



# breast couture

Sydney plastic and cosmetic surgeon **Dr Michael Miroshnik** says tailoring a breast augmentation to meet each patient's unique needs is essential. Aimée Surtenich reports.

Just like all women are unique, so too are their individual requirements for achieving beautiful, natural-looking breasts. 'People come in different shapes and sizes, and tailoring a procedure to the individual is what I believe makes modern-day cosmetic surgery an art as well as a science,' says Sydney plastic and cosmetic surgeon Dr Michael Miroshnik.

Breast augmentation now offers both patients and surgeons a plethora of choice in terms of types of implants, incisions sites and placement of implants.

The choice of breast implant size and placement is not a case of 'one size fits all'; it depends on the patient's existing breast volume, overall body frame and individual desires. In order to achieve optimal results, each patient's unique requirements and goals should be addressed.

'For patients presenting with minimal existing breast tissue, droopy (ptotic) breasts or asymmetrical breasts, meticulous planning, surgical expertise and a customised approach are essential to creating aesthetically pleasing results,' says Dr Miroshnik.

### Thin patients

'For very thin women with little breast tissue, the goal is to achieve a good breast shape with appropriate volume but at the same time create a natural-looking appearance,' explains Dr Miroshnik. 'As there is usually not much of the patient's own tissue available to cover the implants, I believe optimal results can be achieved by placing the implant partially under the muscle.'

'In such cases I prefer to use a dual-plane technique and anatomical (teardrop) implants. In my experience, the breast shape is further enhanced because the almost non-existent lower poles of the breasts start to take on the natural-looking teardrop shape of the implants,' he adds.

### Droopy (ptotic) breasts

'For patients presenting with droopy breasts, the aim is to not only increase the volume and improve the shape of

### Case study 1: Thin patient

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 2: Breast droop

This woman in her mid 30s has had two children and wanted more volume and shape to her breasts as well as more elevated nipples. This was achieved with a dual-plane 4, inframammary, mapped incision technique and 310g anatomical implants.



BEFORE



AFTER breast augmentation by Dr Miroshnik

the breasts but also to lift the nipple to a more youthful position,' says Dr Miroshnik.

'If the existing nipple is below the inframammary crease, a breast lift, or mastopexy, can often be performed,' he continues. 'However, in borderline cases a natural-looking lift of a couple of centimetres can effectively be achieved using standard breast augmentation surgery in most cases. For these patients, I believe a high dual-plane technique in combination with an extra projecting, anatomical implant can achieve optimal results.'

### Asymmetrical breasts

When a woman's breasts do not resemble one another, or have an anatomical deformity, breast augmentation surgery is often the most challenging, says Dr Miroshnik. In these cases, precise measurements, planning and execution are critical to achieving the desired results.

'Techniques such as parenchymal scoring, nipple reshaping as well as different height implants often need to be utilised to achieve the best possible outcomes,' Dr Miroshnik concludes. **acsm**