



breasts

reinventing nature

SYDNEY PLASTIC SURGEON **DR MICHAEL MIROSHNIK** EXPLAINS THE DELICATE ART OF BREAST RESHAPING TO RESTORE LIFT, SHAPE AND VOLUME USING A PATIENT'S OWN TISSUE.



Actual patient of Dr Miroshnik

Many women find their breast tissue droops and 'deflates' following breastfeeding. This phenomenon isn't limited to mothers – changes in weight, hormone fluctuations or ageing can all have the same effect.

Loss of breast volume and/or shape can be corrected with surgical elevation of the breast tissue, known as a breast lift (mastopexy), or a combination of a breast lift with implants. However, if a patient has enough of her own tissue to work with, I prefer to perform breast reshaping instead of using implants.

Breast tissue is redistributable and can be surgically remoulded to create more lifted, better-shaped breasts that look completely natural. Many patients also prefer the idea of using their own tissue instead of having a foreign object placed inside their body.

This procedure has evolved over the past 10 years from breast reduction techniques and can be ideal for patients who don't want to be bigger and have enough of their own tissue to resculpt their existing breasts.

Breast reshaping is a bit like doing a jigsaw puzzle; breast tissue is manoeuvred intra-operatively and must be kept tethered to the blood supply during surgery. The surgery can take anything from two to four hours, being much more complicated than a breast augmentation. Incisions are the

same as for a lift and reduction: around the nipples and under the breast from crease to nipple, resulting in the short vertical 'lollipop' scar, which usually becomes barely detectable over time.

Breast reshaping can be suitable for women who:

- Have misshapen breasts after pregnancy
- Have experienced significant weight loss
- Request a breast reduction
- Request a breast lift.

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.

Breast asymmetry correction is a fine art and may involve lifting, adding or subtracting volume from one or both breasts in the hope of restoring 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. **csbm**

breasts



BEFORE



AFTER



BEFORE



AFTER reshaping by Dr Miroshnik (early 40s, 1 child, vertical short scar breast reshaping and volume reduction)



BEFORE



AFTER



BEFORE



AFTER breast reshaping by Dr Miroshnik (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)



breasts



BEFORE



AFTER



BEFORE



AFTER breast reshaping by Dr Miroshnik (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)



BEFORE



AFTER



BEFORE



AFTER breast reshaping by Dr Miroshnik (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)