

Ocean Plastic Surgery Explains When Breast Implants Should Be Replaced

Dr. Raman Mehrzad addresses implant longevity, rupture, capsular contracture, removal and when breast implant revision may be appropriate.

LOS ALAMITOS, CA, UNITED STATES, September 21, 2026 /EINPresswire.com/ -- [Dr. Raman Mehrzad](#) addresses the 10-year breast implant myth, implant rupture, capsular contracture, implant removal and when [breast implant revision](#) may be considered

Do breast implants need to be replaced every 10 years? Despite a commonly repeated belief about breast implant lifespan, there is no universal recommendation requiring every breast implant to be removed or replaced at the 10-year mark.

Ocean Plastic Surgery Center in Los Alamitos is addressing this question as more patients with breast implants seek information about implant longevity, breast implant revision, silicone implant rupture, capsular contracture and long-term implant monitoring.

According to plastic surgeon Dr. Raman Mehrzad, implant age is only one consideration when determining whether breast implant revision may be appropriate.

"Ten years should not be viewed as an automatic expiration date for a breast implant," said Dr. Mehrzad. "A more useful evaluation looks at whether the implant remains intact, whether the surrounding breast tissue or implant pocket has changed, whether the patient has developed symptoms, and whether the original result still matches what she wants today."

The U.S. Food and Drug Administration states that breast implants are not lifetime devices and that the likelihood of complications increases the longer implants are present. However, implant replacement is not automatically required simply because a patient reaches a specific anniversary following [breast augmentation](#).



WHAT IS BREAST IMPLANT REVISION?

Breast implant revision is not a single operation. It is a category of breast surgery used to address changes involving an existing breast implant, the surrounding scar capsule, the implant pocket, breast tissue, skin or breast position.

Reasons for revision may include:

- Implant rupture or deflation
- Capsular contracture
- Implant malposition
- Breast asymmetry
- Rippling or implant visibility
- Changes following pregnancy or weight fluctuations
- Aging of the breast tissue
- A patient's desire to change implant size
- A patient's decision to remove her implants

Unlike primary breast augmentation, revision surgery often requires an evaluation of how the breast and implant have changed together over time.

"Breast implant revision is as much about understanding the surrounding anatomy as it is about evaluating the implant," Dr. Mehrzad said. "The implant pocket, capsule, breast tissue, skin envelope and nipple position can all change. Identifying which component is responsible for the concern is what determines the appropriate surgical plan."

HOW LONG DO BREAST IMPLANTS LAST?

There is no single lifespan that applies to every breast implant.

Some patients may have implants for longer than 10 years without requiring revision, while others may need additional surgery sooner because of a complication or a change in their aesthetic goals.

The American Society of Plastic Surgeons similarly notes that the 10-year mark is not an absolute indication for implant removal or replacement.

Patients may consider an evaluation if they notice:

- New firmness or pain
- Changes in breast shape or symmetry
- Implant displacement
- Rippling

- Swelling
- Changes in breast size
- A suspected implant rupture

HOW IS SILICONE BREAST IMPLANT RUPTURE DETECTED?

Silicone implant rupture deserves particular attention because it may occur without causing an obvious change in the breast. The FDA refers to this as a “silent rupture.”

For patients without symptoms who have silicone gel-filled breast implants, current FDA recommendations call for the first ultrasound or MRI approximately five to six years after implantation, followed by additional imaging every two to three years. For patients experiencing symptoms or those with inconclusive ultrasound results, an MRI may be recommended for further evaluation.

Saline implant rupture typically behaves differently. Because saline is absorbed by the body after the implant shell fails, the affected breast will generally lose volume, making deflation more noticeable.

WHAT IS CAPSULAR CONTRACTURE?

The body normally forms scar tissue, known as a capsule, around a breast implant. Capsular contracture occurs when that capsule becomes abnormally tight or firm.

Depending on its severity, capsular contracture may cause increasing breast firmness, discomfort, implant displacement or visible distortion of the breast.

When surgery is appropriate, treatment may involve removing or modifying the capsule, removing or replacing the implant, adjusting the implant pocket, or combining several techniques based on the patient’s anatomy and clinical findings.

BREAST IMPLANT REVISION DOES NOT ALWAYS MEAN IMPLANT REPLACEMENT

Another common misconception is that breast implant revision always means exchanging an older implant for a new one.

Depending on the reason for surgery, breast implant revision options may include:

- Exchanging the implants
- Changing the implant size or profile
- Correcting implant position
- Removing the implants without replacement
- Addressing the surrounding scar capsule

- Combining implant surgery with a mastopexy or breast lift
- Correcting breast asymmetry
- Using fat grafting in selected patients to improve breast contour

Patients considering breast implant removal should also understand that removing an implant does not necessarily restore the breast to its appearance before augmentation.

Pregnancy, breastfeeding, weight changes, aging, skin stretching and years of breast tissue remodeling can affect the appearance of the breast following implant removal. Depending on their anatomy and goals, some patients may consider a breast lift, fat grafting or another reconstructive strategy.

WHEN SHOULD A PATIENT WITH BREAST IMPLANTS SEEK EVALUATION?

New or unexplained breast changes should be medically evaluated rather than attributed solely to the age of the implants.

Persistent swelling, a new breast or chest-wall mass, significant pain, increasing firmness, substantial asymmetry, implant displacement or an unexpected change in breast shape may warrant further evaluation.

“The most useful question isn’t simply, ‘How old are my implants?’” Dr. Mehrzad said. “The better questions are: Has something changed? Are there symptoms? Is the implant intact? What has happened to the surrounding breast tissue? And what does the patient want her breasts to look like now?”

According to Dr. Mehrzad, answering these questions allows breast implant revision to be approached as an individualized anatomical issue rather than an automatic procedure triggered by the age of an implant.

ABOUT OCEAN PLASTIC SURGERY CENTER

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

Led by Dr. Raman Mehrzad, the practice provides cosmetic and reconstructive surgery of the breasts, body and face. Procedures include breast augmentation, breast implant revision, breast implant removal, breast lift and breast reduction, with an emphasis on patient education, evidence-based surgical planning and individualized care.

To learn more, visit the Ocean Plastic Surgery Center website.

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