

Ocean Plastic Surgery Reports Shift Toward Proportionate Breast Augmentation

Dr. Raman Mehrzad reports growing demand for smaller implants, anatomy-based sizing and natural-looking breast enhancement in Southern California.

LOS ALAMITOS, CA, UNITED STATES, August 21, 2026 /EINPresswire.com/ -- Ocean Plastic Surgery Reports Shift Toward Proportionate [Breast Augmentation](#)

Southern California patients are increasingly asking about smaller implants, anatomy-based sizing and natural-looking breast enhancement, according to [Dr. Raman Mehrzad](#)

[Ocean Plastic Surgery Center](#) in Los Alamitos reports a shift in breast augmentation consultations across Southern California, with more patients seeking proportionate breast enhancement rather than dramatic increases in breast size.

According to plastic surgeon Dr. Raman Mehrzad, conversations that once focused primarily on implant volume are increasingly centered on body proportions, chest anatomy, implant dimensions, incision placement and how breast augmentation will complement a patient's overall frame.

"A decade ago, the conversation often started with size," said Dr. Mehrzad. "Today, many patients begin by asking how breast augmentation can complement their existing anatomy without looking disproportionate. The discussion has shifted from simply choosing volume to understanding proportion."

The trend reflects a broader evolution in breast enhancement. The American Society of Plastic Surgeons has reported increasing interest in subtle, natural-looking breast enhancement, including more modest implant sizes and approaches intended to complement a patient's physique rather than dramatically change it.

Breast Augmentation Planning Is Becoming More Anatomy-Focused

Breast augmentation uses implants, or in selected cases fat transfer, to modify breast volume, shape and symmetry. According to Ocean Plastic Surgery Center, modern surgical planning



Dr. Raman Mehrzad of Ocean Plastic Surgery Center in Los Alamitos, California



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Dr. Raman Mehrzad

increasingly focuses on the relationship between implant dimensions and the patient's existing anatomy rather than implant volume alone.

Dr. Mehrzad notes that breast width, chest-wall dimensions, existing breast tissue, skin characteristics, breast symmetry and overall body proportions can all influence implant selection.

"Two patients requesting the same cup size may need completely different implants," Dr. Mehrzad said. "Breast augmentation is a three-dimensional procedure. Implant

width, projection and profile have to work with the patient's chest and existing breast tissue. Volume is only one part of that equation."

The practice reports that patients are also asking more detailed questions about implant placement, incision location, scar visibility and recovery before surgery. For appropriate candidates, different incision approaches may be considered based on anatomy, implant selection and surgical goals.

Patient Questions Are Changing Along With Breast Augmentation Trends

According to Ocean Plastic Surgery Center, patients increasingly arrive at consultations after researching breast augmentation through medical websites, social media, educational videos and AI-assisted search tools. Questions frequently address implant size, natural-looking breast augmentation, recovery time, scar location, implant position and long-term expectations.

Dr. Mehrzad said the increase in patient research has changed the role of the consultation. "More information is available than ever before, but breast augmentation cannot be planned from a general recommendation or a single implant number," he said. "The consultation is where that information is applied to the patient's actual anatomy."

The shift toward proportion-focused breast augmentation also reflects changing aesthetic preferences among active and fitness-conscious patients, according to the practice. Rather than treating breast size as an isolated feature, surgical planning may consider the relationship between the breasts, shoulders, torso and waist to create overall proportional balance.

Candidacy and surgical recommendations vary according to individual anatomy, medical history and treatment goals. Implant selection, incision placement, recovery and outcomes are individualized, and no single technique or implant is appropriate for every patient.

About Ocean Plastic Surgery Center

Ocean Plastic Surgery Center is a plastic surgery practice located in Los Alamitos, California, serving Orange County, Los Angeles, Long Beach, Newport Beach, Irvine and surrounding

Southern California communities. Led by Dr. Raman Mehrzad, the practice provides cosmetic surgery of the breasts, body and face with an emphasis on evidence-based treatment planning, patient education and individualized surgical care.

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