

reducing volume

Breast reduction surgery can significantly improve the quality of life for large-breasted women, says Sydney plastic and cosmetic surgeon **Dr Michael Miroshnik**. Kirsty Doolan reports.

Although the media focus seems to always be on breast augmentation, a large percentage of women seeking breast surgery want smaller, not bigger breasts. In the majority of cases, after undergoing a breast reduction the only regret these patients have is not having it performed sooner.

‘As a group, breast reduction surgery patients are one of the happiest and most satisfied,’ says Sydney plastic and cosmetic surgeon Dr Michael Miroshnik. ‘Not only do their breasts have a better shape and look more youthful but it also means they can dress without being dictated by their breast size.’

‘They can buy prettier underwear and not have to choose from a limited selection or have it specially made,’ he continues. ‘It also reduces back pain, strap marks, rashes and soreness in the breast crease, and patients can now enjoy sport without being conscious of their breasts.’

Breast reduction surgery aims to lift and reshape the breasts and nipples, as well as reduce the volume of the breasts. ‘I believe the objectives of a breast reduction operation are not only to reduce volume but also to lift and improve the breast shape as well as create more attractive

nipples that are at the right height,’ says Dr Miroshnik.

‘Traditionally this type of surgery was typically performed by creating an anchor-shaped incision on the breast,’ he explains. ‘However, with more emphasis than ever on achieving discreet, natural-looking results with small scars, it has increasingly been replaced with a vertical technique. This involves a relatively short vertical incision that stretches from the areola to the inframammary fold.’

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Breast reduction surgery differs from some other types of cosmetic breast surgery as it is often carried out to correct medical concerns such as backache, as well as aesthetic reasons. ‘Having extremely large breasts can be a source of discomfort for the patient. In these cases, breast reduction surgery is normally partially rebatable by Medicare and most health care funds,’ adds Dr Miroshnik. **acsm**

Case study



BEFORE



AFTER breast reduction with breast lift by Dr Miroshnik



BEFORE



AFTER breast reduction with breast lift by Dr Miroshnik

This 19-year-old patient had very large breasts and wanted them reduced once they had finished developing. ‘This operation is usually performed when the patient’s breasts reach maturity, which is usually in the late teens,’ says Dr Miroshnik.

This patient had 450g of breast tissue removed from each side – a total of 900g – which meant she went from a DD/E cup down to a full C cup. A breast lift was also performed as well as nipple elevation and reshaping.

‘The weight of her breasts caused her nipples to point down, so a breast lift was also performed as part of the breast reduction surgery to achieve a more aesthetically pleasing appearance and shape,’ Dr Miroshnik explains.