

FROM LEADING BOARD-CERTIFIED PLASTIC SURGEON

DR. JACK HENSEL JR.

GET BETTER
BREASTS

ENHANCE, LIFT
AND SHAPE

PG 3

INCREASE
YOUR SIZE

PG 4

RESTORE
FULLNESS

PG 6

FIND YOUR
IDEAL SHAPE

PG 8

GET RID
OF SAGGING

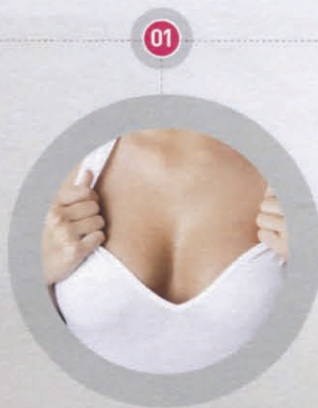
ENHANCING YOUR BREASTS CAN GIVE MORE BALANCE TO YOUR FIGURE AND GREATLY BOOST YOUR SELF-CONFIDENCE

HOW TO GET THE BEST RESULTS FROM BREAST SURGERY

You already know what you like and don't like about your breasts, whether they are too small or too large, or even asymmetrical as most of us naturally are. Whatever your concern may be, there are several options that can provide a solution. For those who want to increase their size, fullness and shape, an augmentation is the best choice. To reduce pendulous breasts that are bothersome, a breast reduction surgery may be suggested. And, to restore a higher position to breasts that may have dropped, a breast lift procedure is the solution.

Each procedure can be customized to address your personal concerns, so that you are happy with the end result. At your consultation, you and your doctor will discuss what you like and dislike about your breasts and devise a customized surgical plan that will address all of your breast concerns, leaving you looking and feeling your absolute best for a more confident, beautiful you.

THE THREE TYPES OF BREAST SURGERIES



A Breast Augmentation With Implants



A Breast Reduction



A Breast Lift With or Without Implants



THE MOST COMMON BREAST CONCERNS

I want more
fullness.

I've lost weight
and my breasts
have no shape.

My breasts sag,
and my nipples
point downward.

My breast are
too small.

My breasts aren't
symmetrical.

I don't have
enough cleavage.

I want a more
appealing figure.

BREAST AUGMENTATION WITH IMPLANTS



PROCEDURE TIME

One to two hours

RECOVERY TIME

From a few to 10 days; avoid strenuous activity for a few days to a few weeks

HOW LONG IT LASTS

Many patients go without replacing them or having any additional procedures.

WHAT YOU NEED TO KNOW



A common complaint from women of all ages and body types is that they think their breasts are too small. You may have been born with naturally small breasts that lack fat and tissue, or you may have lost volume with time or after pregnancy. Women are often unhappy with their natural breast asymmetries (one breast is smaller than the other), which can also be corrected with surgery.


Before deciding on breast augmentation, it's important that we discuss the overall look you're trying to achieve. Breast augmentation is all about customizing the procedure to your desired look and body type as opposed to just giving you bigger breasts.


You and your doctor will make decisions together regarding which size, type of implant and placement is best for you based on your needs and wants, as well as your breast measurements. To get a feel for how you may look after surgery, you can place different sized and shaped implants in your bra or bathing suit. This is a good way of estimating what you may look like with larger breasts before committing to surgery.

WHAT TO EXPECT

Breast augmentation surgery is done under general anesthesia; you should be able to return home the same day. You may experience some bruising and swelling, and some doctors recommend wearing a compression garment to help with healing. Most scars fade within four to six weeks and your breast shape will start to settle within weeks—although it may take six months to a year to see the final results.

BREAST AUGMENTATION
TODAY IS ALL ABOUT
CUSTOMIZING THE PROCEDURE
AS OPPOSED TO JUST MAKING
THE BREASTS BIGGER IN SIZE.


Do you wish
your breasts
were bigger?


Do you want
fuller breasts?



What can happen if you go too large

Not every body is built to accommodate large implants, which is why there is a risk of long-term problems like tissue, fat and muscle thinning, pressure atrophy and stretch marks.

YOUR IMPLANT OPTIONS

Breast implants are measured in ccs—the higher the number, the larger the implant. About every 150 to 200 ccs equates to an increase of approximately one to one-and-a-half cup sizes. (To determine the ideal implant size for you, the width of your breast and tissue needs to be taken into consideration.)



CHOOSE YOUR FILLER TYPE



SALINE

These implants rely on saline (saltwater) and are filled at the time of surgery via a small incision that results in a small scar.

- THE PROS:** If a leak occurs, the saline is absorbed
- THE CONS:** Tend not to feel as natural and may ripple



SILICONE

Prefilled silicone implants contain cohesive gel that helps prevent the silicone from migrating.

- THE PROS:** Feel and look more natural, less rippling
- THE CONS:** They require longer incisions [2 to 2½ inches] to be made

CHOOSE YOUR SHAPE



TEARDROP

Gives a more natural shape

Teardrop implants have more of a slope and less fullness in the upper part of the implant.

- THE PROS:** Gives a more natural look
- THE CONS:** Can move or rotate, distorting the appearance of the breast



ROUND

Gives ample volume at the top

Round implants provide the upper breast with the most volume.

- THE PROS:** Give the upper breast fullness and cleavage; won't rotate
- THE CONS:** May wrinkle or ripple



CHOOSE YOUR PLACEMENT

+ SUBMUSCULAR

Placed under the pectoral muscle.

- + **THE PROS:** The implant edges are often less noticeable
- **THE CONS:** The recovery period can be harder

+ SUBMAMMARY

Placed behind the breast tissue, and on top of the pectoral muscle (aka subglandular placement).

- + **THE PROS:** The breast will not become misshapen
- **THE CONS:** Implants may be more visible in thin women or those with less breast tissue

CHOOSE YOUR INCISION

+ IN THE BREAST FOLD

The easiest incision to make and provides symmetry.

- + **THE PROS:** Allows for precise placement of the implant and minimal tissue disruption. If you need revision surgery in the future, your existing scar can be used.
- **THE CONS:** Your scar may be more visible

+ PERIAREOLAR

A small incision around the nipple that heals well.

- + **THE PROS:** The scar usually blends into the color transition of your areola
- **THE CONS:** If you have small areolas, you may not be a candidate. Although not common, breast ducts can scar

+ AXILLARY

Uses an incision in the armpit made endoscopically to create a pocket so your implant doesn't sit too high.

- + **THE PROS:** You'll be virtually scar-free on and around your breast
- **THE CONS:** If revision surgery is necessary, you may need a secondary incision to remove or replace your implant

CHOOSE YOUR PROFILE

+ LOW PROFILE

Minimal projection

Gives a small amount of projection so the breasts don't stick out that much from the chest.

- + **THE PROS:**
Good for wide chests
- **THE CONS:**
Less projection



+ MODERATE PROFILE

Universally flattering

Slightly tapered with projection that's between a low-profile implant and a high-profile implant.

- + **THE PROS:** Doesn't create excessive width on the side
- **THE CONS:** Can ripple and put pressure on the breast tissue



+ HIGH PROFILE

Maximum projection

These give ample projection and fullness because of their narrow width and small base.

- + **THE PROS:** Give good cleavage and some lift
- **THE CONS:** Firmer feeling



BREAST REDUCTION

WHAT YOU NEED TO KNOW

Whether you choose to make a dramatic change, and reduce your bra size by a few cups, or you're just looking to go a bit smaller, breast reduction surgery offers up the best results for those who have big, heavy breasts. Keep in mind that once the surgery has been performed, the only way you can make your breasts larger (should you decide to) is with implants.

This surgery provides both physical relief and cosmetic improvement. During the procedure, your doctor will make an incision around the areola and down the front of your breast; excess fat, tissue and skin is removed and the tissue will be reshaped. The nipple is repositioned while it remains connected to its original blood and nerve supply. Breast reduction patients are so happy with the outcome and often say they can't imagine their life without it.

WHAT TO EXPECT

Even though there will be some swelling and you'll need to wear a support bra, you'll be able to see a difference immediately after surgery. Take it easy during the first two to three weeks and allow your body the time it needs to heal. The scars will be permanent but will fade with time (this often depends on genetics).

Do you want to re-elevate your nipples?

Do your breasts feel droopy?



PROCEDURE TIME

Two to five hours

RECOVERY TIME

Two to four weeks to return to work; four to six weeks to resume strenuous activity

HOW LONG IT LASTS

Permanently



WHAT YOU NEED TO KNOW

A breast lift (aka mastopexy) is the only way to reposition your breasts, and can typically be done using short-scar techniques, so that your scars are smaller and less noticeable. The goal of this procedure is to elevate your nipples and areola higher on your breast mound, as well as tighten any loose skin.

On the day of surgery, your doctor will mark on your breasts where your incisions will be made before general anesthesia (or local anesthesia with intravenous sedation) is administered. During the procedure, the doctor will make one of three incisions, depending on the degree of excess skin and how much lifting needs to be done. The tissue will be lifted and reshaped to give a natural look.

WHAT TO EXPECT

When you wake from surgery, your breasts will feel firm and swollen. Their new shape and position will be immediately visible and your new look will become more apparent over the following weeks. Avoid exercising for the first two weeks after surgery and don't perform any overhead or upper-body exercises until you are given the go ahead from your doctor.

BREAST LIFT WITH IMPLANTS

A breast lift will elevate and reshape your breasts, but it will not add volume. If you feel that you want to increase the size of your breasts as well as adjust their position, you can add implants for a fully rejuvenated look. This may be the best option for you if your breasts are both deflated and saggy.

After pregnancy, many women lose fullness in their breasts. If you want to restore your breasts to their pre-baby size, shape and position, then a breast lift with implants should be considered. I always explain to my patients what the different results are when we do a breast lift with and without implants.

BREAST LIFT

PROCEDURE TIME

Two to five hours



RECOVERY TIME

Seven to 14 days

HOW LONG IT LASTS

Several years

A BREAST LIFT IS THE MOST EFFECTIVE SURGERY FOR RESTORING THE POSITION OF THE BREASTS TO A BETTER HEIGHT.





We can keep you looking and feeling your best.

FEEL MORE CONFIDENT

By

DR. JACK HENSEL JR.

LOWCOUNTRY PLASTIC SURGERY CENTER
MT PLEASANT (CHARLESTON) / MURRELLS INLET,
SOUTH CAROLINA

P

racticing since 2001, Dr. Jack Hensel Jr. and his skilled team at Lowcountry Plastic Surgery Center provide a warm, comfortable environment where patients have access to an array of cosmetic enhancement options, including a 5,000-square-foot medspa with cutting-edge technology for all of your head-to-toe beauty needs. Dr. Hensel offers a host of breast enlargement and enhancement surgery options to help accentuate the female figure and bolster self-confidence. "We approach breast surgery discreetly and always have your best interests in mind," says Dr. Hensel. "I will customize your surgery to best suit your specific needs and make you look and feel your best."

MEET THE DOCTOR

1.

MY HAPPIEST PROFESSIONAL MOMENT

Starting my own practice

2.

WHAT I LOVE MOST ABOUT MY PROFESSION

Making people feel better about themselves

3.

WHAT SETS MY PRACTICE APART

Here at Lowcountry Plastic Surgery Center we offer "The Manor," a part of our practice that provides services that cater specifically to men; it even has its own separate entrance

4.

HOW I WOULD SPEND EXTRA TIME IN A DAY

With my wife and children

5.

THE FUTURE OF MY FIELD

The increase in noninvasive technology, which helps all those who aren't quite ready to fully commit to going under the knife

6.

WHAT I CAN'T LIVE WITHOUT

My wonderful and caring staff that complete our patient experience

7.

THE BIGGEST MISCONCEPTION ABOUT MY FIELD

That "cosmetic surgeons" are plastic surgeons

8.

MY MOTTO

I always say, "Under promise and over deliver."



Tighter Tummy

Unhappy with the loose skin on her abdomen, this patient sought Dr. Hensel, who used Venus Freeze™ and CoolSculpting® to contour her tummy and love handles.



**ABOUT
DR. HENSEL**

Board-certified plastic surgeon Dr. Jack Hensel Jr. has a gift for bringing out the distinct beauty in each of his patients. He specializes in breast surgery and body contouring.

MY CREDENTIALS

Medical Degree
University of Kansas

Board Certification
American Board
of Plastic Surgery

CONNECT

Visit the doctor's gallery of **before-and-after** photos at: newbeauty.com/hensel

Locations
Mt. Pleasant (Charleston),
South Carolina
Murrells Inlet, South Carolina

Phone
843.971.2860

lowcountryplasticsurgery.com
sccellulazeandsmartlipo.com
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**A FEW OF MY
SPECIALTIES...**

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- Breast Reductions
- Breast Revisions
- Browlift
- Laser Resurfacing
- Liposuction / Smartlipo®
- "Liquid Facelifts"

LEADING BOARD-CERTIFIED PLASTIC SURGEON
DR. JACK HENSEL JR.

LOWCOUNTRY PLASTIC
SURGERY CENTER
1205 TWO ISLAND COURT
SUITE 203
MT PLEASANT, SC 29466
843.971.2860

LOWCOUNTRYPLASTICSURGERY.COM
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