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# Considering breast augmentation for beach season? Here's when you should plan your surgery

Cindy Wu, MD | Cary, NC Friday, May 17, 2019 276 6



As summer approaches, you may be starting to think about getting yourself ready for the beach. For some, this may mean having a [breast augmentation](#).

In 2018, [breast augmentation was up by 4%](#), totaling 313,735, proving that the popularity of this procedure is growing. Breast augmentation is a safe and effective procedure can enhance your breast size and shape. This can be performed with silicone or saline implants, or with your own fat.

The choice between an implant or your own fat is one that you make with your board-certified plastic surgeon. In general, if you want to be a cup size or larger, an implant is a better choice. If you desire to have a cup size or smaller enhancement, then fat grafting may also be an option for you as well, depending on how much fat you have on your body. The procedure can take approximately 1-3 hours, depending on whether or not it is combined with a [breast lift](#).

## How soon after breast augmentation can you swim?

Patients can expect to be back to work with some light lifting restrictions within one week, and completely off of lifting restrictions in about a month. With summer and beach season in mind, however, you may be wondering when you'll be able to swim.

If you are planning to swim, make sure to plan to have your surgery at least a month in advance of your vacation, as most surgeons will want you to wait that long before immersing in a pool or ocean. After your surgery, be sure to get clearance from your surgeon to swim.

Since swimming often means time in the sun, it's important to protect your incision with sunscreen that is SPF 30 or greater. You will also want to massage your scar with a silicone-based scar gel to help promote a thin, fine scar.

Although you may be cleared to swim after one month, it is normal for implants to still sit higher on your chest wall after the first month. Over the next 2-3 months, your implants will naturally settle into the breast, revealing your final results. With fat grafting, it can take 2-3 months for the swelling to subside and for you to see your final shape.

## Ready to schedule your breast augmentation consultation?

When you decide to come in for a breast augmentation consultation, make sure you choose a board-certified plastic surgeon on the [ASPS Plastic Surgeon Match](#) page.

Board-certified plastic surgeons undergo a rigorous training process and are vetted by their peers through both a written and oral board examination process. Each and every ASPS member surgeon is board certified in plastic surgery, making them the most qualified plastic surgeons to perform your breast augmentation and get you ready for the beach!

*The views expressed in this blog are those of the author and do not necessarily reflect the opinions of the American Society of Plastic Surgeons.*

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