

# BREAST AUGMENTATION

**COSMETIC**  
SURGERY MAGAZINE

your  
**definitive  
guide**

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PREPARATION  
& RECOVERY

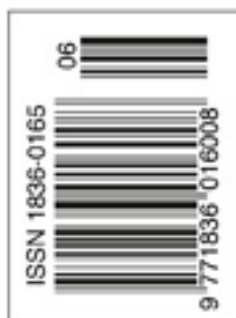
TECHNIQUES  
& CHOICES

BEFORE  
& AFTER  
PHOTOS

FREQUENTLY  
ASKED  
QUESTIONS

MYTHS  
DEBUNKED

EVERYTHING  
YOU NEED  
TO KNOW  
ABOUT BREAST  
AUGMENTATION



# CREATING YOUR PERFECT BREASTS

SYDNEY PLASTIC SURGEON DR MICHAEL MIROSHNIK IS RENOWNED FOR CREATING NATURAL-LOOKING, BEAUTIFUL RESULTS.

**Dr Michael Miroschnik**, a leading plastic and cosmetic surgeon, takes the breast augmentation process to a new level by using some of the latest techniques and combining them to produce the perfect breasts for you.

'I am a perfectionist at heart and have a special interest in cosmetic surgical procedures of the breast. To this end, I spend a good deal of time designing the ideal tailored operation for each patient,' explains Dr Miroschnik.

Multiple measurements are taken by Dr Miroschnik as well as conducting an in-depth discussion about your desires and expectations before determining the ideal implant for you and the best surgical technique to combine it with. 'Measurements are carefully made to ensure the implant not only matches your individual chest but also your body shape to deliver overall balance and harmony,' he says.

Dr Miroschnik has been widely published within medical literature and regularly attends both national and international cosmetic plastic surgical society meetings. 'The surgical techniques we have available to us have come a long way in the past 10 years', he says.

Some of the advanced techniques Dr Miroschnik commonly uses include dual-planing for implant placement, parenchymal modification and incision mapping. 'Depending on your individual needs, I commonly prefer to use the dual plane technique for implant placement,' he says. 'This involves placing a variable portion of the implant under the muscle and the remainder under the breast tissue. There are varying dual plane levels (1 to 4), and the ratio of how much breast versus muscle is in contact with the implant can be adjusted to suit your individual anatomy and desires. This makes the modern breast augmentation procedure much more customisable and predictable.'

Another advanced technique is incision mapping. Dr Miroschnik believes lining up the incision to sit in the inframammary fold (breast crease) can minimise its visibility and ensure that the surgical scar is virtually imperceptible.

Dr Miroschnik uses all varieties of implants available depending on your individual requirements. The correct choice of shape, size, fill and surface are determined after careful one-on-one analysis. 'Although round implants produce excellent results, anatomical implants are more customisable and may be better suited if you want a very natural look to your breasts,' he says. 'By combining the dual-plane technique with a high projecting anatomical breast implant, a great deal of lift can also be achieved.'

## ABOUT DR MIROSHNIK

Dr Michael Miroschnik is a leading, fully qualified Australian-trained plastic surgeon. He is a member of the Australian Society of Plastic Surgeons (ASPS), Australian Society of Aesthetic Plastic Surgeons (ASAPS) and a Fellow of the Royal Australian College of Surgeons (FRACS). He specialises in short scar cosmetic breast surgery, creating natural-looking, beautiful results.



as seen in Your Definitive Guide to Breast Augmentation



Artistic photo of actual patient of Dr Miroschnik





MIROSHNIK PROMOTION

Case study 1

Aged mid-30s, 310g anatomical implants. Note the great deal of lift achieved with a high dual plane (4) placement.



BEFORE



AFTER breast augmentation by Dr Miroshnik

Case study 2

Aged early 20s, 385g round textured implants, dual plane 2 placement, inframammary mapped incision.



BEFORE



AFTER breast augmentation by Dr Miroshnik

Case study 3

Aged early 30s, thin athletic build, 255g anatomical implants, dual plane 2 placement.



BEFORE



AFTER breast augmentation by Dr Miroshnik



Actual patient of Dr Miroshnik



MIROSHNIK PROMOTION

Case study 4

Aged mid-30s, 325g round textured implants, dual plane 2 placement, inframammary mapped incision.



BEFORE



AFTER breast augmentation by Dr Miroshnik

Case study 5

Aged early 40s, 270g anatomical implants, subfascial placement. Note the very natural look achieved.



BEFORE



AFTER breast augmentation by Dr Miroshnik

Case study 6

Aged mid-30s, 325cc round cohesive implants, dual plane 3 placement. Note how the breasts have been moved closer together to improve shape.



BEFORE



AFTER breast augmentation by Dr Miroshnik



Actual patient of Dr Miroshnik

Actual patient of  
Dr Miroshnik

**Dr Michael Miroshnik**

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