



Actual patient of Dr Tavakoli

corrective surgery for drooping breasts

Sydney plastic surgeon **Dr Kourosh Tavakoli** outlines the options involved with mastopexy, or breast lifting, procedures. Francis Herron reports.

Breast ptosis, or droopiness, is a condition that can affect women of all ages, says Sydney plastic surgeon Dr Kourosh Tavakoli. 'Although we tend to associate breast ptosis with older women, young women also often suffer varying degrees of droopiness after breastfeeding or significant weight loss. For these women, wearing a supportive bra can disguise but not correct the problem.'

With the increasing acceptance of cosmetic surgery procedures by the general population, more and more women are choosing to undergo corrective surgery on their breasts to achieve a more aesthetically pleasing appearance, Dr Tavakoli says.

Aesthetic plastic surgery of the breast involves a number of procedures that range from simple augmentation to more complex breast lifting, he explains. Mastopexy, or a lift, can be performed as a stand-alone procedure or combined with augmentation using implants. Breast reduction (mammoplasty) is in fact a form of breast lifting associated with removing breast tissue.

Due to the variation of breast shapes and conditions, a skilled plastic surgeon understands that simply using breast implants alone will not always produce aesthetically pleasing results. A decision about which procedure or combination of procedures best suits an individual must be made taking into account several factors. Assessing breast volume and shape, the condition and elasticity of the patient's skin and the position of their nipples is crucial to the surgeon's ability to obtain a good result.

Although augmenting breasts by inserting implants can correct some minor drooping, the issues relating to nipple position and an excessive skin envelope cannot be addressed by augmentation alone.

Mastopexy, on the other hand, does not change the amount of breast tissue a woman has, but it can change the shape dramatically, which in turn can affect the overall breast size and projection.

Breast-lift surgery restores breast shape to a more youthful appearance by reshaping the breast tissue, removing excess skin and relocating the position of the nipple-areola complex. Breast tissue must be surgically contoured from an elongated shape into a more youthful

conical structure. This manoeuvre is an integral part of the breast remodelling process.

Dr Tavakoli says three types of incisions can be used. These include making an oval-shaped incision around the nipple-areola complex (Benelli-Goes) in mild cases, a lollypop-shaped incision from the areola to the breast crease (Le Jour-Hammond) for most cases or the traditional anchor-shaped incision (Wise pattern) that also includes the breast crease for severe cases of droopiness.

'Prospective patients should inform themselves about the procedure'

'Modern plastic surgery focuses on creating a minimal scar in return for achieving the most desirable aesthetic outcome,' he says. 'The prospective patient should be aware of this delicate balance before embarking on a mastopexy procedure.' Some degree of scarring is inevitable in mastopexy surgery.

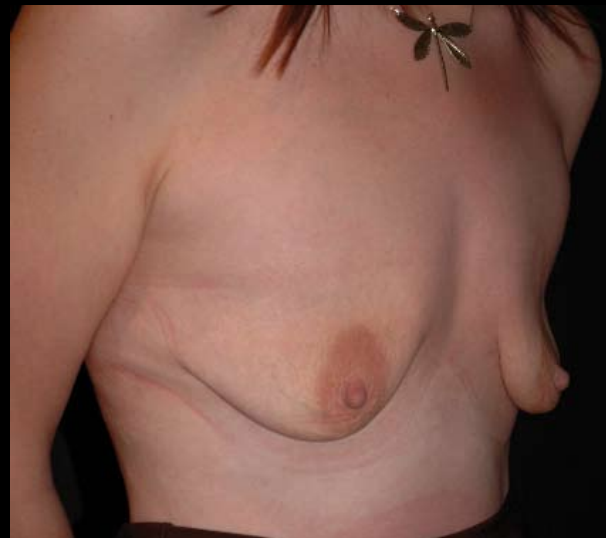
Accepting the scarring associated with mastopexy is a real concern for some patients, although fractionated laser scar therapy in the post-operative period has contributed immensely to superior scar formation.

In some cases, breast lifting needs to be combined with the insertion of implants to produce an optimal result. The combined breast lift and augmentation procedure is considered one of the more difficult operations in plastic surgery. It can be performed in a single procedure but is more usually undertaken in two stages.

Patients must stop smoking for at least four to six weeks before and after the operation, he advises.

'Mastopexy is not usually a painful operation, but discomfort can persist for a week or so,' he says. 'Patients will need 10 to 14 days off work after this procedure for recovery and healing.'

'Mastopexy can be a very rewarding procedure for women seeking to correct drooping breasts,' says Dr Tavakoli. 'Prospective patients should inform themselves about the procedure and discuss the operation and its projected outcomes thoroughly with their surgeon.' **acsm**



BEFORE



FTER mastopexy and breast augmentation (lollypop scar) by Dr Tavakoli



BEFORE



FTER mastopexy and breast augmentation (lollypop scar) by Dr Tavakoli



BEFORE



FTER mastopexy and breast augmentation (lollypop scar) by Dr Tavakoli



Actual patient of Dr Tavakoli



Actual Patient of Dr Tavakoli- Small D-cup



BREAST AUGMENTATION SPECIALIST
MBBS, BSC(MED), MS(UNSW), FRACS(PLAST)
Fellow of Royal Australasian College of Surgeons
Member of Australian Society of Plastic Surgeons



Dr Kourosh Tavakoli
Plastic Surgeon