

## LIFE AFTER BREAST IMPLANTS

Your Weekly Newsletter

by Dr. Nick Sieveking

March 30, 2026



### A Brief Perspective

Breast augmentation has been the most common cosmetic operation in the United States for decades.

The first silicone breast implant was developed by \*\*Thomas Cronin and Frank Gerow in 1961. Prior to that, attempts to enlarge the breast date back to the late 1800s, using materials such as fat, paraffin wax, liquid silicone, sponges, ground rubber, and even glass balls.



**THE PRINCESS BUST DEVELOPER**  
IS A NEW SCIENTIFIC HELP TO NATURE.

COMBINED WITH THE USE OF THE BUST CREAM OR FOOD, FORMS A FULL, FIRM, WELL-DEVELOPED BUST IN A FEW DAYS' USE.

It will build up and fill out all shrunken and undeveloped breasts, form a rounded, plump, perfectly developed bust, producing a beautiful figure.

THE PRINCESS BUST DEVELOPER AND CREAM FOOD is absolutely harmless, easy to use, perfectly safe and the only successful bust developer offered by any concern.

**IF NATURE HAS NOT FAVORED YOU** with that greatest charm, a full and perfect bust for the Princess Bust Developer and you will be surprised, delighted and happy over the result of our work's use. No matter what you have tried before, no matter if you have used other so-called Bust Developers, (giving it as food or food without effect), our Princess Bust Developer will absolutely produce the desired result. We guarantee it. It has been proven by test and trial; and if you are not entirely satisfied with the result after giving it a fair trial, please return it to us and we will gladly refund your money.



**PRINCESS BUST DEVELOPER.**  
Comes in two sizes, 2 1/4 and 3 inches in diameter, (bust size desired).

**THE DEVELOPER** is carefully made of nickel and aluminum, very smooth, sleek throughout. Comes in two sizes, 2 1/4 and 3 inches diameter. In selecting please state size desired. The developer gives the right exercise to the muscles of the bust, compels a free and normal circulation of the blood through the capillaries, glands and tissues of the body, undeveloped parts, these parts by soon restored to a healthy condition, they expand and fill out, become round, firm and beautiful.

**\$1.50** is our Special Introductory Price for the PRINCESS DEVELOPER and BUST FOOD, Complete, the Lowest Price Ever Made on this Article.

**DON'T PAY** more when you concern an extravagant price for a so-called bust developer. Be careful of the medicines and treatments offered by various irresponsible companies. Send for the Princess Bust Developer, complete with the Bust Food, at our special introductory price of \$1.50, state whether you wish the 2 1/4 or 3 inch developer, and if you are not entirely satisfied with the results, if your bust is not enlarged from 2 to 6 inches according to length of time used, without the slightest harm or inconvenience, return it, after giving it a trial, and we will refund your money. Don't put off ordering. Nowhere else can you buy a successful guaranteed bust developer for only \$1.50.

Order at once while we can produce these perfect goods at present cost. No. 881008 Our Princess Bust Developer, Bust Expander and Bust Cream or Food. Price, complete, including a bottle of Flour de Lys Bust Expander, \$1.50

**THE PRINCESS BUST DEVELOPER AND BUST CREAM OR FOOD**

Regular retail price, each.....\$5.00  
OUR PRICE, EACH.....\$1.50  
OUR PRICE, PER DOZEN.....\$16.00

**SOLD UNDER A POSITIVE GUARANTEE TO ENLARGE ANY LADY'S BUST FROM 2 TO 6 INCHES. OUR SPECIAL INTRODUCTORY PRICE FOR DEVELOPER, BUST EXPANDER AND BUST FOOD, COMPLETE.....\$1.50**

With every order for Princess Bust Developer and Bust Food, we furnish FREE one bottle of the GLENE THERMOLIN 415 BUST EXPANDER and TISSUE BUILDER (retail price, 75 cents) without extra charge.

**THE BUST CREAM OR FOOD**

IS APPLIED AS A MASSAGE.

It is a delightful cream, grape-essence, put up by an eminent French chemist, and forms the right food required for the shrunken skin and wasted tissues. The ingredients of the Bust Food are entirely pure vegetable oils, perfectly harmless. Combined in a way to form the finest nourishment for the bust glands. It is delicately perfumed and is UNRIVALLED FOR DEVELOPING THE BUST, ARMS AND NECK, making a plump, full, rounded bust, perfect neck and arms, a smooth skin, which before was scrawny, flat and flabby.

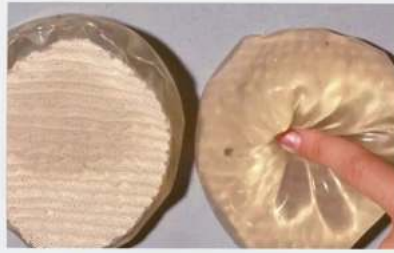
**FULL DIRECTIONS ARE FURNISHED, SUCCESS IS ASSURED.**

You need no longer regret that your form is not what you would like it to be. Ladies everywhere welcome the Princess Bust Developer and Cream Food as the greatest bust requisite ever offered. We have letters from many of our lady customers, telling us the good results of the Princess Developer. Now their busts enlarged from two to six inches, and expressing their gratitude for the big benefit derived.

**THE PRINCESS BUST DEVELOPER AND FOOD** is the only treatment that will actually, permanently develop and enlarge the bust, cause it to fill out to nature's full proportions, give that swelling, rounded, firm white bosom, that queenly bearing, so attractive to the opposite sex. Transforms a thin, awkward, unattractive girl or woman into an exquisitely formed, graceful, fascinating lady, positively without fail, absolutely without harm. Such a preparation has never before been offered. Don't fail to take advantage of it and order at once.



**BUST CREAM OR FOOD**  
UNRIVALLED FOR  
ENLARGEMENT OF THE BUST  
SEARS, ROEBUCK & Co.  
CHICAGO, ILL.  
SOLE AGENTS.



First Breast Implants-1962



Breast Implants in the '60s



1st Breast Implant Patient

Fortunately, breast implants have come a long way. Modern saline and silicone implants are FDA-approved medical devices, backed by decades of prospective data supporting their safety.



### How Common Are Breast Implants?

It is estimated that 3 to 5 million women in the United States currently have breast implants, which translates to:

- Approximately 3–4% of adult women
- Roughly 1 in 25 to 1 in 30 women

## The Reality: Implants Are Not Lifetime Devices

No patient should undergo breast augmentation under the assumption that implants will last forever. Most women will not keep the same implants for life.

By 10 years:

- Approximately 20–40% of cosmetic patients will have undergone at least one additional breast surgery

At some point, every patient with implants will face a decision:

- Replace the implants
- Or remove them altogether

## Why Do Patients Need Additional Surgery?

There is almost always a reason for future breast surgery when implants are present:

- Surgical complications
- Capsular contracture (scar tissue formation)
- Changes after weight gain or weight loss
- Changes following pregnancy and breastfeeding
- Implant rupture (rare, but real)
- Desire to change size (larger or smaller)
- Or simply the decision to remove implants permanently

That last scenario—removing implants and not replacing them—often creates the most anxiety.



**Pictured above: capsule contracture requiring additional surgery.**



**Pictured above: ruptured silicone implant requiring additional surgery.**

### **Do Patients Regret Removing Implants?**

In over 30 years of experience, my patients rarely regret implant removal when one or more of the following are present:

- Breasts have become too large after pregnancy or menopause
- Implants feel heavy or uncomfortable
- Painful capsular contracture
- A personal desire to remove foreign material from the body

### **What Does Implant Removal Involve?**

#### **Preoperative Considerations**

- A clear mammogram within 12 months is recommended prior to surgery
- Procedure is performed under general anesthesia

#### **Surgical Options**

##### **1. Implant Removal (Explantation)**

In straightforward cases:

- Implants are removed
- As much of the surrounding capsule as safely possible is excised

If there is minimal excess skin and no significant drooping, this alone may be sufficient.

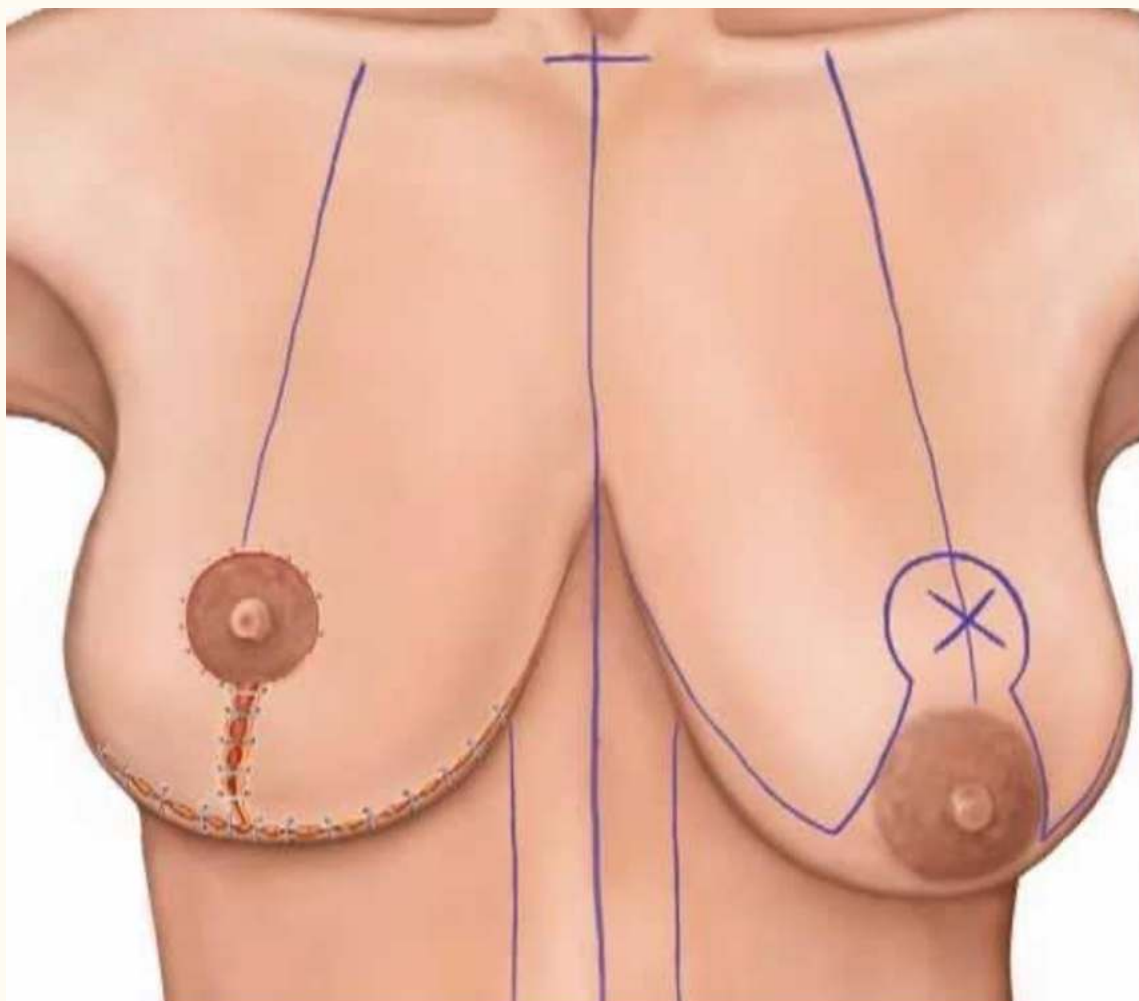
##### **2. Mastopexy (Breast Lift)**

With time, weight changes, and implant stretching, many patients develop ptosis (drooping).

A Mastopexy can be performed:

- Removes excess skin
- Reshapes the breast
- Elevates the nipple to a more youthful position

This can be done at the time of implant removal or staged later.



### 3. Free Nipple Graft (Selected Cases)

In certain patients—particularly with very thin tissue or long-standing implants—the blood supply to the nipple may be insufficient for a traditional lift/mastopexy.

In these cases, a free nipple graft may be required:

- The nipple is removed as a skin graft
- Excess skin is removed and the breast reshaped
- The nipple is repositioned precisely and symmetrically

Advantages:

- Excellent symmetry
- Preserves native skin color and texture

Trade-offs:

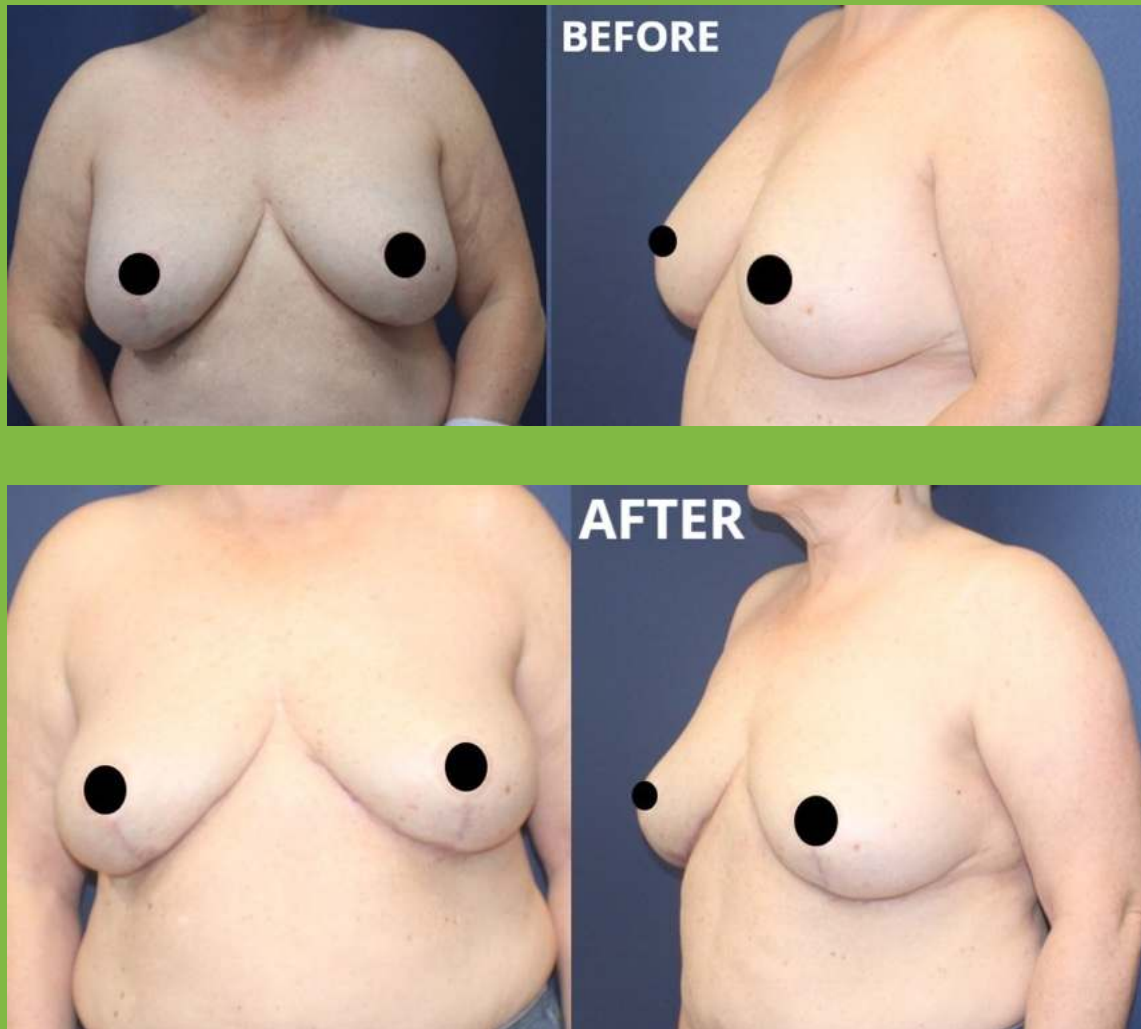
- Nipple numbness is guaranteed
- Loss of projection and erectile function

## What Will I Look Like After Implant Removal?

This depends largely on your natural breast tissue:

- Smaller natural breasts (A cup range):
  - Patients will feel noticeably smaller after explantation, especially if implants created a C or D cup.
- Moderate natural tissue (B–C cup range):
  - Most patients retain a natural, proportionate, and satisfactory breast size after implant removal.

## Patient Before & After Photos



*Breast Implant Removal - before surgery and 4 months after procedure*

Dr. Sieveking,

I just wanted to send a huge thank you for everything!

Honestly, I was a little nervous going into my breast explant procedure, but you and your amazing team made the whole experience incredibly comfortable.

Your expertise truly shone through, and I felt completely at ease every step of the way.

The results are genuinely beyond what I could have imagined!

I feel so much more comfortable now, and it looks incredibly natural, which was really important to me.

It's given my confidence such a massive boost, and

I genuinely feel like a revitalized 60yr old version of myself.

You've truly made such a wonderful difference in my life.

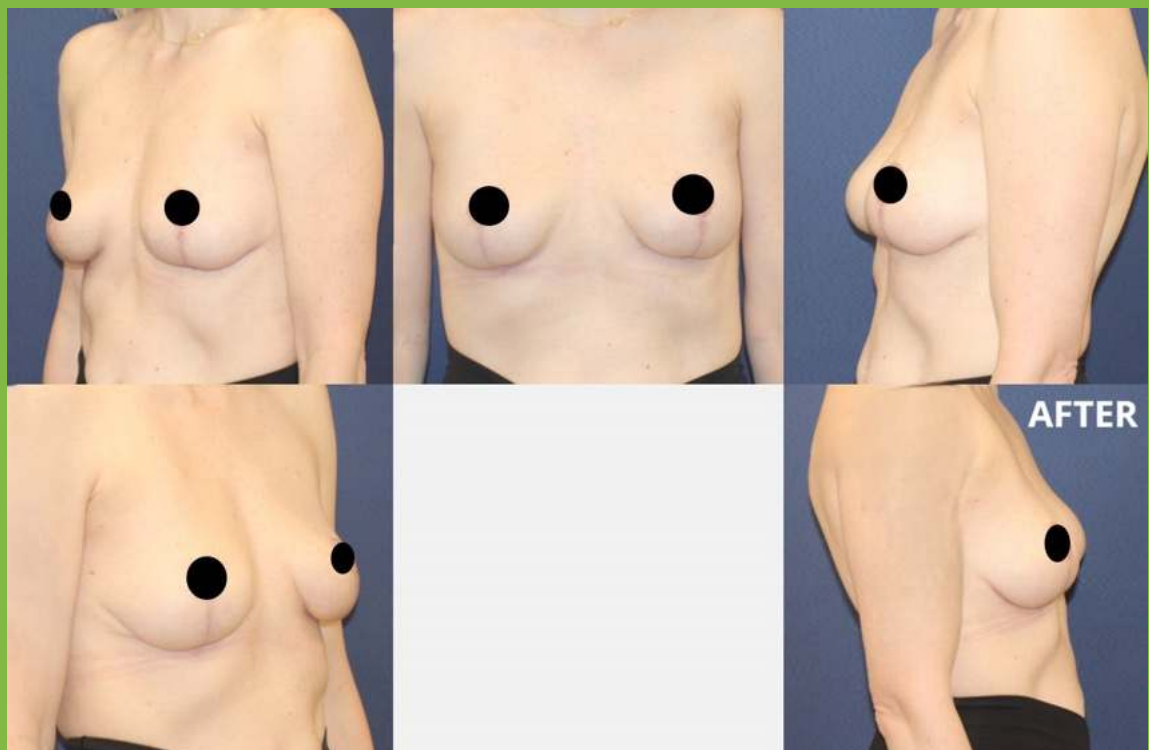
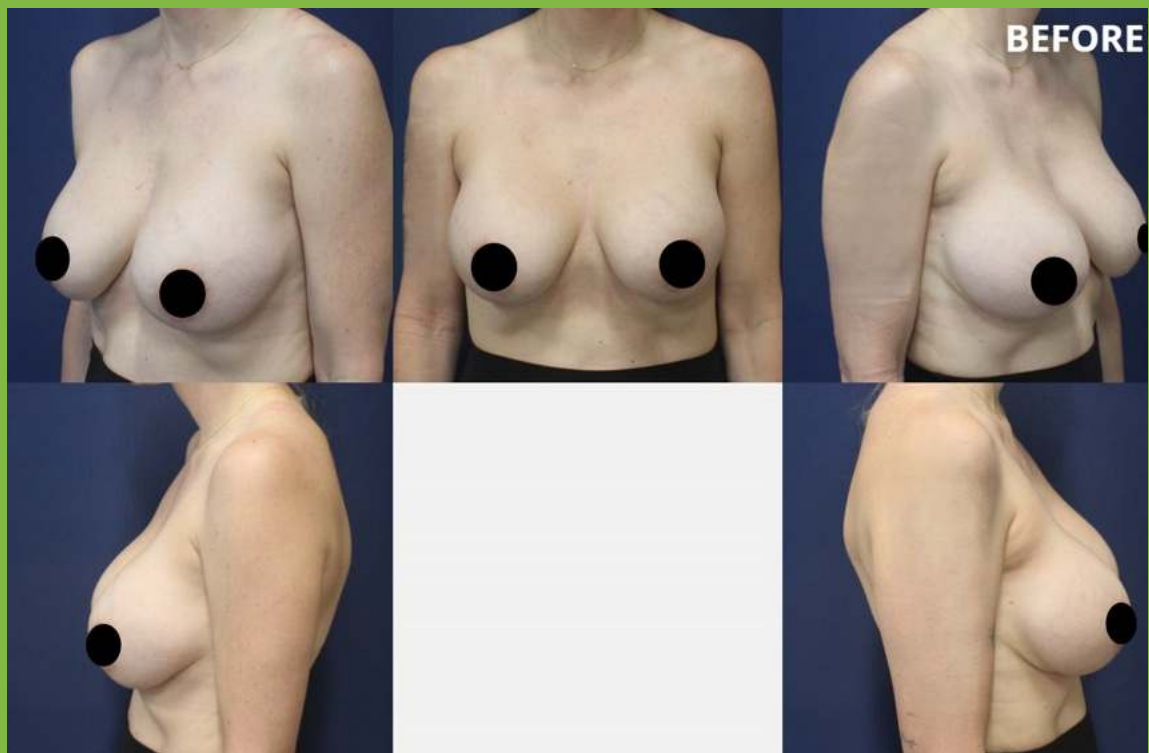
Please also pass on my sincere thanks to your entire team.

Every single person I interacted with was so kind, professional, and just generally lovely, which really contributed to such a positive visit.

Thanks again for your incredible work.

Warmly,

Debbie G



*Mastopexy with Breast Implant Removal - before and 3 months after procedure*

### **Autologous Fat Grafting (Optional Enhancement)**

Fat can be harvested via liposuction and transferred to the breast.

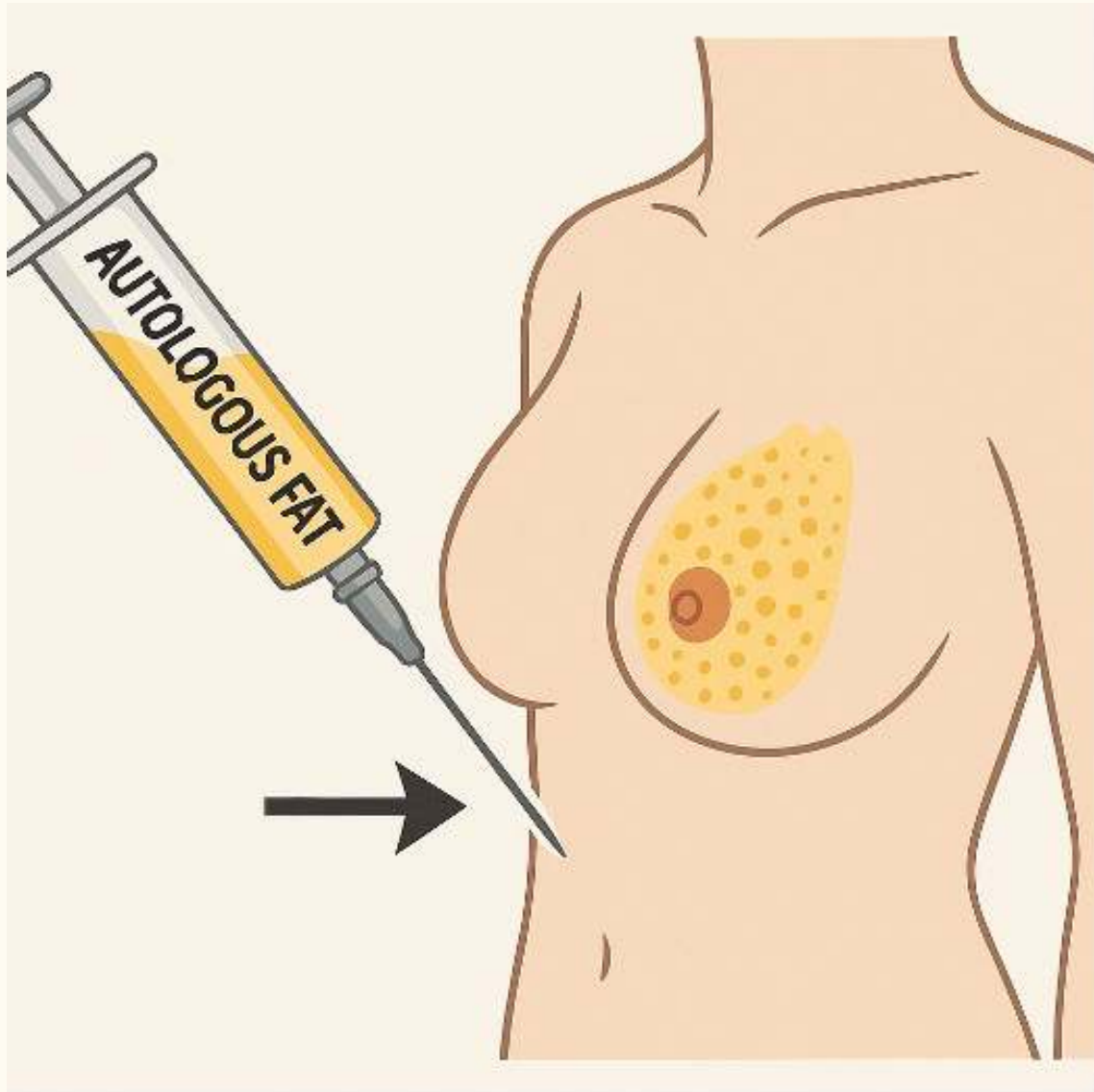
- Natural and appealing concept
- However, results remain unpredictable
- Up to 50% of transferred fat may be reabsorbed

Potential downsides:

- Oil cysts
- Palpable nodules
- Scar tissue
- Asymmetry over time

Current reality for fat grafting to the breasts:

- Typically limited to ~1 modest cup-size increase
- Likely lose most of the added volume over time



### **When Should Implants Be Removed?**

If a patient notices changes in the way implants look, feel, or affect overall health, there are rare but documented conditions to consider:

### **Breast Implant–Associated Anaplastic Large Cell Lymphoma (BIA-ALCL)**

A rare type of Anaplastic Large Cell Lymphoma associated with breast implants.

- Not breast cancer
- Arises in the capsule or surrounding fluid
- Strongly associated with textured implants

Proposed causes:

- Chronic inflammation
- Bacterial biofilm
- Long-term immune stimulation

Key facts:

- Not caused by silicone itself
- Not genetic in the traditional sense

- Rare: approximately 1 in 3,000 to 1 in 30,000 (textured implants)

## **Breast Implant Illness (BII)**

A patient-reported constellation of symptoms attributed to implants.

Common symptoms include:

- Fatigue
- Brain fog
- Joint and muscle pain
- Hair thinning
- Dry eyes and mouth
- Anxiety or mood changes
- Skin rashes
- Hormonal-type complaints

BII is not a formally defined disease, but it is a real clinical pattern in some patients. Some improve after implant removal—others do not.

## **Final Thoughts**

Breast implants are safe, well-studied medical devices, but they are not lifetime devices.

At some point, every patient will need to make a decision:

- Maintain them
- Replace them
- Or remove them

For many women, choosing to become implant-free leads to a result that feels lighter, more natural, and more in line with where they are in life today.

**SPECIAL PROMO:**

*--Through April 10, 2026--*

**FREE CRP (C-Reactive Protein) test to check  
for inflammation in breast implants**

**-OR-**

**Receive first injection of the GLP-3 *Retatrutide* FREE\*.  
Come experience this health-promoting peptide first hand.**

*\*Patients must be deemed eligible following brief medical history  
questionnaire.*

**Make Appointment**

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**STAY TUNED!**

**Be on the lookout for next week's newsletter, "*Top Gut  
Health Biomarkers: What They Mean, Why They Matter,  
and How to Fix Them.*"**

**Newsletter Archives**



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