

# Will I Look Flat After Breast Implant Removal? Doctors Answer

## Featured Experts:

**Dr. Kaveh Alizadeh**, a board-certified plastic surgeon in Jericho, New York

**Dr. Norman Rowe**, a board-certified plastic surgeon in New York City

**Dr. Samuel Lin**, a board-certified plastic surgeon in Boston

What's driving this trend of breast implant removal? It's a combination of factors, according to board-certified plastic surgeon **Dr. Kaveh Alizadeh**, who is based in Jericho, New York. For one, there's the matter of **breast implant illness**, the constellation of symptoms that's attributed to breast implants. After all, "these are foreign-body devices, and any foreign-body device in a human body potentially spurs an immune reaction," he says. Then there's the matter of the physical repercussions of implants—namely, that they can be heavy and contribute to neck and back pain.

And finally, beauty standards have evolved over the years, with a greater emphasis on a more natural look. Some patients "are many years out from their implants, and they're like, 'You know what? I'm just not in the same mindset that I was when I was in my 20s,'" Dr. Alizadeh says.

In addition to the surgical breast lift, placing an internal bra, or a sling, may help future breast sagging, says Dr. Rowe. (However, "it will not replace cleavage," he warns.) Dr. Alizadeh, for his part, has pioneered a breast lift technique called NaturaBra that creates a second layer of support via your own tissue, acting as an "internal bra" under the skin.

This is usually ideal for people who have a C- or D-cup breast after implant removal, who have enough tissue to create that internal scaffolding. In this case, “we’re removing the implant, we’re moving the tissue up, we’re controlling it and supporting it with this internal bra, and it looks really good—everything’s in place, using your own tissue,” says Dr. Alizadeh.

The upside is that “fat grafting is a lot more simple [than a breast lift],” says Dr. Alizadeh. However, it might not give you the quality, firmness, and lifting effect of the surgical option.

## **Breast lift and breast fat transfer**

For many patients with concerns about looking flat after breast implant removal, the most realistic option is “actually combining the breast lift and the fat grafting, offering the best of both worlds,” says Dr. Alizadeh. “If you have lost a lot of that fullness and are removing the implant but have a good supply of fat in your hips, abdomen, or thighs, I can use that as the secondary source to augment or replenish the upper pole of the breast.”