



Newman Plastic Surgery

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Certified by the American Board of Plastic Surgery

Dr. Newman combines established plastic surgery principles with modern advances to restore, rejuvenate, enhance, and refine. A balanced and proportionate result is achieved on the foundation of compassionate care, patient comfort, open communication, and safety. When all these things are present, excellence will flourish.

I am considering having a breast augmentation. I heard that I have to have breast implants exchanged after a certain amount of time. Is this true?

Many women choose to have a breast augmentation for a variety of reasons, from enhancing their figures to restoring volume after weight loss or pregnancy. While breast implants do not last forever, they do not have to be exchanged at any pre-set interval. If the implants are intact and the breasts are stable in appearance, many women have kept their implants for well over 20 years.

When a saline implant leaks, the asymmetry between the two breasts becomes readily apparent. A silicone implant leak, however, may be initially silent and not known until a mammogram or MRI is performed. A thorough clinical exam can also confirm the leak. A breast that was once soft that has become firm and possibly tender are clues that there may be an implant-related problem.

I recommend patients with breast implants maintain a relationship with their plastic surgeon with an annual appointment to assess the integrity of the implant.

I have a small “pooch” around my belly button that I can’t seem to get rid of. Can liposuction help?

The ideal liposuction candidate is at or near his or her ideal body weight with discrete troublesome areas that do not respond to diet or exercise. While this may describe you, many women have a “pooch” for an entirely different reason.

After pregnancy or weight fluctuations, the abdominal muscles can become separated and lax. Hernias may even be present. The skin can lose its elasticity and can hang from the abdomen, resulting in stretch marks and a bulge around the umbilicus. If this is your situation, you may benefit more from tightening the muscles. This is an integral part of a tummy tuck, which restores shape and contour to the abdomen.

A consultation with a board-certified plastic surgeon can help you navigate through these as well as other potential issues and point you in the right direction.