

## ASPS: Breastfeeding after implants won't cause sagging

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(HealthDay)—Among women with breast implants, breastfeeding does not worsen the degree of sagging due to pregnancy, according to a study presented at Plastic Surgery The Meeting, the annual meeting of the American Society of Plastic Surgeons, held from Oct. 11 to 15 in San Diego.

Norma Cruz, M.D., from the San Juan VA Hospital in Puerto Rico, compared changes in breast measurements resulting from [pregnancy](#) after [breast augmentation](#) in 62 women who did not breastfeed (measured one year after pregnancy) and 57 women who breastfed for a mean of six months (measured one year after completing breastfeeding).

The researchers found no significant differences between the two groups in terms of changes in breast measurements (mid-nipple to clavicle and nipple to inframammary fold) or Regnault's degree of ptosis. In general, breast measurements increased and ptosis became more severe after pregnancy.

"The significant changes in breast measurements are caused by the pregnancy. Breastfeeding does not appear to cause further breast ptosis in women with breast augmentation," Cruz concludes. "Since [breastfeeding](#) improves both a mother and child's overall health, patient education regarding this matter is of importance."

**More information:** [Abstract \(subscription or payment may be required\)](#)  
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