

Newport Center for Special Surgery

Saline vs Silicone Breast Implants?



When considering breast implant surgery, you have a choice of **saline breast implants** or **silicone breast implants**. Both saline and silicone breast implants have a silicone outer shell, but each have different fillings.

For fillings, saline is just medical grade salt water, and silicone is a medical grade inert, or nonreactive jelly like substance. Forms of silicone can be found in everyday life, such as in various hair care products, antiperspirants, skin lotions, soaps, processed foods, and chewing gum.

With either saline or silicone gel breast implants, breast feeding may be more difficult in some women. Also, the mammogram procedure may be slightly different and more difficult to interpret. In addition, an MRI is recommended by the FDA for women with silicone gel filled breast implants three years after surgery and every two years after that.

While breast implants have a limited warranty by the manufacturer, they are not designed to last a lifetime, and insurance may not cover future related surgeries.

Before choosing breast augmentation surgery, thoroughly review the risks with your surgeon.

For more information about breast implants go to the FDA website here: <http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/ImplantsandProsthetics/BreastImplants/ucm064106.htm>

Silicone breast implants

Silicone breast implants were used in 72% of all breast augmentation procedure in 2012 according to the American Society for Aesthetic Plastic Surgery. The silicone gel used inside breast implants today is called 'cohesive gel.' This type of silicone breast implants have been FDA approved since 2006. With prior silicone breast implants there had been concern about links to connective tissue diseases such as rheumatoid arthritis. Those links were never confirmed, and in 2006 the FDA said silicone breast implants are 'safe and effective.'" Most women choose silicone breast implants for their breast augmentation because of their more natural feel after implantation

Saline breast implants

Saline breast implants have silicone outer shells, but are filled with sterile salt water inside instead of silicone. Your body is primarily composed of salt water, and thus if saline breast implants rupture, the saline is easily absorbed. Saline breast implants come in many sizes and shapes, and are highly customizable to get you the look you want. Plastic surgeons feel saline breast implants are more susceptible to ripple, and these ripples can be seen under the skin in some women. Discuss the risks and benefits of both saline and silicone breast implants with your surgeon.

Size does matter

Choosing the right breast implant size for you can be challenging for some women. Others know down to the cc exactly what size breast implants they want. The key is find an experienced plastic surgeon who knows the questions to ask and who has the talent to make your ideal a reality. Experienced plastic surgeons have many, many books of breast augmentation before and after photos. Find a picture of someone with similar breasts, and see what implant they had to give you a better idea of what you can expect.

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