

Breast Augmentation Makes Swiss Patient's Makeover Complete

This patient profile is written by Sandra Hillmann, who traveled from Switzerland to Orlando to have breast enlargement.

Last year, I made a decision millions of American women make each year: I decided to have breast augmentation.

My circumstances were a little more complicated than those of most patients, however, because I am not an American. I live in Switzerland.

I had been considering breast augmentation and had done some preliminary research. After losing quite a bit of weight, I knew that the time had come.

My next important decision was choosing a plastic surgeon. I knew I wanted to have the surgery in the U.S. because I think American surgeons have more experience than the Swiss since breast augmentation is much more common here than in Switzerland.

A friend who lives in Florida gave me Dr. Orlando Cicilioni's Web address and told me he was the best surgeon for breast augmentation. I read about his qualification on the Internet and initiated contact through e-mail. Even though I had not yet met him in person, I had enough confidence in him to schedule the surgery and make plans to travel to Orlando for the procedure.

I finally met Dr. Cicilioni the day before for my pre-op visit. He explained what would take place and answered all of my questions. He spent almost an hour with me, making sure that I understood everything.

In Orlando I stayed with my girlfriend, who accompanied me to my appointment with Dr. Cicilioni. We had a great time at the office and laughed a lot. It was fun to try on all the different sizes of implants, but hard to decide which size to get. In the end I was totally confused and decided to let Dr. Cicilioni make the choice. I trusted him and knew that he would use good judgment to achieve the look I wanted: not too big, full and natural looking.

When I arrived at the hospital the next day, I was a little nervous. I imagined that I might not wake up again after the surgery. A foolish thought, I knew, but I couldn't help thinking it. I've never liked general anesthesia. But the hospital staff took really good care of me.

The surgery went well, but the first three days were pretty uncomfortable. I could hardly sleep since I'm not used to sleeping on my back and sleeping on your stomach is not something you want to do after that surgery!

It was okay to do things like going shopping or to the movie but not much more. I had to get used to the new me, and since the breasts are quite swollen the first couple of days,

they looked huge. When I walked I felt that if I didn't hold my breasts up, they would drop. I guess that's a Swiss thing: You Americans are much more used to surgery than we are!

To me, having augmentation was just a form of self-improvement, no different than taking a course to learn something new. I'm very happy with the results and glad I had it done. I would do it again no doubt. I think it looks very natural and that's exactly what I wanted.

In some clothing, like business suits, you can hardly tell, but with others there is a big difference.

I think the key is to do it for yourself and not because somebody else wants you to. I made the decision myself and I did it for myself. My closest friends knew about it and were very supportive.

I wouldn't do everything, but why not help yourself a little once in a while.... Believe me it feels great!

*Name changed to protect privacy