

# Breast

**Motivation:** The breast is for a woman a very important sign of femininity. It has a major impact for her self-confidence.

A small and pendulous breast is genetically determined, but also a natural sign of the “afterbabybody” that you develop after pregnancy and breastfeeding. Gaining and losing weight over a long term can affect the form of your breast, too. But sometime the breast tissue is very small, asymmetric or has a malformation. These characters of the breast may affect your social life. You may not feel comfortable with your breast form, size or firmness. Breast surgery with its variety of techniques and combinations e.g. lifting and augmentation can form your breast shape on a long-term base. In a personal consultation I will talk with you about your personal expectation, wishes and techniques.

**Goal:** The main goal is to form a natural shaped breast with an aesthetic volume and firmness in proportion to your body contour.

## **Breast Augmentation**

In a personal consultation you will try different sizes of implants on and have a look with them in the mirror. Then we will talk about the size you prefer, the incision line and position of the implant. I use the implants of the company ALLERGAN. These are premium implants, with a FDA license. They are one of the best implants with the most published datas and follow-ups. They come in an anatomic, natural shape and in a round shape. During surgery I try first test implants with the size we determined prior surgery to make sure that the shape is exactly what you have expected. In a second step I implant the silicone, long-term, implants.

**Technique:** The incision line of about 4cm is performed in the inframammary fold or around the nipple with a diameter of 4 cm. The position of the implant is superficial to the musculus pectoralis major or underneath the muscle.

**Anaesthesia:** General Anaesthesia.

**Time:** 60-90 min.

**Recovery Time:** One night hospital stay, public life after 7-14 days, suture removal after two weeks, wearing the sport-bra for six weeks, breast belt, too.

Please avoid intense sun exposure for 8 weeks, do not go running, swimming and lifting heavy things for 6 weeks.

## **Mastopexie**

**Preparation:** The incision depends on the size of breast and the technique, around the nipple. A vertical or inverted T-incision line. Marking in standing position. The position of the nipples is determined in marking the incision pattern.

**Technique:** Remodelling the breast tissue and lifting the breast upwards, forming the "inner bra" and/or the areola to a smaller diameter, lifting the areola complex in a higher position.

**Anaesthesia:** General anaesthesia, only a peri-areolar lifting or inverted nipple release is done under local anaesthesia.

**Time:** 1-3,5hrs

**Recovery Time:** one night hospital stay, public life after 7-14 days, suture removal in 2 weeks, sport-bra for 6 weeks. Avoid sun exposure for 8 weeks.

## **Breast Reduction**

**Preparation:** Incision line in standing position, around the nipple and a vertical line or inverted-T-scar pattern, marking the position of the nipples.

**Technique:** First steps are dissection and breast tissue excision. The following steps are to remodel and lift the breast. The breast tissue complex moves upwards and is fixed with sutures. The inner bra is formed with the non-fatty soft tissue. The excised amount of breast tissue will be weigh and send in for pathology examination.

**Time:** 3hrs

**Anaesthesie:** General anaesthesia.

**Recovery Time:** One night hospital stay, 7-14 days, suture removal after 14 days, sports-bra for 6 weeks, no workout for six weeks. Avoid sun exposure for 8 weeks.

## **What you Have to Consider before and after Surgery**

### Preop:

- 5-7 days prior surgery consultation for the final consent
- Lab control: clotting screen, blood screen, renal- and liver function, sodium and potassium
- Not a high alcohol consume, no anti-clotting drugs like aspirin, ginger water, green tea or Vit B substitutes 2 weeks prior surgery
- Start 3 days before surgery with arnica D12 5 pills 3x daily
- Ultrasound of the breast

### Postop:

- Continue with arnica, bromelain, antibiotic- and anticoagulation to prevent thrombosis and embolism
- Sleeping with your head elevated 45° during the first nights
- No workout for approx. 6 weeks, no sauna and no intense sun exposure for 8 weeks.