

# COSMETIC SURGERY MAGAZINE

RRP \$14.95 (incl. GST) (NZ \$15.95 incl. GST)  
ISSUE 48 • MAY - JUL 2011

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breasts

# CREATING BEAUTIFUL BREASTS

SYDNEY PLASTIC SURGEON **DR MICHAEL MIROSHNIK** EXPLAINS HIS APPROACH TO CREATING NATURAL-LOOKING BREASTS. AIMÉE SURTENICH REPORTS.



BEFORE



AFTER breast augmentation by Dr Miroshnik



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According to Sydney plastic surgeon Dr Michael Miroshnik, advanced surgical techniques and technologies mean fears of a breast augmentation looking unnatural can now be a thing of the past.

'The type, placement and size of the implant can be tailored for each individual patient to create beautiful, natural-appearing and harmonious results,' he says. 'Measurements are carefully made to ensure the implant not only matches the patient's individual chest but also her body shape to achieve overall balance and create more feminine curves.'

Some of the techniques Dr Miroshnik commonly uses in breast augmentation include incision mapping and dual-

planing. He says incision mapping enables the incision to be lined up to sit in the breast crease, or inframammary fold, and therefore minimise scar visibility. The dual-plane technique for implant placement involves placing a variable portion of the implant under the muscle and the remainder under the breast tissue.

'There are varying dual plane levels (1 to 4), and the ratio of how much breast versus muscle is in contact with the implant can be adjusted to suit the patient's individual anatomy and desires,' he explains. 'I believe this makes the modern breast augmentation procedure much more customisable and predictable to help ensure optimal, natural-looking results.' **acsm**

Artistic photo of actual patient of Dr Miroshnik

