

# GOSMETIC

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# 50<sup>TH</sup> ISSUE

## BREAST SURGERY CHOICES

## ANTI AGEING SPECIAL

## LATEST FAT BLASTING TECHNOLOGIES

## GET THE BIKINI BODY YOU WANT IN TIME FOR SUMMER

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breasts

breasts artist

# AN ARTISTIC APPROACH TO BREAST ENHANCEMENT

FOR OPTIMAL AND PREDICATBLE BREAST AUGMENTATION RESULTS, IT'S ALL IN THE PLANNING, SAYS SYDNEY PLASTIC SURGEON **DR MICHAEL MIROSHNIK**. AIMÉE SURTENICH REPORTS.

According to statistics from the American Society for Aesthetic Plastic Surgery, breast augmentation is the most commonly performed cosmetic surgery procedure. While there is no definitive data here in Australia, US trends are usually indicative of what happens on our own shores. With the increasing popularity of breast augmentation has come a surge of advanced techniques and technologies – making the procedure more customisable and predictable than ever before.

'The type, placement and size of the implant can be tailored for each individual patient to create beautiful, natural-appearing and harmonious results,' says Dr Miroshnik. '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 include incision mapping and dual planning. Incision mapping enables the incision to be lined up to sit in the breast crease, or inframammary fold, and thereby 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 wishes,' he explains. 'I believe this makes the modern breast augmentation procedure much more customisable and predictable to help ensure optimal, natural-looking results.'

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.

Breast implants are available in two main shapes: round and teardrop, or anatomical. While each has its advantages, some surgeons believe teardrop implants more closely resemble the shape of the natural breast.

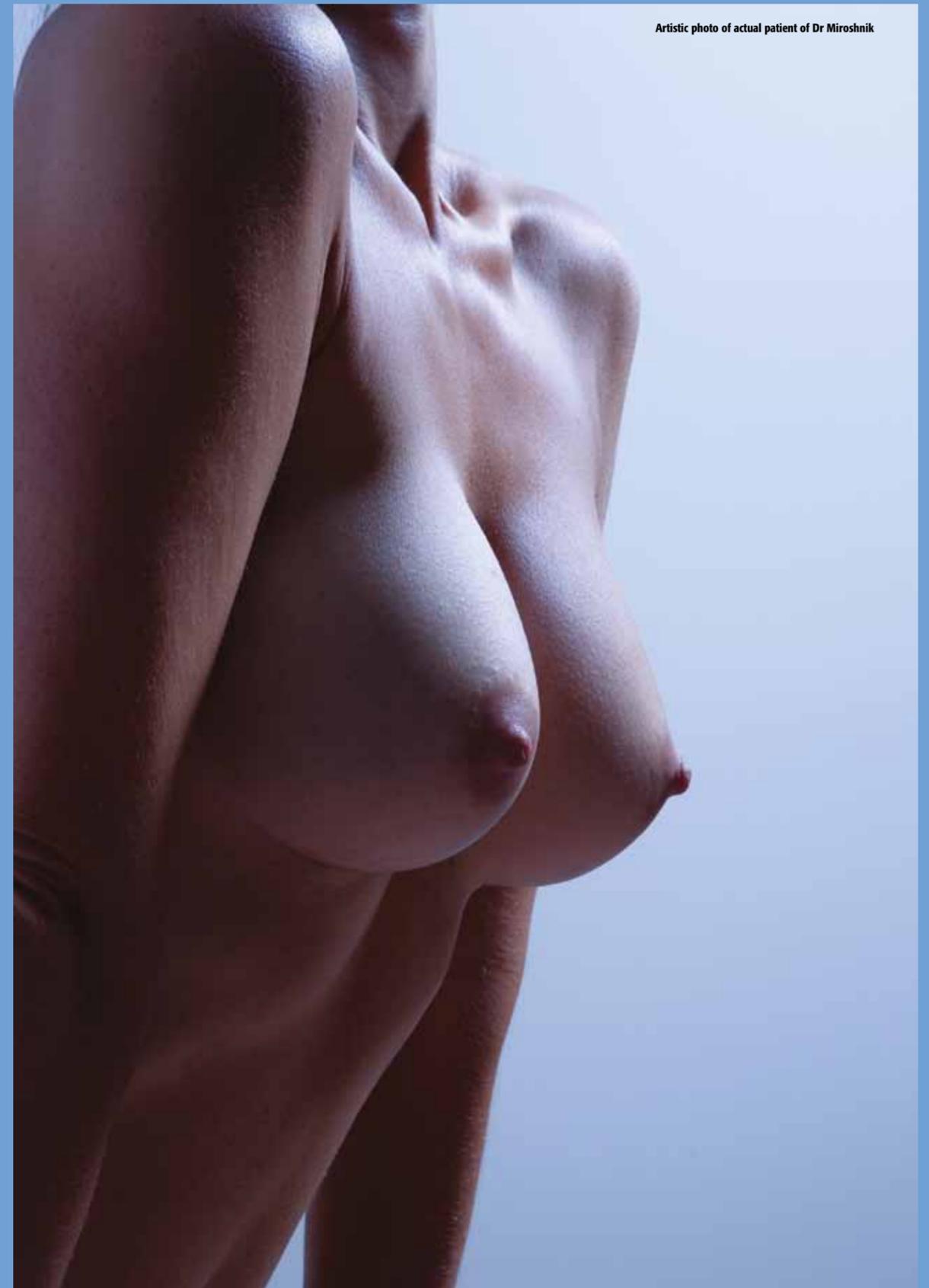
'While round implants can achieve excellent results in certain patients, in my opinion the very shape of the anatomical implant can sculpt a more shapely and natural-looking result, particularly in those women who have a poor overall breast aesthetic,' says Dr Miroshnik. 'We are in an era where we are using these implants not just to add volume but to actually create a better shape to the breasts.'

☞ The type, placement and size of the implant can be tailored for each individual patient ☞

According to Dr Miroshnik, round implants are a great choice for those women whose main concern is a cup size increase and who desire a little more upper pole fullness, however anatomical implants are often a better choice in those who require true breast reshaping. 'They offer a greater variety of sizes, projections, heights and widths, allowing for greater customisation to meet each woman's individual requirements and desires,' he says.

'By marrying the right implant with the right level of dual plane placement, beautiful results in synergy with her overall body can be achieved,' Dr Miroshnik concludes. **acsm**

Artistic photo of actual patient of Dr Miroshnik





**breasts**

Case study 1

This 36-year-old woman had significant breast ptosis and was concerned about the 'pancake' appearance of her breasts. To maximise lift and achieve optimum shape a dual plane 3 with 425g teardrop shaped implants were used to achieve her desired look.



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 woman in her late-20s had a moderate droop to her breasts post-pregnancy and wanted a more lifted appearance to her breasts as well as enhanced shape. A dual plane 3, anatomical, 325g high profile implant was used.



BEFORE

AFTER breast augmentation by Dr Miroshnik

Case study 4

This 21-year-old patient wanted shapelier, larger breasts to complement her overall silhouette. A dual plane 2, inframammary, mapped incision technique was used with 385g round textured implants.

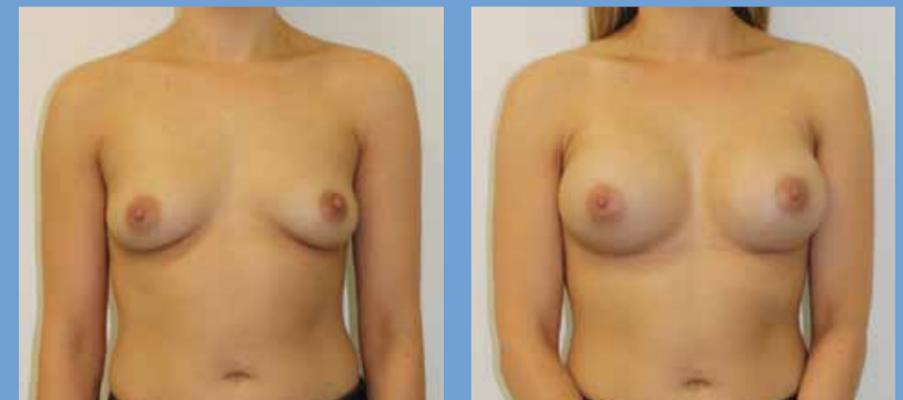


BEFORE

AFTER breast augmentation by Dr Miroshnik

Case study 5

This woman in her mid-20s wanted shapelier breasts with more volume. A 290g anatomical moderate profile implant was chosen using a dual plane 3 placement.



BEFORE

AFTER breast augmentation by Dr Miroshnik

Case study 6

This young female wanted more shape to her breasts but was after a natural-looking result. A dual plane 2, inframammary, mapped incision technique was used with 325g round implants.



BEFORE

AFTER breast augmentation by Dr Miroshnik