

Sacramento Surgeon Touts Study on Quality of Life Post-Breast Augmentation

Dr. Wayne Yamahata, who frequently performs breast augmentation in Sacramento, says findings of improved psychological well-being match his patients' results.

SACRAMENTO, CA, USA, July 27, 2014 /EINPresswire.com/ -- Plastic surgeon Dr. Wayne Yamahata (www.wayneyamahatamd.com) says a study that found women benefit psychologically after undergoing breast augmentation matches the results he sees in Sacramento at his practice, where his patients have reported overwhelming satisfaction with the outcome of their procedures.

[The study](#), whose results were published in a recent issue of Plastic and Reconstructive Surgery®, concluded that "breast augmentation is associated with high patient satisfaction and significant improvements in quality of life."

"This study underscores what I've heard from my patients throughout my career," says Dr. Yamahata, who's regarded as one of the top plastic surgeons in the Sacramento Valley. "Women say they enjoy looking more feminine and feeling confident in different kinds of clothing after breast augmentation."

According to statistics from the American Society of Plastic Surgeons®, breast augmentation is the most common cosmetic surgery performed in the U.S., with about 290,000 surgeries performed nationwide last year.

Dr. Yamahata says his patients benefit from the extensive time he devotes to their consultations, ensuring they have all their questions answered and that he understands their specific cosmetic goals. The consultation, he says, is where successful plastic surgery results begin.

"For example," Dr. Yamahata says, "the study suggests that patients who are older and those who get breast implants inserted behind their pectoral muscles often needed more time to recover than they expected, and so their satisfaction was lower even if they had good results cosmetically. That's why I spend so much time with patients who have questions [about breast implants](#) at my consultations in Sacramento and Roseville. I want to cover every topic and potential concern so they know what to expect."

Dr. Yamahata says his patients make decisions about breast augmentation surgery based on a

thorough understanding of their options, including the advantages and potential complications of each alternative. He says patient education is intertwined with patient satisfaction.

"If you know what to expect as a patient, then you'll be better prepared for the challenges of recovery," Dr. Yamahata says. "The more people know, the easier it is for them to move past concern and start to feel excited about their transformation."

Dr. Wayne Yamahata (www.wayneyamahatamd.com) is a board-certified plastic surgeon who performs cosmetic and reconstructive surgery in Sacramento and Roseville, California. He offers a wide range of aesthetic procedures for the face, breasts, and body at his private practice. He received his undergraduate degree from the University of Southern California before getting his medical degree at the University of California, Davis. He also completed a straight surgery internship and surgery residency there, as well as a residency in plastic surgery and a fellowship in clinical nutrition. He is certified by the American Board of Surgery and The American Board of Plastic Surgery and is a member of several well-regarded industry groups, including the American College of Surgeons and American Society of Plastic Surgeons®.

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