

# REDUCED PAIN AND ACCELERATED RECOVERY FOLLOWING PRIMARY BREAST AUGMENTATION WITH LIGHTWEIGHT BREAST IMPLANTS

Govrin-Yehudain O, Matanis Y, Govrin-Yehudain J. / Aesthet Surg J. 2018. Oct; 38(10):1092-1096; doi: 10.1093/asj/sjy071.

## STUDY OBJECTIVE

- The post-treatment pain associated with breast augmentation is a top concern of most patients and can affect the decision concerning surgery.
- This study aimed to compare the post-treatment pain and recovery times of patients undergoing primary breast augmentation with lightweight vs. traditional implants of similar volumes.
- The authors hypothesized that the reduced mechanical strain applied by lightweight implants elicits less pain.

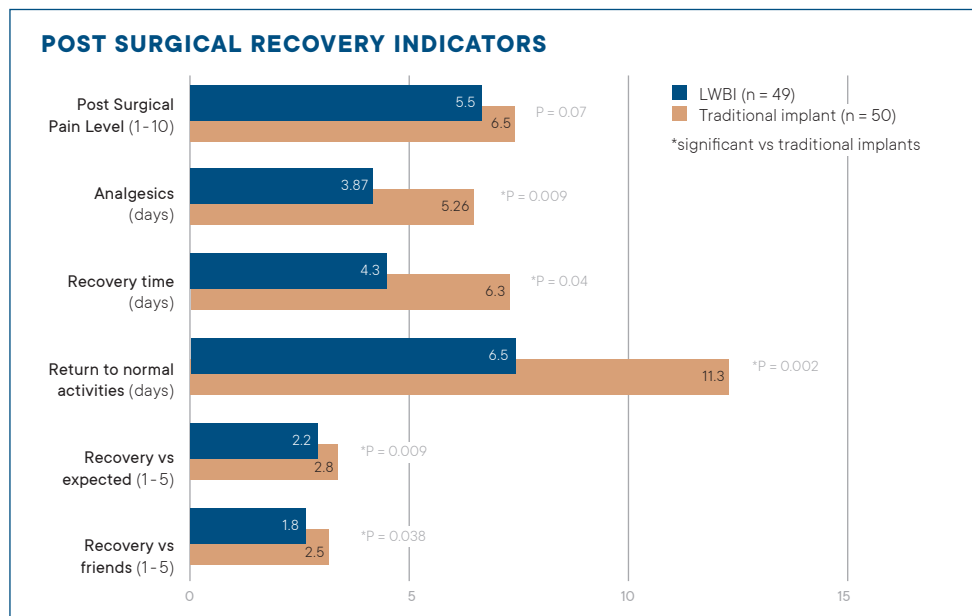
## METHODS

- Retrospective, observational study, 100 women who had undergone primary breast augmentation with either a lightweight breast implant or a traditional silicone implant (n = 50), were contacted by phone and asked about their post-treatment experiences and overall satisfaction with the outcome.
- All women were treated by the same surgical team, and the two groups were matched by date of surgery.

## RESULTS

In the Lightweight Breast Implant (LWBI) cohort:

- Mean post-treatment pain was significantly lower than with traditional implants
- Shorter duration of analgesics were required
- Recovery time was significantly faster



- Most patients in the two cohorts had a self-reported preoperative B cup size and relatively high tolerance to pain.
- On average, LWBI patients were 6 years older than those undergoing traditional implantation ( $32.4 \pm 8.7$  vs  $26.2 \pm 8.0$ ;  $P = .0004$ ) and more had experienced at least one pregnancy (61.2% vs. 24%,  $P = .0002$ ).
- LWBI patients opted for implants  $39 \pm 28.4$  cc larger than patients in the control group.
- Subglandular placement was selected in most cases (LWBI: 83.7% and traditional implants: 90.0%).

## CONCLUSIONS

- As compared to traditional silicone filled implants, breast augmentations with B-Lite® lightweight breast implants elicit less post-treatment pain and require less down-time, ultimately, meeting patients' quest for desired breast shape at minimal discomfort.
- Such postoperative experiences have been consistently linked to significantly higher patient satisfaction and quality of life.

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