Farmington Hills Surgeon Weighs In on 2026 Breast Trends

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Aesthetic Plastic Surgery & Laser Center, Michelle Hardaway M.D., a board-certified plastic surgery practice offering breast augmentation in Farmington Hills, is addressing the defining breast trend of 2026: a decisive shift away from oversized implants toward natural-looking results built around each patient's own frame.

The change reflects a national movement. Industry trend coverage heading into 2026 points to rising demand for smaller implants, fat transfer and "anatomy-first" breast aesthetics, with surgeons and patients prioritizing proportion, comfort and undetectable enhancement over dramatic size. Much of that shift is technical as well as stylistic. Placement methods such as the dual-plane and subfascial techniques are drawing new interest because they can deliver a smoother, more natural feel and support patients who stay active with workouts, Pilates or lifting young children. A second driver is the wave of patients experiencing volume loss after GLP-1-assisted weight loss, many of whom now seek to restore breast shape and upper-pole fullness. For patients across Oakland County and the greater Metro Detroit area, that means a more personalized conversation than the one their mothers might have had.

"My patients in 2026 are asking to look like themselves, only refreshed. Our approach focuses on matching each plan to a patient's anatomy and lifestyle, so the result feels balanced, natural and right for her body," said Dr. Michelle Hardaway, M.D., F.A.C.S., board-certified plastic surgeon.

Dr. Hardaway brings over 20 years of experience and dual board certification in plastic and general surgery to that planning process. As a former Chief of Plastic and Reconstructive Surgery and Director of the Burn Center at Detroit Receiving Hospital, and an Assistant Clinical Professor of Surgery at Wayne State University, she approaches cosmetic work with a reconstructive surgeon's respect for tissue quality and healing. Procedures are performed at the practice's QUAD A-accredited surgical center, staffed by a Certified Registered Nurse Anesthetist. The practice does not accept insurance and offers financing options for qualified patients through CareCredit.

Patient education remains central to that process. During each consultation, Dr. Hardaway reviews implant types, sizing, incision options and realistic recovery timelines, with most breast augmentation patients returning to light activity within a few days and final shape settling over several months. Setting clear expectations early, she notes, is part of how a conservative, anatomy-first plan produces durable results patients are comfortable with for years.

Hardaway notes that the trend toward conservative sizing rewards careful patient selection. "The best outcomes come from listening first and choosing an implant or fat-transfer plan around the patient's proportions, not a trend. That is the same standard I have brought to every procedure for over 20 years," she said.

Women in Farmington Hills and throughout Michigan who are considering natural-looking breast augmentation, or restoring volume after pregnancy or weight loss, can review Dr. Hardaway's approach and request a paid, appointment-based consultation at https://michellehardawaymd.com/. All consultations are paid and appointment-based to ensure dedicated time and a personalized plan.

About Aesthetic Plastic Surgery & Laser Center, Michelle Hardaway M.D.

Aesthetic Plastic Surgery & Laser Center is a board-certified plastic surgery practice in Farmington Hills, Michigan, led by Dr. Michelle Hardaway, M.D., F.A.C.S., a plastic surgeon with over 20 years of experience. The practice offers surgical and non-surgical procedures, including breast augmentation, body contouring and facial rejuvenation, from a QUAD A-accredited surgical center. Located at 27920 Orchard Lake Rd, Farmington Hills, MI 48334. Phone: (248) 221-1957. Website: https://michellehardawaymd.com/

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Aesthetic Plastic Surgery & Laser Center, Michelle Hardaway M.D.

A Top Michigan Plastic Surgeon

Choosing a plastic surgeon is personal. At our Farmington Hills surgical center, Dr. Michelle Hardaway brings board-certified expertise with a deep understanding of what matters to you.

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