Patronella! This guide will provide you with helpful information typical of recovery for many patients, while also recognizing that each patient is unique, and recovery may vary. Those in better physical condition and closer to ideal body weight are more likely to experience a faster recovery.

After surgery, your breasts will be sore and more swollen than usual as your body heals. If you have breast implant surgery, the implants will initially appear high on the chest. Over the next 4 - 6 months, the implants will gradually settle into a more natural position and contour. In aesthetic breast

procedures that do not include an implant, the final results will be revealed over the next few months as swelling diminishes.

The amount of time it takes to resume basic activities following breast surgery varies depending upon the specific breast procedure performed:

- 3 – 5 days for breast augmentation, if performed as the sole procedure
- One week for a breast lift, breast augmentation with a breast lift, breast reduction and/or breast revision surgery.

### OPTIMAL RECOVERY GUIDE FOR AESTHETIC SURGERY

Prior to your surgery, Dr. Patronella and his staff will provide you with detailed information to help you prepare for your breast surgery and recovery. We will review a packet of information with you which covers topics such as preparations to follow before surgery; medications, herbs, and supplements to avoid; and instructions for the postoperative period.

As an additional helpful resource, Dr. Patronella has created this recovery guide that will lead you step-by-step through the recovery process and provide you with guidelines to follow regarding exercise, activities, diet, and incision care.

*While this guide is comprehensive, most patients will have some questions after surgery that may not have been anticipated. We are always available during your recovery to assist you with any questions or concerns you may have. You may reach us by calling our office at 713.799.9999*

# PREPARATION FOR BREAST SURGERY

These recommendations have a specific purpose such as reducing the risk of bleeding (herbal supplements, aspirins, Advil, etc.), blood clots (estrogen hormones, smoking), and wound healing complications (smoking, vaping, nicotine use).

1. Begin a high protein-diet that includes foods such as lean chicken, fish, eggs, beans, and protein shakes. Protein enables your body to more effectively heal wounds.
2. NO SMOKING for 4 weeks before your surgery and 4 weeks after. There should be NO SMOKING/ VAPING/ NICOTINE USE by you or anyone that is living with you during this period. Smoking significantly compromises blood flow to incisions and increases the likelihood of complications such as skin death, wound separation, and poor scarring.
3. To reduce the risk of bleeding, avoid aspirin and other over-the-counter anti-inflammatory medications such as Advil or Aleve (you will receive a full list from the office), alcohol, and herbal supplements for two weeks before and two weeks after surgery.
4. For two weeks before surgery, avoid close contact with those who are ill in order to reduce the risk of infection.
5. Two weeks before surgery, begin taking the VitaMedica Recovery Support vitamins we provide you to aid in wound healing and lessen bruising and swelling.
6. Avoid using heating pads or warming blankets on surgical areas in order to avoid potential burns to the skin near surgical sites. These areas are sensitive to heat and subject to burning more easily than normal.
7. If you become ill before your scheduled surgery, please notify Dr. Patronella as soon as possible.

## ITEMS YOU SHOULD HAVE READY PRIOR TO YOUR SURGERY

1. **Loose clothing such as sweat pants, zip-up jackets, or loose, button-up shirts**  
- You'll temporarily be more swollen than usual, so loose clothing will be most comfortable for you.
2. **Antibacterial soap for your hands, antibacterial body wash, and alcohol-based hand sanitizer**  
- After your surgery, you will need to use the antibacterial body wash when you shower.
3. **Laxatives or stool softeners (\*especially magnesium citrate)** – Constipation is a common side effect of the pain medication for the first week following your surgery.
4. **A big water bottle** - You will need to ensure you drink plenty of water to help you stay hydrated. We recommend drinking at least 8 cups of water per day (16 cups if you also had liposuction ).
5. **Bland, soft foods** - Toast, crackers, ginger ale, broth soups, etc. are more easily digested after surgery.
6. **Sports bras with NO underwire** - If you are having a breast augmentation, you will go home with an ACE bandage around your breasts. After 24 hours,

you may take the bandage off to shower and use the sports bra given to you at the clinic or one that you purchased. With a breast reduction or lift, you will use a garment for approximately 2 weeks before transitioning into a sports bra.

## THE DAY BEFORE YOUR BREAST SURGERY

1. Eat a liquid diet and have a bowel movement. You may need to use a laxative or Fleet enema.
2. To reduce risk of infection, thoroughly cleanse your body with the antiseptic soap given to you at the clinic the night before your surgery. Do not use this on your face.
3. If you are anxious, take a Xanax (one of the medications that will be prescribed to you) the night before your surgery. Please take it before midnight.
4. Do not eat or drink anything beginning at midnight before your surgery.

## SURGERY DAY

1. On the night before surgery, have nothing at all to eat or drink after midnight. Do not chew gum.
2. You may brush your teeth in the morning, but do not swallow any water.

3. Do not wear contacts to the surgery center. Please wear your glasses. If you do accidentally wear your contacts, please notify your nurse.

4. If you are on your menstrual cycle, do not wear tampons on the day of your surgery.

5. The clinic will tell you what time to arrive at the surgery center. Please arrive on time and leave all valuables at home. The only things you will need on the day of surgery will be your filled medications and your clothes. The nurse will verify you have all the medications you need.

6. Remove all jewelry and leave it at home.

### **EVENING AFTER SURGERY**

Most patients who are having breast surgery as the sole procedure will go home 1 - 2 hours after surgery. Rest and take it easy.

### **DAYS 1-3 AFTER BREAST SURGERY**

1. During surgery, a long-acting, non-narcotic local anesthetic injection (Exparel) may be performed. Exparel will reduce discomfort but not eliminate it completely. You will still need to take your pain medication so that you will be able to get up and around.

2. To reduce the risk of blood clots and help speed recovery, you should get out of bed with assistance for 10 - 15 minutes every two hours during the day while awake. While reclining or lying, remember to flex and extend the feet at the ankles to activate the calf muscles and pump blood out of the legs.

3. Although discomfort may occur, it is important to expand the lungs fully with deep breathing exercises while awake.

4. You may shower twenty-four hours after your surgery using an antibacterial soap like Dial or Lever 2000. Have someone assist you while showering in case you get dizzy or light-headed. Avoid bathtubs, pools, and hot tubs until Dr. Patronella says it is okay.

5. If EXOFIN tape and wound glue are used, do not remove before showering. The waterproof EXOFIN will provide support for your incision's healing while creating a watertight seal to help prevent infection. Do not apply any soaps, creams, or ointments to the incision(s). After showering, blot these areas dry. The EXOFIN tape and glue will stay on between 2 - 4 weeks.

If Steri-Strips are applied (by us) during surgery, follow the same instructions. Steri-Strips may be changed every 4 - 5 days. Report to Dr. Patronella any allergic reaction at the incision site or anywhere on the body as soon as possible.

6. For incisions not covered with tape and glue or Steri-Strips, simply clean them with hydrogen peroxide or mild antibacterial soap and water. You may then apply Bacitracin ointment and a sterile dressing.

7. Your diet should consist of foods that are easy to digest and high in protein. Please avoid salty foods, including canned and packaged foods. Low sodium or sodium-free foods help reduce swelling, and protein improves wound healing.

8. An ACPS certified home health provider will come to your home or hotel in Houston on the first and possibly second day after your surgery to assist and teach wound care and dressing change.

9. Constipation is very common after surgery. We recommend that you use a stool softener (Colace or Dulcolax) while taking the pain medication. Make sure to drink plenty of water (8 - 12 cups per day). If constipation persists, use over-the-counter Magnesium Citrate.

10. If you had ONLY a breast augmentation, begin the Implant Displacement Exercise (IDE). Our caregivers will provide you with instruction on performing this, and you may watch a video demonstrating it as well at the QR code link at the end of this guide.

### **DAYS 3-5 AFTER BREAST SURGERY**

1. Gradually increasing light activity is recommended. Avoid over-exerting yourself. Lift NO more than 10 pounds during the first two weeks.

2. By now, a family member or caregiver should have been trained to assist with dressing changes once daily. This is usually done after showering.

3. Avoid contact with animals to reduce the risk of infection.

4. Avoid contact with any ill family member, friend, and acquaintance.

5. Eat a low-salt and high-protein diet.

6. Keep biceps close to the body. Avoid hyperextending and overreaching of the arms. Bend at the hips and knees to squat rather than bending over.

### **DAYS 5-10 AFTER BREAST SURGERY**

1. You may begin driving 5 - 7 days after surgery if you are comfortable and do not require pain medication.

2. Incisions will still be covered with the waterproof glue (Exofin). Please do not apply any ointments and creams until advised. If you have Steri-Strips, they

may be taken off after one week at your follow-up appointment.

3. Most sutures (stitches) are dissolvable; only a few sutures require removal, usually 7 - 10 days after surgery.

4. You should become progressively more mobile and be able to perform light activities such as walking, sitting, and limited household chores.

5. After 7 days, you may resume work with light duty restrictions (no lifting, stooping, prolonged standing, or strenuous activity).

6. If you had a breast lift WITH a breast augmentation, you may begin the Implant Displacement Exercise. If no implants were used, you do not need to do this exercise.

### **DAYS 10-14 DAYS AFTER BREAST SURGERY**

Gradually increase walking to half a mile twice a day (about 45 to 60 minutes ) to improve your mobility.

### **WEEKS 2-4 AFTER BREAST SURGERY**

Your exercise may include brisk walking or using a stationary bicycle for 15 - 30 minutes. Keep your heart rate below 120 beats per minute. Avoid any straining or heavy lifting.

### **WEEKS 4-6 AFTER BREAST SURGERY**

1. Keep your exercise at about 50 - 75 percent of your pre-surgery ability.

2. With a breast augmentation, AVOID ALL chest exercises (dumbbell flies, bench press, etc.). Strengthening the pectoral muscles will alter the appearance of your breast augmentation.

3. Initiating Dr. Patronella's Scar Therapy Program is recommended at this time. Several products are used to achieve optimal scar appearance. Treatment is usually needed for 6 - 12 months. Consistency of use is essential for best results.

4. With silicone implants, an ultrasound or MRI of both breasts will be needed every 4 - 5 years to ensure implants are still intact.

### **WEEKS 6-12 AFTER BREAST SURGERY**

You may slowly begin increasing exercise intensity to full capacity. Aerobic exercises, jogging, Pilates, and yoga are allowed. Light weight lifting can be initiated with caution. AVOID pectoral exercises indefinitely.

### **SCAR THERAPY PROGRAM**

Early and consistent incision treatment can make a huge difference in the final appearance of your scar. If EXOFIN is placed on your incisions during surgery, you will wait until it is removed at the clinic before beginning scar therapy. (Usually 3 - 4 weeks after surgery).

### **1. Retinol or Retin-A**

Applied nightly to cleansed skin on the scar, a retinol product such as SkinMedica's Retinol Complex is an exfoliant for the scar surface, reducing thickness and unwanted pigmentation. Retinol should not be used until 5 - 6 weeks after surgery to reduce the chance of irritation. This product will often cause dryness with flaking and mild redness, requiring moisturizers such as Vitamin E or Aloe.

HOW TO USE: Apply this product first, using a thin layer. This is to be used in the evening only.

### **2. Sientra Biocorneum Silicone Ointment**

Biocorneum is the only advanced scar treatment with FDA-Cleared Silishield Technology that interlinks silicone and SPF 30 to support your skin inside and out. This product will help your incision line get softer, thinner, and lighter more quickly.

HOW TO USE:

Twice per day, apply this last in a thin layer.

### **3. Neocutis BIO CREAM**

This potent cream contains growth factors, antioxidants and matrix proteins, including collagen to boost the skin's firmness, elasticity and brightness.

HOW TO USE: Apply a thin layer twice per day.

### **IMPLANT DISPLACEMENT EXERCISE**

If your surgery included breast implants, it is vital that you perform the Implant Displacement Exercise (IDE) 6 times a day for the first 6 weeks to maintain a long-term natural, soft breast feel. Thereafter, perform it one time per day for as long as you have breast implants.

1. You will begin the Implant Displacement Exercise within the first 2 - 3 days after surgery UNLESS you had a breast lift or breast reduction. If you had a breast augmentation combined with a breast lift or reduction, you will begin the Implant Displacement Exercise approximately 5 - 7 days after your surgery.

2. During your homecare visit, you will be shown how to perform the Implant Displacement Exercise. If you are uncertain how to do this, please notify a member of Dr. Patronella's medical team.

3. For an additional resource, please visit the link below to view a demonstration on how to perform the breast implant displacement massage.

