



MIROSHNIK PROMOTION

the fine art of beautiful breasts

LEADING SYDNEY PLASTIC SURGEON AND BREAST SPECIALIST **DR MICHAEL MIROSHNIK** TAKES A PERSONALISED APPROACH FOR EACH PATIENT TO ACHIEVE BEAUTIFUL, NATURAL-LOOKING CONTOURS.



ABOUT DR MIROSHNIK

Dr Michael Miroshnik is a leading, fully qualified Australian-trained plastic surgeon specialising in short scar cosmetic breast surgery. He is a member of the Australian Society of Plastic Surgeons (ASPS), Australian Society of Aesthetic Plastic Surgeons (ASAPS) and a Fellow of the Royal Australian College of Surgeons (FRACS). Dr Miroshnik has been widely published within medical literature and mainstream magazines alike and regularly attends both national and international cosmetic plastic surgical society meetings. He is a familiar face on TV and has operated on several well-known celebrities.

The perfect breasts for you must be tailor made to fit. I am a perfectionist at heart and have a special interest in cosmetic surgical procedures of the breast. To this end, I spend a good deal of time designing the ideal tailored operation for you.

The surgical techniques we have available to us have come a long way in the past 10 years. I combine them according to your individual wishes and requirements to produce the perfect breasts for you.

The breast augmentation process begins with an in-depth discussion about your desires and expectations before determining the ideal implant for you and the best surgical technique to combine it with. During consultation multiple measurements are carefully made to ensure the implant not only matches your individual chest but also your body shape to deliver overall balance and harmony.

Some of the techniques I commonly use include the dual plane technique for implant placement, parenchymal (fibroglandular tissue) modification and incision mapping.

The dual plane technique 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 your unique anatomy and desires. This makes the modern breast augmentation procedure much more customisable and predictable.

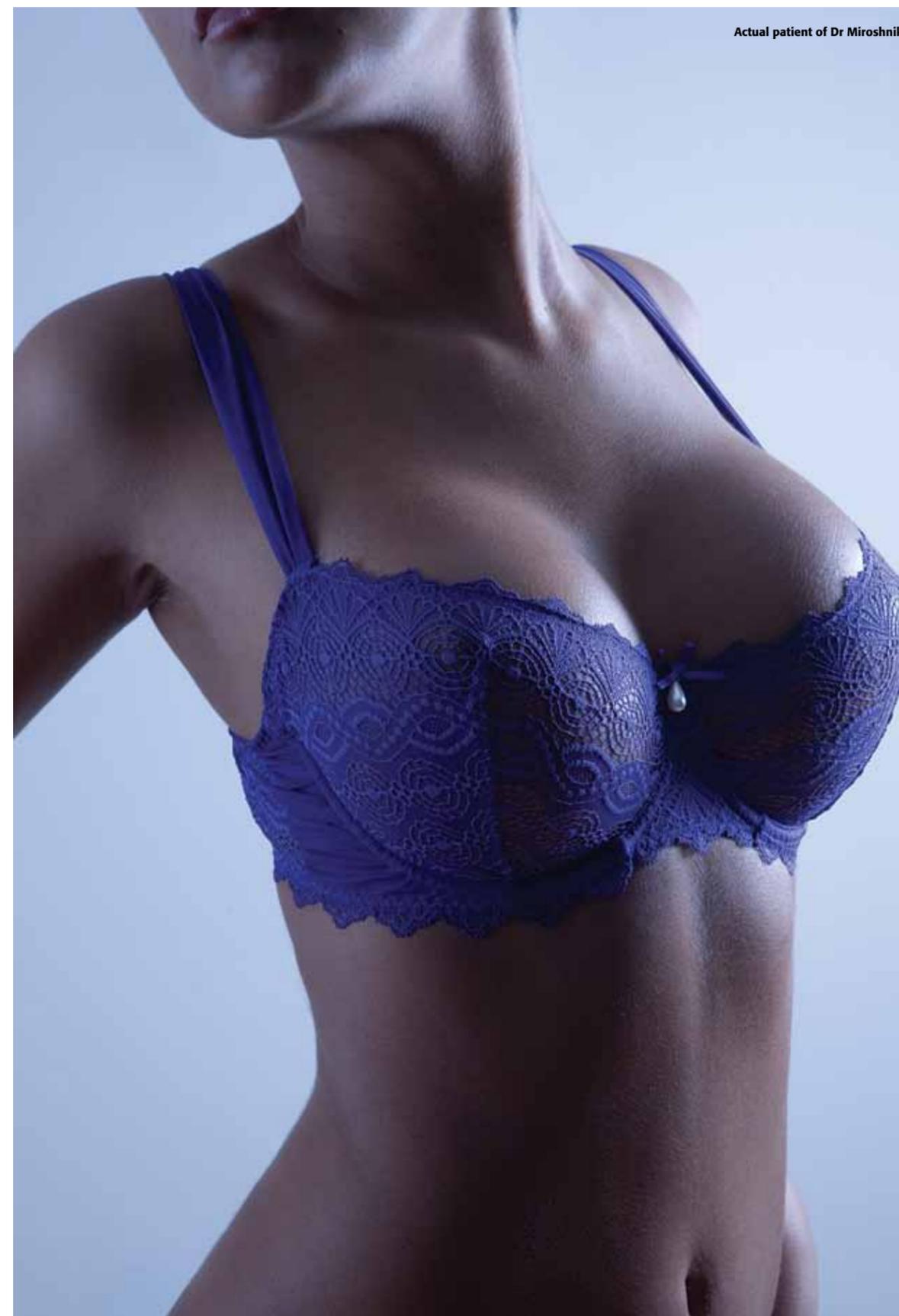
Which implant?

I use all varieties of implants available, depending on personal requirements. The correct choice of shape, size, fill and surface are determined after careful one-on-one analysis. Both round and anatomical (teardrop) implants can produce excellent results; the choice between the two is dependent on your goals and individual physical parameters.

Another development is the introduction of polyurethane-coated (or P-URE) implants to the Australian market. These implants, which adhere to the breast tissue like Velcro, dramatically reduce the risk of capsular contracture and implant displacement, the most common complications of breast implant surgery.

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Actual patient of Dr Miroshnik





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'Today there is a multitude of procedures available for cosmetic surgery of the breast, so whether you are having a breast augmentation, lift, total reshaping or a combination of these, it is of utmost importance that your surgeon is a master of all these techniques so they can offer you the right operation to suit your needs'

Breast reshaping

Some women who want breast augmentation also need their existing tissue reshaped to get the best benefit from implants. Others who have already had implants but want them changed can also benefit from breast reshaping surgery.

The procedure may involve a lift, a change to the nipple/areolar area or a total tissue redistribution to produce a more pleasing and harmonious shape. It can be performed alone or in conjunction with implant surgery where additional volume is required. Breast reshaping can be ideal for women whose breasts have drooped and 'deflated' as a result of the natural ageing process, breastfeeding and weight or hormone fluctuations but have enough of their own tissue to create a better shape – with or without the aid of implants.

Another application for the procedure is to correct breast asymmetry. A small amount of asymmetry is normal. Large differences in breast size, shape or position, however, can be quite visible and throw off the balance of the female form. By repositioning and manoeuvring breast tissue, significant improvement can be achieved. Breast asymmetry correction is a fine art and may involve lifting, adding or subtracting volume from one or both breasts to restore balance by creating a more beautiful, natural-looking and symmetrical shape to each side.

In certain circumstances breast reshaping can be rebatable on Medicare and most health funds but patients will need a specialist GP referral.

My patients have been delighted with their results – we are using what Mother Nature gave them but just giving it a little fine-tuning.

There is a lot of choice in all aspects of cosmetic surgery of the breast – whether using implants or your own tissue – which is why it is of utmost importance for you to be confident in the surgical skills and artistic ability of your surgeon.

BREAST AUGMENTATION GALLERY



BEFORE
Early 20s, 315g anatomic, moderate profile, polyurethane-coated (P-URE) implants, dual plane 2 placement



AFTER breast augmentation by Dr Miroshnik

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BREAST AUGMENTATION GALLERY CONT'D



BEFORE

Early 30s, 255g anatomic moderate profile implants, dual plane 2 placement. In thin patients such as this one, the dual plane technique is critical in making the breasts appear natural.



AFTER breast augmentation by Dr Miroshnik.



BEFORE

Late 30s, one child, 410g anatomic extra high profile implants, dual plane 3 placement. The deflated droopy look to the breasts, which is common after breastfeeding, has been dramatically improved in this patient.



AFTER breast augmentation by Dr Miroshnik



BEFORE

Early 20s, no children, 385g high profile round implants, dual plane 2 placement. Here the initially widely separated breasts have been brought closer together to improve shape, symmetry and balance. Note how more feminine this patient's frame appears after breast augmentation.



AFTER breast augmentation by Dr Miroshnik



BEFORE

Early 20s, no children, 385g high profile round implants, dual plane 2 placement.



AFTER breast augmentation by Dr Miroshnik

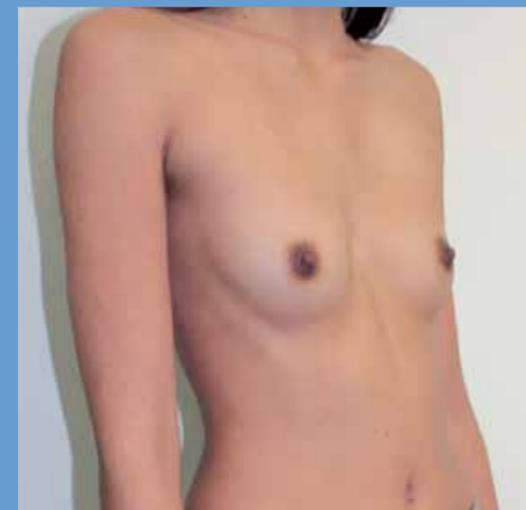


BEFORE

Mid 20s, no children, 360g anatomic, extra high profile implants, dual plane 3 placement.

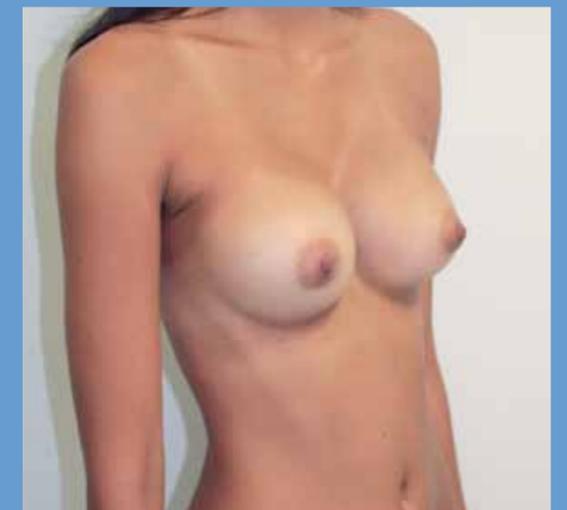


AFTER breast augmentation by Dr Miroshnik



BEFORE

Mid 20s, 315g anatomic, moderate profile, polyurethane-coated (P-URE) implants, dual plane 2 placement.

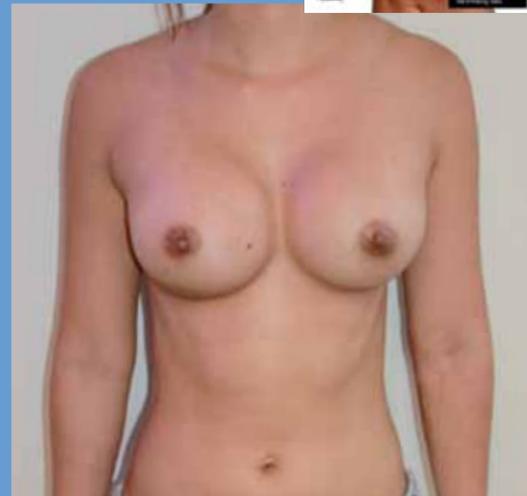


AFTER breast augmentation by Dr Miroshnik



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BEFORE
Late 20s, 360g anatomic, moderate profile, polyurethane-coated P-URE implants, dual plane 2 placement. A wider implant has been used here to create a better outer silhouette to the breast and hence make this patient appear more curvier

AFTER breast augmentation by Dr Miroshnik



BEFORE
Early 40s, 360g anatomic, high profile, polyurethane-coated (P-URE) implants, dual plane 3 placement. The slight droop has been corrected and cleavage improved with the use of high profile implants.

AFTER breast augmentation by Dr Miroshnik



BEFORE
Late 20s, two children, 325g anatomic high profile implants, dual plane 3 placement. In this patient the implant has been used to improve the shape of the lower curvature of the breast as well as lift it.

AFTER breast augmentation by Dr Miroshnik

BREAST RESHAPING GALLERY



BEFORE
Late 30s, 2 children – breast reshaping here has been combined with a small cohesive silicone implant to add volume where it was needed post breast feeding.

AFTER breast reshaping by Dr Miroshnik



BEFORE
Early 40s, 3 children, had previous breast implants inserted many years ago and wanted to downsize and eliminate sag. Breast reshaping and replacing the implants to a smaller size has given a more youthful and perkier appearance to her breast shape. At the same time, her nipple/areolar has been tailored to match her new breasts.

AFTER breast reshaping by Dr Miroshnik



BEFORE
Late 40s, 1 child, vertical short-incision breast reshaping and breast lift. The excess tissue that was causing the flat 'pancake' like appearance has been redistributed to create a more youthful and perky shape.

AFTER breast reshaping by Dr Miroshnik



BEFORE
Late 30s, two children, vertical short-scar breast reshaping as well as reduction and lift. Around 500g breast tissue removed from each side during the process of tissue redistribution.

AFTER reshaping by Dr Miroshnik