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shapely matters

According to Sydney plastic surgeon **Dr Michael Miroshnik**, natural-looking breast augmentation is a matter of shape. Aimée Surtenich reports.

There are numerous options to consider when contemplating a breast augmentation procedure.

For many women, choosing the right breast size is of paramount importance, however the shape of the implant is just as integral in achieving a natural-looking result, according to Sydney plastic surgeon Dr Michael Miroshnik.

Breast implants are generally available in two shapes: round and anatomical (teardrop). While each has its advantages, some surgeons believe teardrop implants more closely resemble the shape of the natural breast, with less upper pole fullness than round implants.

'Round implants can generally achieve excellent results but I believe they are less customisable and can appear less natural than anatomical implants. This is true particularly in certain patients, for example thin women with very little existing breast tissue, or women with poor pre-existing shape and unfavourable distribution of breast volume. In these cases, I find anatomical implants can achieve better results.'

'Additionally, the differential projection of an anatomical implant can often achieve a better lift of the breast than a round implant which is important in certain patients presenting with a degree of sagging, or ptotic, breasts,' he continues.

'To further customise the procedure and sculpt the final breast shape, I prefer to place the implant using the dual plane

technique in most cases,' he says. 'I believe this is the most advanced technique available for breast augmentation today. By marrying the right implant with the right level of dual plane placement, beautiful and natural-looking results can be achieved.'

The dual plane approach involves placing a variable portion of the implant under the muscle and the remainder under the breast tissue. The ratio between the two can be adjusted during surgery, in relation to how much breast versus muscle is in contact with the implant to help achieve the most natural-looking result possible in each unique case.

Combining anatomical implants with the dual plane technique generally means an inframammary incision is made within the breast crease. Although scars are an inevitable result of any surgery, these should fade over time in the majority of cases. Dr Miroshnik believes lining up the scar to sit in the inframammary fold using advanced incision mapping techniques makes the scar less obvious and barely perceptible over time in most cases.

'I believe both anatomical implants and the dual plane technique make the breast augmentation procedure much more individualised. This combined approach can help sculpt as well as enlarge the patient's breasts,' Dr Miroshnik concludes. **acsm**

Case study 1

This 31-year-old female with two children requested only a minimal volume increase but wanted a better profile to her breasts. In this case, relatively small, dual-plane placed 195g anatomical implants have been combined with a vertical breast lift and nipple reshaping procedure to achieve her desired result.



BEFORE



AFTER breast augmentation, breast lift and nipple reshaping by Dr Miroshnik

Case study 2

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 3

This woman in her mid 30s has had two children and wanted more volume and shape to her breasts as well as more elevated nipples. This was achieved with a dual-plane 4, inframammary, mapped incision technique and 310g anatomical implants. Note the significant breast lift achieved by combining a high dual plane placement with an anatomical implant.



BEFORE



AFTER breast augmentation by Dr Miroshnik