

Tailored to fit

CANBERRA PLASTIC SURGEON **DR VLAD MILOVIC** SAYS SELECTING THE RIGHT SHAPE AND SIZE IMPLANTS MEANS BREAST AUGMENTATION PATIENTS CAN LOOK FORWARD TO A BALANCED PHYSIQUE. LIZZY FOWLER REPORTS.

Regardless of what drives a woman to seek breast augmentation surgery, Canberra plastic and cosmetic surgeon Dr Vlad Milovic says the ultimate goal of the procedure is to create the most natural-looking, optimally sized breasts afforded by the patient's anatomy and aesthetic goals. And, more often than not, this doesn't involve a great increase in the size of a patient's assets.

'Although breast augmentation can increase the size of the breasts considerably, and some women do request an augmented look, most women are much more driven to achieve breasts that are in proportion with the rest of their body,' he says. 'We don't really see the same trend as in some other countries, where the tendency is to emphasise fullness.'

Indeed, according to Dr Milovic, in around 90 per cent of the patients he sees, women want an improvement in the shape and firmness of their breasts, and a modest increase in size that doesn't look unnatural or draw glaring attention to the fact they have had an augmentation.

Achieving natural-looking breasts that balance a patient's existing curves, however, involves a number of important stages. 'Successful breast augmentation demands not only a skillful surgeon with significant experience, but also diligent planning,' explains Dr Milovic.

'Before surgery, it's important to conduct a thorough clinical examination and full assessment, and to involve the patient in what their results will look and feel like through the use of 3D imaging and pre-operative volume inserts.'

Having introduced 3D breast scanning technology to his Canberra clinic some years ago, Dr Milovic is a strong advocate for the use of imaging prior to augmentation, believing it gives patients a very good impression of what impact their surgery will have on their appearance.

As well as helping the plastic surgeon and patient work together to select an implant they both feel comfortable with, thereby facilitating communication between the two parties, Dr Milovic believes imaging can take away some of the anxiety associated with 'the unknown'.

'No matter how much a patient may want a procedure, cosmetic surgery can have a profound psychological as well as physical impact,' he says. 'In my experience, 3D visualisation helps alleviate much of this anxiety.'

Dr Milovic finds imaging particularly beneficial when it comes to breast surgery, where patients might be unsure about the size of implant they want, or when performing breast reconstruction after mastectomy or other surgeries where tissue has been removed.

'At my clinic, a patient's upper body is scanned with a bra or bikini top and they can "try on", in a virtual sense, different implant sizes, shapes and placements to see how their new look would complement their figure and lifestyle before proceeding with surgery. This part of the consultation process facilitates discussion and allows me to tailor the operation to their needs.'

From a surgical point of view, imaging also allows Dr Milovic to identify any nuances that may be significant during surgery.

'It's easier to notice minor asymmetries that naturally occur between the breasts when using imaging,' he explains. 'It's also possible to determine the existing volume of each breast before simulating the appearance of different types of implant on the patient.'

Although he will adapt his surgical technique depending on the particular circumstances of each patient, Dr Milovic performs the majority of his procedures via the inframammary incision with a dual plane placement. 'An incision is made in the crease under the breast, through which the implant is then positioned,' explains Dr Milovic.

'This affords the surgeon the best control over the implant

pocket and where and how the implant is positioned.'

Breast augmentation surgery is typically performed as a day procedure but Dr Milovic offers his patients the option to stay at Caberra's only five star Medihotel, a favourite for interstate and local patients alike.

After surgery, Dr Milovic says that some swelling and bruising is to be expected, but that this should settle within two to six weeks. 'It's important for patients to rest during this time and follow the post-operative instructions, which we provide to all patients,' he says.

Patients can also look forward to comprehensive post-operative follow up, with Dr Milovic, which is included in the cost of their surgical fees. 'I see my breast surgery patients the day after surgery, as well as at one, two and six weeks after their procedure

'I then like to follow up with each of my patients after three and six months and will perform an ultrasound one year after surgery to check the implant,' he says.

With careful planning leading up to surgery, and attentive follow-up post-procedure, Dr Milovic believes his patients can look forward to breasts that are in balance with both their body shape and lifestyle. **csbm**



BEFORE



AFTER breast augmentation by Dr Milovic



BEFORE



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