

GUIDE

BREAST IMPLANT SURGERY

Dr. LeBlanc's personalized
approach :

Shaping trust through
experience and innovation.



DR. BENOIT LEBLANC

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OUR APPROACH

A Thoughtful Choice, A Patient-Centered Approach

Making the decision to undergo breast surgery is a deeply personal journey. This guide has been created to support you every step of the way, providing you with clear, accessible information tailored to your specific needs.

Our priority is to help you make an informed choice, respecting your motivations, expectations, and concerns. Behind every procedure, there is a story, aspirations, and reasons that deserve to be heard and understood.

Our team is here to support you on this journey, adopting a human and patient-centered approach. Our goal is to create a space of listening and trust, where you can ask questions, express your doubts, and explore your options with complete peace of mind.

This guide is a first step towards a thoughtful decision, made with care and confidence. You will find answers to your questions, explanations of the process, and advice for experiencing this journey positively and fulfilling.

Take the time to read through it, and remember: this journey is yours, and every decision should reflect what will make you feel fully in tune with yourself.

OUR EXPERTISE

Shaping trust through experience and innovation.

Choosing Dr. LeBlanc for breast surgery means opting for cutting-edge expertise and a patient-centered approach. With years of research and learning from the world's top surgeons, Dr. LeBlanc utilizes the most modern and proven techniques in the industry.

His innovative methods include the use of long-lasting dissolvable sutures and a Keller funnel to reduce infection risks and ensure fine, discreet scars. Thanks to advanced techniques such as the "Internal Bra" and lateral pectoral muscle dissection, he prevents implant migration and ensures a lasting, harmonious shape.

Dr. LeBlanc also stands out for his attention to aesthetic detail, particularly in developing an attractive inter-breast space and minimizing postoperative pain through less traumatic approaches. This combination of technical skill and human touch results in natural outcomes and a rapid recovery, allowing patients to resume their activities in just a few days.

Beyond his expertise, Dr. LeBlanc is renowned for his listening skills and commitment to his patients, offering personalized support every step of the way. With him, every decision is made with confidence and in accordance with individual expectations.

BREAST AUGMENTATION AND BREAST LIFT (MASTOPEXY)



Breast augmentation can help improve a woman's body perception, and in many cases, boost self-esteem and self-confidence. As aesthetic health professionals, we see how a woman's feelings about her breasts can influence her self-perception, appreciation of her body image and sense of femininity.

Women who undergo breast augmentation simply wish to feel more “balanced” in their body shape, and more in proportion to their natural curves. Breast implants can also be used to correct abnormal breast shapes. following breastfeeding or to reconstruct the breast after breast cancer.

Despite certain prejudices, most women want to avoid a “fake” or unnatural look. Our aim is always to create a result that matches the patient's vision.

In some cases, the placement of an implant is insufficient to obtain an adequate cosmetic result. In these patients, mastopexy may be indicated to restore the overall volume, firmness and upper pole fullness. For the breast to be filled adequately by the chosen implant, the surgeon must “reduce this bag” in order to avoid an effect of “badly filled bag”. Moreover, mastopexy alone will not be able to restore upper pole fullness (volume in the upper part of the breast). The only way to obtain an interesting upper pole fullness is to use a implant of adequate volume and diameter. Dr. LeBlanc will be able to indicate if mastopexy is indicated in your case.

THE WINNING CONDITIONS FOR BREAST SURGERY

Breast surgery is a personal journey that requires careful thought and open discussion with a trusted professional.

Ideal candidates are those who are:

- in **good physical health**;
- **non-smokers**;
- **free of medical conditions** that could interfere with healing;
- and have a **stable weight**, as significant fluctuations could influence results.

Motivations vary: some women wish to regain the volume lost after pregnancy or breast-feeding, while others seek an effect similar to that of a padded bra. In some cases, a breast lift (mastopexy) may be recommended as a complement to correct noticeable sagging.

Realistic expectations and emotional preparation are essential. Patients need to understand the limitations of the procedure and be prepared for the physical changes it entails. In addition, for those who have breastfed, it is advisable to wait at least six months after the end of breastfeeding before proceeding.

Your surgeon is there to review your situation, discuss your expectations and determine whether augmentation alone or a combined procedure is the best option for you. This personalized approach ensures results aligned with your goals and overall well-being.

MEET Dr. BENOIT LeBlanc

MD, D.E.S., F.R.C.S.C.

Dr. Benoit LeBlanc is a plastic surgeon certified by the Royal College of Surgeons of Canada and a member of the Collège des Médecins du Québec.



Breast augmentation is not only a surgical procedure, but also an expression of who you are and the image you wish to project. You need to feel confident and well cared for if you are to have a serene and positive experience.

—Dr. Benoit LeBlanc



Dr. Benoit LeBlanc: Sculpting Confidence Through Experience and Innovation

With over two decades of medical practice and 17 years dedicated to the art of plastic surgery, Dr. Benoit LeBlanc brings a wealth of experience and refined techniques to his patients. Certified by the Royal College of Surgeons of Canada and a member of the College of Physicians of Quebec, Dr. LeBlanc's commitment to excellence is evident in every procedure he performs.

His partnership with Victoria Park further elevates the patient experience, offering a comprehensive, one-stop shop for aesthetic transformations.

This collaboration ensures access to state-of-the-art facilities and a multidisciplinary team, providing patients with a seamless journey from consultation to recovery.

Whether you're seeking subtle enhancements or transformative procedures, Dr. LeBlanc's artistry, honed over years of practice, combined with the resources of Victoria Park, makes him the ideal choice for those seeking natural-looking, confidence-boosting results.

Where experience
meets elegance

CLINIC

Medispa Victoria Park

Dr. LeBlanc has chosen to establish his professional practice within the Victoria Park Médispa clinic, enhancing the experience offered to patients. They have access to state-of-the-art facilities and a multidisciplinary team, while ensuring a seamless and complete pathway, from consultation to convalescence.

Our location in the city of Laval, features a beautiful and modern two-story clinic with over 15 treatment rooms.

Victoria Park Medispa has been awarded Canada's Top Medispa for three consecutive years.



Victoria Park Medispa

TEAM

The clinic is proudly led by Dr. LeBlanc. Dr. Suzanne and Dr. Madeleine Gagnon, dermatologists, who have moved from their pioneering clinic "Dermatologie Face au temps", Dr. Ruz, a vascular surgeon and Dr. Racanelli, a general practitioner.

They are joined by 3 nurses specialized in aesthetic injections and a wonderful team of highly skilled technicians.



Dr. Benoit LeBlanc's Team

HOW CHOOSING THE RIGHT IMPLANT

Dr. LeBlanc adopts a personalized approach to guarantee results in harmony with your figure. The choice of the final implant is made according to many characteristics of the patient: size, shoulder width, chest width, breast width, pre-existing breast, size and width of the hips.

Most patients come in and simply ask for an implant volume similar to that obtained by friends (e.g. 350 cc). Unless two completely identical patients can be compared, it is quite possible that two very similar patients will obtain significantly different results. The aim is not to copy, but to create a realistic and balanced silhouette, adapted to your own physiognomy.

This is why it is essential to perform an implant tryout. This will be done with Dr. LeBlanc by trying a multitude of different volumes of implants and the use of a suitable bra and a white t-shirt.

With this approach, you benefit from expertise that combines aesthetics and realism, for a result that's both natural and satisfying.

IMPLANT SELECTION

Saline solution vs.

cohesive silicone gel

- Saline Solution: Filled with sterile salt water, providing a firmer feel.
- Cohesive silicone gel: Filled with silicone gel, providing a more natural feel.

Shape

- Round: Offer fuller breasts and more pronounced décolleté.
- Anatomical (teardrop-shaped): Imitate the natural slope of the breast.

Size

- We'll discuss your desired size based on your morphology and proportions.

Placement

- Subglandular: Above the pectoral muscle, offering potentially faster recovery, but may be more visible.
- Submuscular: Under the pectoral muscle, offering better coverage and a more natural appearance.



PREPARATION FOR SURGERY

BEFORE

- Medical evaluation: We will review your medical history and perform a physical examination.
 - Mammogram: A mammogram may be recommended to obtain baseline images.
 - Medications: Let us know about any medications or supplements you are taking.
 - Lifestyle changes: Stop smoking and avoid certain medications (aspirin, ibuprofen) that may increase bleeding.
 - Pre-operative instructions: We'll provide you with detailed instructions on fasting, showering and other necessities.
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THE SURGICAL PROCEDURE (approx. 2 hours)

- Anesthesia: General anesthesia is generally used.
 - Incisions: Options include inframammary (under the breast), periareolar (around the nipple) or transaxillary (in the armpit) incision.
 - Implant placement : The implant is inserted into the chosen pocket.
 - Closure: Incisions are closed with sutures and dressings are applied.
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POST-OPERATIVE RECOVERY AND CARE (3 to 7 days for recovery and 3 to 6 weeks for post-operative follow-up)

- Discomfort: Expect pain, swelling and bruising, which can be managed with medication.
- Activity restrictions: Avoid strenuous activity and heavy lifting for several weeks.
- Clothing: You will need to wear a support bra or surgical garment.
- Follow-up appointments: We'll schedule regular check-ups to monitor your healing.
- Return to normal activities: Gradual resumption of work, exercise and other activities.

ADDRESSING YOUR QUESTIONS & CONCERNS

We understand that you may have questions or concerns about breast augmentation. We encourage you to discuss your concerns openly with us during your consultations.

We're here to support you every step of the way. Our goal is to provide you with a safe, comfortable and positive experience, with beautiful, natural results that will boost your self-confidence.

How do I know if breast augmentation is right for me?

At your first breast augmentation consultation, a complete medical history will be taken. Your surgeon will spend the necessary time with you to get to know you personally. He or she will explore your reasons for seeking surgery and examine your breasts. If you are a suitable candidate for breast augmentation, your options will be explained to you in detail.

Loss of sensitivity and breastfeeding

There is a risk of about 3% of total and permanent loss of sensitivity in the nipple, areola and lower portion of the breast. This risk is linked to the traction or compression of sensitive nerves by the implant, without these nerves necessarily having been severed (a phenomenon called neurapraxia).

The risk of not being able to breastfeed is similar. It should be noted that 30-40% of women who have never had breast surgery will never be able to breastfeed for various reasons (baby sucking problem, anatomy of the nipples/galactophoric ducts, etc.).

Scars

There is a 1 to 5% risk of developing a hypertrophic scar which is characterized by an enlarged, thickened and colored appearance (hyperpigmentation). This risk is reduced by Dr. LeBlanc's use of a special long-lasting (180 days) melting suture of the "barbed wire" type called Quill, which allows for fine, flexible, non-inflammatory and not very visible scars. Should a hypertrophic scar still develop, simple treatment approaches can achieve excellent results. The risk of hypertrophic scars is increased in patients with dark skin (skin that tans very easily, or depending on ethnic origin).

Post-operative infection

A minor soft tissue infection (without damage to the implant) can occur in less than 1% following a breast addition. In this case, treatment with oral antibiotic therapy would be adequate. In the event of a more severe infection and damage to the implant (risk of 0.5% to 2.5% in the literature), treatment would unfortunately involve removal of the implant and antibiotic therapy.

Volume of implants

Good advice from a competent surgeon helps reduce the risks associated with the wrong choice of volume. However, complications do increase with prosthesis volume, including the risk of infection, wound opening, prosthesis visibility or palpability, malposition, migration, double bubble and uniboob.

Volumes in excess of 450 cc are particularly at risk, especially in patients with small breasts.

Careful selection of the prosthesis, adapted to the patient's anatomical characteristics (breast width and height, tissue elasticity, etc.), is essential to minimize these risks. During the initial consultation, the maximum safe volume is determined on the basis of precise measurements. If a requested volume exceeds this threshold, we will explain why a smaller prosthesis is necessary to preserve health and aesthetics.

Excessive volume can lead to serious complications, such as open wounds or infections requiring removal of the prostheses, followed by costly corrective surgery. An ethical and professional approach, like that of Dr. LeBlanc, always prioritizes safety and harmonious results for every patient.

Life expectancy of the implants

No, you will not have to systematically replace your implant every 10 years. If a patient is satisfied with the result of her surgery after 10, 15, 20, 25 years, there is no need to necessarily change her implants. On the other hand, it is impossible to assure a patient that she will wear her prostheses for life, since any material has the potential to break.

Loss of volume and rupture

A **saline implant** can lose a maximum of 1% volume per year by evaporation of the solution. If a rupture of the membrane occurs or if the inlet valve malfunctions, the implant will deflate. This is the equivalent to a puncture.

Older silicone implants emptied their contents when they ruptured. Modern **cohesive silicone gel implants** have a texture resembling that of a "gummy bear". Therefore, the contents should not "spill out" during a rupture and the implants keeps its shape with the help of a gel called "Form stable".

Rupture rates are very similar between the two types of implants and can vary from 6 to 15% after a period of 20 years. Rupture rates in the past were much higher. The difference lies mainly in the presence of deflation of the saline implant, which will prompt the patient to have the implant reoperated quickly in order to avoid living with two asymmetrical breasts.

Post-operative pain

The post-operative pain can especially be associated with the way the space is created for the placement of the implant in the retro-pectoral position . Most surgeons use their fingers to create this space, which results in painful muscle tears and heavy bleeding. This results in more swelling and thus more pain. Dr. LeBlanc is one of a minority of surgeons who use an electrocautery ("electric pencil") to gently create this space. If a small vessel started bleeding, it would be immediately stopped by coagulating it.

This method results in very little bleeding, much less post-operative edema and therefore particularly less pain. Post-operative pain is usually well controlled after 3-4 days using Tylenol and anti-inflammatory drugs only.

Capsule

A breast implant is considered a foreign body and will stimulate the production of scar tissue in a natural and normal way around it, which is called a "capsule". The latter will not cause problems in the vast majority of cases. In rarer cases, the capsule may begin to contract until it causes deformation of the implant, the breast, pain and severe hardening. The capsule changes its name and is called "capsular contracture". It is found in about 5-8% of cases, regardless of the type of implant. It occurred in up to 40-50% of cases where old implants with "liquid" silicone was used. The two products therefore have similar characteristics. The figures used by the different stakeholders vary according to the sources, but the orders of magnitude are preserved.

In order to reduce the risk of capsular contracture to less than 1%, Dr. LeBlanc uses a 14-point surgical plan recognized worldwide by regulatory organizations (Ref. Dr. Bill Adams). This plan can be presented to you during your consultation.

Despite the use of this treatment plan, the risk of making a capsular contracture will never be zero. If a large capsular contracture settles, a surgery called capsulectomy may be performed to remove the pathological fibrous capsule. This can take up to 1.5 hours per breast and would involve operating room and anesthesia costs that are not negligible.

Safety and innocuousness of implants

Both types of implants are of much better quality than older implants using "liquid" silicone. A saline implant that ruptures will cause the saline solution to be reabsorbed by the body. The combination of the use of high-quality products and the most stringent FDA* and Health Canada approvals is aimed at obtaining the safest possible product and surgery.

It should be noted that a large-cell anaplastic lymphoma type cancer has been associated with implants that had a textured surface (BIA-ALCL). The risk is associated with the textured surface regardless of whether the implant is saline or cohesive gel. These macro-textured implants were withdrawn from the market by Health Canada in May 2019 as a precautionary measure. There have been no cases associated with the smooth implants that Dr. LeBlanc has been using to date.

*U.S. Food and Drug Administration

How much cost a breast augmentation

We will be happy to explain our pricing during your first appointment, but no matter what you choose, it should not be a decision to save money. Make sure you are in the hands of a team of professionals, who will use high-quality facilities and equipment, and who will know how to put you at ease.

Disclaimer: This guide is provided for informational purposes only and is not a substitute for professional medical advice. Please consult with your plastic surgeon to discuss your individual needs and concerns.



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