

breastreshaping

Sydney plastic surgeon **Dr Jake Lim** spoke with Christine Doggett about the techniques available for women seeking to improve the shape and size of their breasts.

Different breast surgery procedures are available to women wanting to improve the size and shape of their breasts. According to Sydney plastic surgeon Dr Jake Lim, the first step for the surgeon is to assess the patient and her concerns, in order to tailor the surgery to achieve the patient's expectations.

'If the patient is not happy with the size of her breasts, then they can be made bigger with implants,' says Dr Lim. 'If she is unhappy with the shape of her breasts, a breast lift, or mastopexy, can improve the shape. If she is unhappy

'A mastopexy augmentation – both a lift and implants – can increase the size and improve the shape'

with both the size and the shape, a mastopexy augmentation procedure - both a lift and implants – may be necessary to increase the size and improve the shape of her breasts.'

'The ideal candidate for a mastopexy augmentation, or

a combination of implants and a breast lift to tighten the breast envelope, is a woman with very droopy (ptotic) breasts,' Dr Lim says. 'Drooping breasts are not just associated with old age. They are a common consequence of one or more pregnancies, especially if the mother has breastfed. Younger women who have lost a significant amount of weight may also find that the loss of breast tissue results in sagging of the breasts.'

Different surgical procedures are used, depending on the amount of droop. If there are large amounts of sagging skin, a mastopexy to tighten the skin means the positioning of the nipple also needs to be taken into consideration. If the nipples point downwards, they can be repositioned to a more aesthetically-pleasing site.

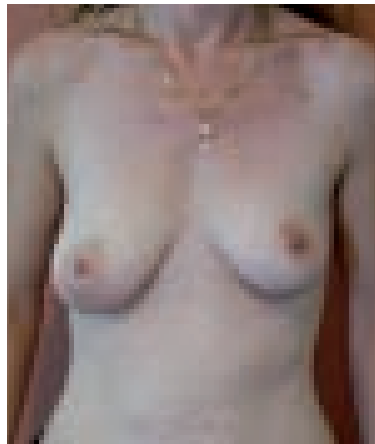
The combined lift-augmentation is a more complex operation. Excess breast skin is removed, the breasts are reshaped over the implants and the nipples are repositioned. The breasts are, in effect, remodelled, with the skin surgically contoured from a pendulous shape to a more youthful, conical form. 'To achieve the best aesthetic result possible, and to create minimal scarring, the surgeon needs to consider the patient's parameters in terms of skin condition and breast volume, and the patient's desired outcome before deciding on the most suitable type of incision,' says Dr Lim.

Types of incisions used in breast surgery

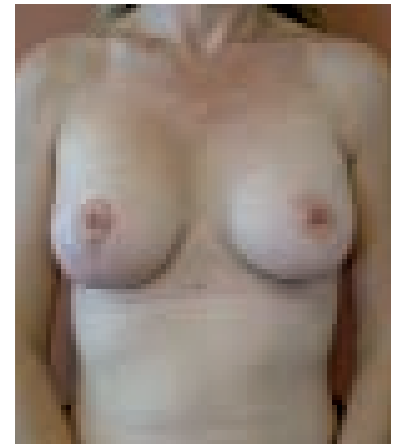
- To lift the position of the nipple when the size of the breast is increased with an implant, a crescent of skin, up to 2cm, can be cut just above the areola. The nipple is normally repositioned in the middle of the implant.
- To tighten the skin and reposition the breast tissue to sit higher up over the top of the implant, a vertical mastopexy can be performed around the areola and down to the breast crease. This results in a 'lollypop' scar, and the breasts usually look 'perky'.
- The Wise pattern, or traditional anchor-shaped scar from the nipple down to and under the breast crease, can be used when more skin needs to be removed to lift the breast.
- To reshape the breast, the Benelli incision may be used, where a donut-shaped section of skin is removed around the areola. The outer edge of the incision is

drawn into the inner edge at the nipple, reducing the larger radius to a smaller one. This is the only scar and normally fades significantly over time.

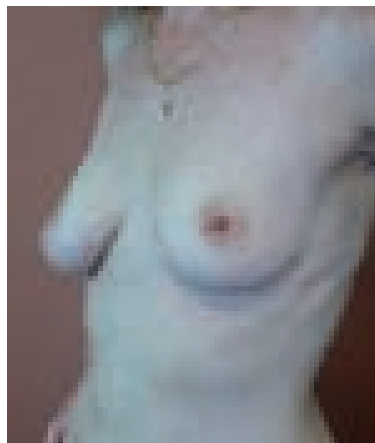
The consultation is always important for both patient and surgeon. 'This allows the patient to express any concerns she may have to the surgeon. The surgeon should also clearly explain all the surgical options. Together, the patient and surgeon can determine the best procedure to achieve the optimum result,' Dr Lim concludes. **acsm**



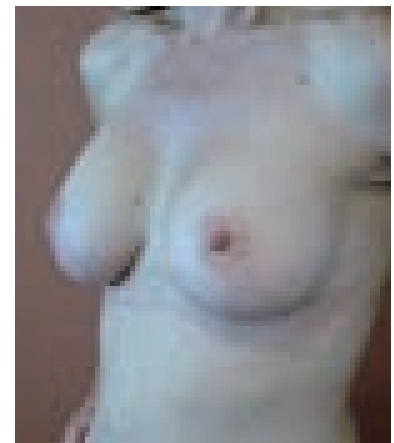
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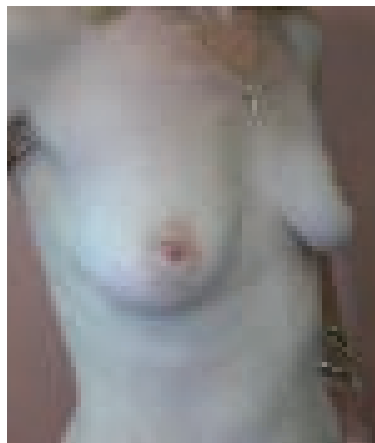
AFTER mastopexy augmentation by Dr Lim



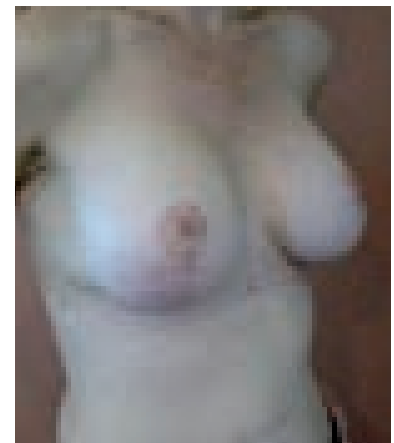
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AFTER mastopexy augmentation by Dr Lim



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