Walker Plastic Surgery · Frisco, TX

My Breast Augmentation Prep Sheet

Work through this alongside the "Choosing Your Look" guide, then bring it to your consultation. The clearer you are about what you want, the better we can plan a result that fits your body.

NAME _____ CONSULTATION DATE _____

1 GATHER YOUR "WISH PICS"

- Save **5–10 real before-and-after results you love** — look at the overall shape and proportion, not the person.
- Save **a few you *don't* like** too — knowing what to avoid is just as helpful.
- Favor photos of women with a **similar height, build, and starting size** to you — they'll be far more realistic.

WHERE TO LOOK FOR RESULTS

- Our own before-and-after gallery at **nickwalkermd.com**
- **The Aesthetic Society** (theaestheticsociety.org) & **ASPS** (plasticsurgery.org) — large before/after galleries
- **RealSelf** (realself.com) — patient photos and reviews
- **Instagram** — result galleries from board-certified plastic surgeons

Favor honest, un-retouched clinical photos — be cautious with heavily filtered social media.

☐ **I gathered my wish pics (and a few I'd want to avoid).**

2 MY GENERAL CATEGORY

Check the look closest to what you picture. It's a spectrum — many people land in between.

☐ **Subtle & Natural**	☐ **Balanced**	☐ **Full & Rounded**	☐ **Bold & Augmented**
Gentle increase, soft sloped top.	Clearly fuller, still natural in clothing.	Rounder, obvious upper fullness.	Maximum, round, prominent.

Or I'm somewhere between _____ and _____.

3 THE DETAILS THAT MATTER TO ME

THE MAIN THINGS TO THINK ABOUT

☐ **Upper breast fullness** — soft slope vs. rounded top

☐ **Inner breast fullness** — fullness toward the center

☐ **Side / outer fullness** — out toward the armpit

☐ **Distance between the breasts** — the gap in the middle
Note: how close they can sit is limited by your own anatomy.

SPECIFIC CONCERNS — ONLY IF THEY APPLY TO ME

☐ **Too much fullness along the bra line / outside of the breast**
May sometimes need an added step, e.g. liposuction.

☐ **Nipples pointing outward**

☐ **Nipples pointing up**

☐ **Too much implant movement, or distortion when flexing**
Sometimes called "animation deformity."

☐ **Sitting low or sagging**
May involve a lift (mastopexy).

☐ **Asymmetry between the two sides**

☐ **Visible edges or rippling, or the implant looking / feeling too artificial**

MY TOP 3 PRIORITIES

Of everything above, the three details that matter most to me (in order). When trade-offs come up, these are what I'd most want protected.

1. _____
2. _____
3. _____

? QUESTIONS I WANT TO ASK MY SURGEON

_____

_____

These are my preferences, to help start the conversation. I understand that what's achievable depends on my individual anatomy and an in-person evaluation. © Walker Plastic Surgery, Frisco, TX.