The body you were born with may or may not have the musculature you desire and it may be difficult to improve upon certain areas with exercise alone. In some cases, damage from an accident or certain health conditions may make the size of your calves unequal. The calves can be augmented by implants or body fat transfers depending on the changes you desire and your available body fat. This animation covers augmentation with implants. Calf augmentation, or calfplasty, changes the contours of the lower leg, enhancing your appearance and self-confidence.
Introduction
The body you were born with may or may not have the musculature you desire and it may be difficult to improve upon certain areas with exercise alone. In some cases, damage from an accident or certain health conditions may make the size of your calves unequal. The calves can be augmented by implants or body fat transfers depending on the changes you desire and your available body fat. This animation covers augmentation with implants. Calf augmentation, or calfplasty, changes the contours of the lower leg, enhancing your appearance and self-confidence.

Calf Implants
Today, the majority of calf implants are made of soft, solid silicone. Calf implants are frequently chosen for the following reasons:

• the calves are asymmetrical
• the calves are not well developed
• one or both calves have reduced musculature due to a health condition
Calf Implant Options
Calf implants improve contours or accentuate muscular volume. For cosmetic enlargement, either a single anatomic implant that is larger on one side or two implants may be used in each calf to simulate the specific shape of the calf muscle. Alternatively, when the emphasis is more on contours than muscle mass, a thinner, cigar-shaped implant may be used for shaping. Keep in mind that implant size can be limited by the tightness of muscle or tissue that will surround the implant.

Your surgeon will help you choose the style of implant that will achieve optimal results and facilitate proper healing.

Calf Implant Procedure
Two different surgical techniques are used for calf implants: submuscular and subfascial calf augmentation. Submuscular augmentation involves creating a pocket underneath the muscle that makes up the calf. In contrast, the subfascial augmentation procedure creates a pocket in the fibrous sheet of tissue, called fascia, that covers the muscle. Using these techniques, the implants are protected by tissue under or over muscle fiber, producing a comfortable, natural looking, and visually pleasing result.
**Calf Implant Incision and Pocket Formation**

The procedure begins with an incision through the skin in the crease at the back of the knee. While retractors hold the incision open, your physician will use an electrocautery device to carefully cut beneath the skin and fascia, moving horizontally toward the calf muscle. Using a blunt dissector and the fingertips, your physician will carefully form a pocket between the fascia and the top of the calf muscle.

**Calf Implant Placement and Closure**

This animation demonstrates the placement of a single implant. If two implants are used for each calf, the process is similar. Your physician will insert and carefully position the sterile implants, ensuring a tension-free fit inside the pocket. Once the implants are in place, your physician will verify that they look natural and symmetric. In some cases, your physician will place a surgical drain beneath the implants. However this is often not necessary. Next, the opening to the implant pocket is sealed with dissolvable stitches. The layers beneath the skin are sutured, and then the skin is closed. Finally, bandages are applied to provide compression and support.
**Calf Implant Recovery & Results**

Your physician may request that you wear compression stockings for a couple of weeks. These garments help reduce swelling by preventing fluid build-up, while improving blood circulation and supporting the new contours of your calves as you heal. Although you may feel well enough to return to work and normal activities in seven to ten days following the procedure, you will need to limit excessive walking and full physical activity for about a month and a half. You can expect some stiffness and swelling in the calf and back of the knee. Swelling after the procedure may cause the skin to appear shiny at first, but it will subside within a couple of weeks, and the skin will regain its normal appearance. As the swelling subsides the area that received the implant will soften and will look even more natural. The implants are placed so that they are unlikely to shift, and the tissues around the implants will stretch to comfortably accommodate them over the following months. The scars are hidden in the crease behind the knee where they are difficult to detect, and they will fade considerably over time, making them almost imperceptible. With calf implants, you can achieve the shape, muscle definition, and contours that you have always wanted.