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BREAST
CANCER:
THE FACTS

THE BEAUTY
ADVANTAGE

WHAT IT IS AND HOW TO GET IT

WHAT IS
AGEING?

THE SCIENCE BEHIND
THE THEORIES

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BREAST SPECIAL

AUGMENTATION • REDUCTION • LIFT

breast *special*

KEEPING ABREAST

SYDNEY PLASTIC SURGEON **DR MICHAEL MIROSHNIK** SHOWCASES THE DIFFERENT TYPES OF BREAST SURGERY AVAILABLE TO CREATE SHAPELIER, MORE ATTRACTIVE BREASTS. AIMÉE SURTENICH REPORTS.

The breast is a ubiquitous symbol of femininity and sexuality and many women view their breasts as a vital component of their gender identity. Some women feel dissatisfied their breasts never developed to their liking, while others wish to restore loss of volume and shape and a more youthful position to their breasts after pregnancy, breastfeeding, weight loss or the natural ageing process.

According to Dr Miroshnik, there have never been more options available for women who are considering breast augmentation. 'There is more precision and science involved than ever before, offering patients predictable and natural-looking results,' he says.

'I believe advancements such as the dual-plane implant placement and incision mapping techniques enable the procedure to be more customised than in the past, offering patients optimal results tailored to their individual requirements and goals.'

The dual plane technique involves placing a variable portion of the implant under the muscle and the rest of it under the breast tissue. 'The ratio between the two can be adjusted during surgery,' explains Dr Miroshnik. 'I believe this technique makes the procedure much more customisable and improves breast shape.'

Another technique Dr Miroshnik employs is incision mapping. An undesirable side effect of breast implant surgery can be the resulting scars. Although in typical cases these should fade over time, he believes lining up the scar to sit in the inframammary fold (breast crease) can create a more aesthetically pleasing result.

'When placing an implant via the inframammary fold, it is possible to predict where the scar will be and hide it as much as possible,' says Dr Miroshnik. 'If this is not properly planned, the scar can end up too high or too low. Incision mapping can enable surgeons to plan where the incision will be made so that the scar will be less obvious.'

However, not all patients request implant surgery to enhance the appearance of their breasts. Another category of patients is concerned with excessive breast volume and seek breast reduction surgery to alleviate the discomfort associated with overly large breasts and create more proportionate body contours.

'As a group, breast reduction surgery patients are one of the happiest and most satisfied,' says Dr 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.'

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,' he says.

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.

While breast enhancement surgery is primarily about changing the size and shape of the breasts, it can dramatically improve self-esteem

'Each patient has different concerns and goals. Some request more or less breast volume, others require elevation to create a more youthful position, while others desire complete breast and nipple reshaping,' he continues.

While breast enhancement surgery – whether reduction, augmentation or lift – is primarily about changing the size and shape of the breasts, it can dramatically improve body image and self-esteem.

'A natural-looking result in harmony with the rest of the body can create a more balanced and proportionate overall silhouette, enabling women to step out with renewed body confidence,' Dr Miroshnik concludes. **acsm**



Artistic photo of actual patient of Dr Miroshnik





breast special

Case study 1

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

This 21-year-old patient wanted shapelier, larger breasts to complement her overall silhouette. A dual plane 2, inframammary, mapped incision technique was used with 385g round textured implants.



BEFORE

AFTER breast augmentation by Dr Miroshnik

Case study 3

This young female wanted more shape to her breasts but was after a natural-looking result. A dual plane 2, inframammary, mapped incision technique was used with 325g round implants.



BEFORE

AFTER breast augmentation by Dr Miroshnik

Case study 4

This 36-year-old woman had significant breast ptosis and was concerned about the 'pancake' appearance of her breasts. To maximise lift and achieve optimum shape a dual plane 3 with 425g teardrop shaped implants were used to achieve her desired look.



BEFORE

AFTER breast augmentation by Dr Miroshnik

Case study 5

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 teardrop shaped implants.



BEFORE

AFTER breast augmentation by Dr Miroshnik

Case study 6: breast reduction

After breastfeeding two children, this 31-year-old patient wanted significant lifting and size reduction as well as a better shape to her breasts. A vertical short-scar breast reduction/lift was performed, and approximately 1kg was removed from each breast.



BEFORE

AFTER breast reduction by Dr Miroshnik