

GOSMETIC

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SPECIAL FEATURE

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high exposure

Sydney plastic surgeon **Dr Michael Miroshnik** says breast enhancement surgery can boost self-esteem and create a more alluring silhouette. Aimée Surtenich reports.

Australian women live in the perfect climate to flaunt their bodies during the warm summer weather, whether on the beach or in a bikini or low-cut cocktail dress. However, for many women the thought of swimsuit season – and how they fill their bikini top – fills them with dread.

‘Summer invariably means more body exposure, and any degree of breast droop or size discrepancy between the breasts will be more obvious in sundresses and bikinis that offer little support,’ says Sydney plastic surgeon Dr Michael Miroshnik. ‘For the right candidate, breast augmentation can create a more shapely and feminine figure and allow the patient to wear a bikini with confidence.’

The breast is a ubiquitous symbol of femininity and sexuality and many women view their breasts as a vital component of their gender identity. Some women feel dissatisfied their breasts never developed to their liking, while others wish to restore loss of volume and shape and a more youthful position to their breasts after breastfeeding, weight loss or the natural ageing process.

According to Dr Miroshnik, there have never been more options available for women who are considering breast augmentation. ‘There is more precision and science involved

than ever before, offering patients predictable and natural-looking results,’ he says. ‘I believe advancements such as the dual-plane implant placement and incision mapping techniques enable the procedure to be more customised than in the past, offering patients optimal results tailored to their individual requirements and goals.’

Another category of patients is concerned with excessive breast volume and seek breast reduction surgery to alleviate the discomfort associated with overly large breasts and create more proportionate body contours.

‘Each patient has different concerns and goals. Some request more or less breast volume, others require elevation to create a more youthful position, while others desire complete breast and nipple reshaping,’ says Dr Miroshnik.

While breast enhancement surgery – whether reduction, augmentation or lift – is primarily about changing the size and shape of the breasts, it can dramatically affect body image and self-esteem.

‘A natural-looking result in harmony with the rest of the body can create a more balanced and proportionate overall silhouette, enabling women to step out this summer with renewed body confidence,’ Dr Miroshnik concludes. **acsm**

Case study 1

This 37-year-old patient wanted to increase her breasts from a B cup to a D cup. Dr Miroshnik employed the dual-plane technique and used round, textured 325g implants. ‘After surgery, the patient’s breasts have an improved shape and more lift,’ he says. ‘Incision mapping was used to ensure the scar lies directly in the inframammary fold and is barely visible.’



BEFORE



AFTER breast augmentation by Dr Miroshnik

Case study 2

This woman in her mid 30s wanted more volume and shape to her breasts but still wanted to achieve a natural-looking result. A dual plane 2, inframammary, mapped incision technique was used with 255g anatomical implants to achieve the desired result.



BEFORE



AFTER breast augmentation by Dr Miroshnik

Case study 3

This 43-year-old woman wanted to restore the breast volume she had lost after breastfeeding, particularly in the upper pole region, while still retaining a natural-looking appearance. To achieve the desired result Dr Miroshnik used teardrop (anatomical) 270g implants and chose a subfascial placement.



BEFORE



AFTER breast augmentation by Dr Miroshnik

Case study 4

This 33-year-old patient had overly large breasts for as long as she could remember but she found the problem was exacerbated after breastfeeding. The patient suffered from back pain and had difficulty playing sport because of her breast size. Dr Miroshnik performed a bilateral breast reduction, lift as well as nipple reshaping to achieve her desired result. More than 1.2kg of breast tissue was removed in total.



BEFORE



AFTER breast reduction, lift and nipple reshaping by Dr Miroshnik