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Breast Story for Women and Men by [Devid Hussain](#)

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Breast is a very important aspect of the feminine self, and not everyone is endowed with a perfect set of breasts to flaunt the low necklines. The body conscious women, who are indeed very conscious, crave to have everything in the right size and shape.

Thanks to the demand, breast augmentation or breast implants are getting more and more popular with women these days. The reason to get a breast implant or breast augmentation done may be plenty, but the common ones are a mastectomy, very-small sized breasts or uneven breast size wherein one breast is smaller than the other and also loss in firmness and size after childbirth or weight loss. The risk involved in these procedures should be thoroughly discussed before deciding on your choice.

The process of breast implant which results in breast augmentation is done by a cosmetic or plastic surgeon. Before the procedure you are supposed to have a one to one session with your doctor to discuss your medical history, your suitability to the procedure and the choice of breast size and the implant. Usually, the implant has a silicone solid outer structure that is filled with either saline or silicone soft elastic gel. The implants are sized as per the person's requirement.

The procedure allows placement of these implants inside a pocket created just under the breast through incisions. After the surgery, it is required to follow all the post care instructions for complete recovery with desired breasts!

Breast lift is yet another procedure being sought after through cosmetic surgeries. The main reason behind going for a breast lift is loss of elasticity in the skin, drooping breasts that are usually a result of child birth or weight loss and sometimes simple nature. A sagging breast is unattractive and sometimes a cause of inferiority complex. This being the reason that many women take the option of breast lift which when compared with implant is a less risk surgery. However, the patient has to have a pre-surgery consultation with his/her doctor for better understanding of the entire process.

Breast in males: While women seek to have a well grown and firm breast to show off their feminine frame, many men are faced with enlarged breasts - the condition being referred to as gynecomastia. The condition may develop in adult bodybuilders as well. The condition is a cause of concern for many adult men and even teenaged boys. Usually, the condition subsides on its own among infants and teenagers, but in certain cases it may be a result of certain underlying health condition that need medical attention and a treatment of the cause that may range from kidney diseases to liver problems and sometimes a tumour. Male breast reduction surgery can be taken up to give a normal look to the breast. In this kind of a surgery, excess fat tissues is sought to be removed from under the male breast.

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Tumescent technique, is one of the best surgical procedures used for a [male breast reduction](#) and a [breast implants](#) it is available only in good hospitals across the world.

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