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Understanding Breast Implants & Your Health: What You Should Know

At Politis Plastic Surgery, your health, safety, and peace of mind are our top priorities. If you've been researching breast implants, you may have come across information about something called "Breast Implant Illness" (BII). We're here to help clarify what is known — and not known — about this topic and reassure you with the most accurate, science-based information available today.

What Is Breast Implant Illness (BII)?

"Breast Implant Illness" is a term used by some women to describe a variety of symptoms they associate with their breast implants. These symptoms may include:

- Fatigue
- Brain fog
- Joint and muscle pain
- Hair loss
- Anxiety or depression
- Skin rashes
- Hormonal imbalances

While these experiences are very real and deserve compassion and attention, **BII is not a medically recognized disease or diagnosis**. There is currently **no scientific evidence proving that breast implants directly cause these symptoms**.

What the Research Says

Extensive research has been conducted by:

- The **U.S. Food and Drug Administration (FDA)**
- **American Society of Plastic Surgeons (ASPS)**
- **Institute of Medicine (IOM)**

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These bodies have **not found a causal link between silicone breast implants and systemic diseases** such as autoimmune disorders, chronic fatigue syndrome, or fibromyalgia.

In fact, modern silicone implants are among the most studied medical devices in history and continue to be monitored closely for safety and performance.

Are Silicone Implants Safe?

Yes. Silicone breast implants are **FDA-approved** and have undergone rigorous testing for safety, durability, and biocompatibility.

Key facts:

- Implants are made from **medical-grade silicone** that has been tested over decades.
- **Cohesive gel implants** (often called “gummy bear implants”) are designed to hold their shape and minimize leakage risks.
- Complication rates are **low and well-understood** (e.g., capsular contracture, rupture), and **do not typically involve systemic health issues**.

Listening to Your Body

Even though BII is not medically defined, we **take patient concerns seriously**. Every individual’s health journey is unique, and symptoms should never be dismissed. If you ever experience unexplained symptoms, it’s important to:

- Have a full evaluation to rule out other causes.
- Work with your plastic surgeon and primary care physician to monitor your overall health.
- Understand all options, including implant removal if medically indicated.

Informed Decisions. Compassionate Care.

We’re committed to empowering you with trustworthy information so you can make the best decision for your body and lifestyle. Whether you’re considering implants or have them already, we’re here to support you with empathy, science, and individualized care.