



breasts

THE RIGHT FIT

A NATURAL-LOOKING ENHANCEMENT WITH MINIMAL SCARRING IS THE KEY TO A BEAUTIFUL BREAST AUGMENTATION, SAYS CANBERRA PLASTIC SURGEON **DR VLAD MILOVIC**. JENNI GILBERT REPORTS.

In addition to increasing breast size, the goal of augmentation should be to create a more balanced look, according to Canberra plastic surgeon Dr Vladimir Milovic. He believes that this can be achieved by improving the shape and proportion of the breasts in relation to the individual's body frame.

'In my experience, most women in Australia are very careful. In 90 percent of cases they want a very natural look where the breasts are not too big,' he says. 'We don't see the same trend as some other countries, where the tendency is to emphasise fullness.'

Dr Milovic believes Australian women are well informed about their options and know what they want when it comes to breast augmentation. 'As well as creating a

proportionately enhanced appearance, it is also desirable to ensure that the breasts move naturally and feel soft to the touch.'

Dr Milovic uses both textured and smooth shells and will typically use round implants depending on the circumstances of each patient. 'If the implant is placed under the muscle, it doesn't matter whether it is textured or smooth,' he explains. 'If we need to put the implant over the muscle, I always use textured.'

All implants have a thick outer shell made of silicone-rubber, which will either have a smooth, polished surface or a rough, textured surface. Whilst there are pros and cons to each implant, typically, smooth-shelled implants are thought to allow the breast to move and feel more natural than a textured breast, whilst textured implants can grip on to the surrounding tissue and therefore reduce the risk of capsular contracture by creating less friction between the implant and breast pocket.

• The introduction of 3D scanning technology has revolutionised breast, as well as facial surgery procedures •

Since 2008, polyurethane coated implants have been used in Australia, which have a coating of polyurethane foam over the silicone shell. These implants were designed specifically to further reduce the incidence of capsular contracture, which is the most common complication of breast augmentation.

For women who only require a breast lift, Dr Milovic favours a modified version of the Lejour technique, which was pioneered by Belgian plastic surgeon Dr Madeline Lejour in the 1990s.

During this procedure, breast tissue is moulded into a cone of tissue, secured with internal sutures and then suspended at a higher elevation onto the chest wall.

As well as breast reductions, breast lifts and nipple procedures, Dr Milovic specialises in breast reconstruction with microsurgery, including post-mastectomy reconstruction.

During this procedure he forms a breast mound by using an implant or by using tissue from the patient's buttocks, back or belly to restore the shape of the breast. 'The type of reconstruction will depend on the patient's body type or the surgical treatment they have previously received,' explains Dr Milovic.

Breast reconstruction often requires more than one surgery. Additional steps may include adding a nipple,

changing the size or shape of the reconstructed breast or operating on the opposite breast to ensure a match.

Dr Milovic says the introduction of 3D scanning technology to his practice has revolutionised his breast (as well as facial) procedures. The technology allows him to simulate the impact surgical changes will have on his patient's appearance.

'Seeing what they are likely to look like means that patients can enter into surgery fully prepared and more confident in the results they are going to see,' he says.

As well as allowing augmentation patients to 'try on' different sizes, shapes and placements of implants before proceeding with surgery, Dr Milovic has found 3D scanning particularly beneficial when performing breast reconstruction after mastectomy or other surgeries where tissue has been removed.

'The 3D technology allows me to more accurately test the volumetric difference between each breast for greater symmetry and a better result overall,' he concludes. **csbm**

A picture paints a thousand words

No matter how much a patient may want a procedure, cosmetic surgery can have a profound psychological as well as physical impact.

Proposed enhancements to faces and breasts, for instance, may lead to some level of anxiety surrounding the outcome, even when in the hands of the best, most trusted and experienced surgeons.

The introduction of 3D scanning technology has gone a long way to remove this anxiety, allowing patients to see a detailed image of what they might look like once changes have been made to their body shape.

3D visualisation is particularly beneficial for breast surgery, where patients might be unsure about the size of implant they want. Patients can be scanned with a bra or bikini top and see how different breast sizes complement their figure and lifestyle, allowing the surgeon to tailor the operation to their needs.

3D scanning technology uses clinical data to generate a series of anatomically accurate images of a patient's face or body in a three-dimensional matrix. This allows the surgeon and patient to view the patient's body as a figure in space. The surgeon then alters those views to simulate the effect of various surgical interventions, to show patients how they could look post-surgery. By visualising the desired outcome, the patient can be assured, becoming more confident in what the results will physically look like.