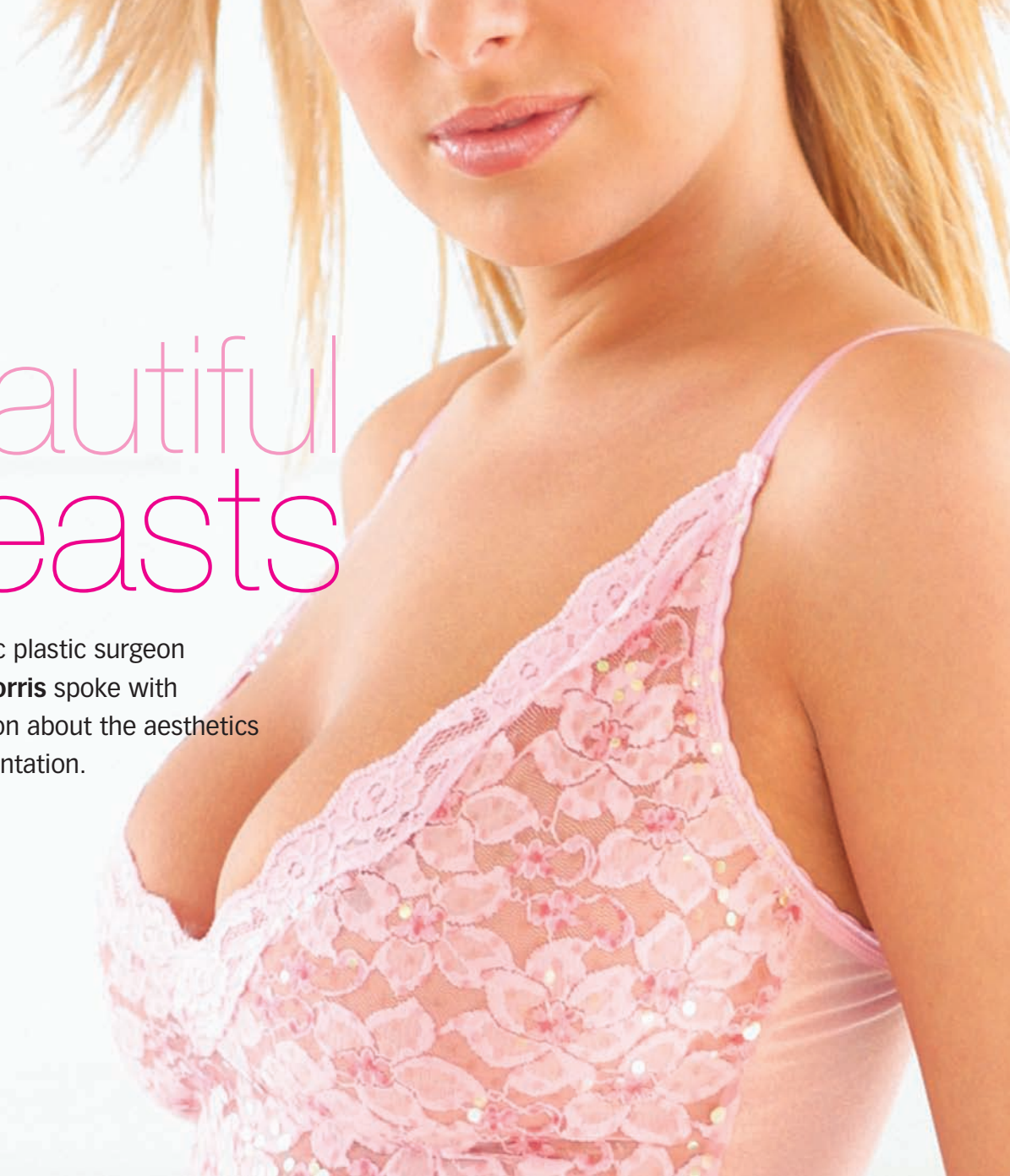


beautiful breasts

Sydney cosmetic plastic surgeon **Dr Benjamin Norris** spoke with Gina Hetherington about the aesthetics of breast augmentation.



Breast augmentation is not just about increasing the size of your breasts. According to Sydney cosmetic plastic surgeon Dr Benjamin Norris, improving the shape, balance and proportion, and creating natural-looking breasts is just as important.

An advocate of the natural European-style breast augmentation, Dr Norris says that during his time spent training in Europe he found most women favoured a more natural look. 'There will always be some women wanting hyper-inflated breasts, but most prefer an average size with a natural shape that is less likely to show the implants,' he explains.

Breast augmentation is not just a matter of taking measurements and adding an implant. According to Dr Norris, achieving a natural-looking breast augmentation requires a surgeon with special skills, repertoire, and artistic flair. The surgeon must also be able to make the patient

immediately feel comfortable, so she can tell him what she hopes to achieve. A surgeon with excellent communication skills is better able to interpret what the patient wants and reflect this back to her. Dr Norris says this is especially important when the patient isn't able to properly verbalise what she would like.

'Improving the shape, balance and proportion, and creating natural-looking breasts is just as important as increasing breast size'

'The surgeon must also determine why a patient wants a breast enhancement, including how she feels it will improve her life,' he adds. 'A good surgeon can usually

achieve what the woman desires, but is also able to tell her what is not possible. Working with the patient, together we can determine the best way to get as close as possible to the patient's ideal breasts.'

In consultation with the surgeon, who should offer the full range of options, the type of implant used is ultimately the patient's choice. The size of the implant is dependent on the size of the patient's breasts, the amount of breast tissue she has and the quality of the overlying breast skin. 'These factors are important considerations in avoiding a visible, palpable implant,' he says.

'When I discuss the options with the patient, I give her photos and drawings of breasts to look at. I also show the patient the implants so they can feel them and compare the different types. The patient is given samples to put inside her bra so she can get a good idea of what they will look and feel like,' he says. Dr Norris explains it's all about interpretation and helping the patient realise what can be done through the combination of technical skills and appropriate implants.

The most common placement of the incision is in the breast fold, under the breast, where the scar can be hidden. Other options are around the areola or in the armpit area. The suitability of these options is dependent on different factors, including the type of implant, the size and proportion of the breast, and patient choice.

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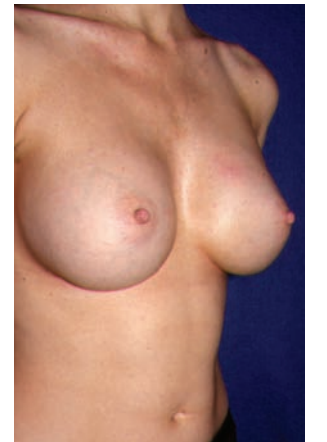
The implant can be placed behind the muscle wall or in front of the chest muscle behind the breast tissue, depending on the type of implant and what will achieve the most natural-looking breast. Dr Norris says there is less risk of hardening occurring around the implant when it is placed behind the muscle, as the muscle gently massages the implant as it moves over it. 'To achieve the most natural look, the implant needs to be positioned properly on the chest wall,' he says.

Once the implant is in place, the surgeon will sit the patient up to make sure the breast is lying in the most suitable position. Dr Norris explains, 'While I'm performing the procedure, I always think about the features of a beautiful breast. For example, the nipple should be on top of the peak of the breast and there should be a nice cleavage with a gap between the breasts. Also, when you look at the breast in profile, there should be a gentle slope from the shoulders to the nipple, and a gentle curvature from the nipple down to the base of the breast at the breast fold. Face-on, there should be a gentle bulging sideways at the upper part of the arm when her arms are relaxed at the side.'

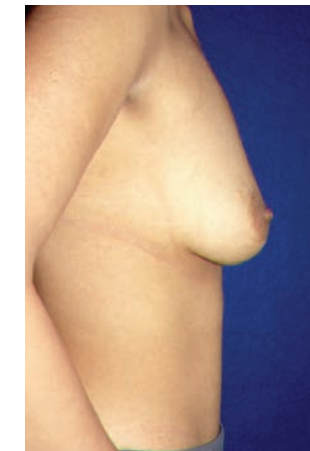
Breast augmentation surgery normally takes between one and two hours under general anaesthesia. Most women prefer to be day-only patients but can stay overnight if they wish. Patients experience some tightness and discomfort, and can be given pain medication if needed, but should be able to return to work within one to two weeks. Dr Norris says swelling and bruising should be minimal, especially if the surgeon uses fine dissection, and should completely settle down within six weeks. **acsm**



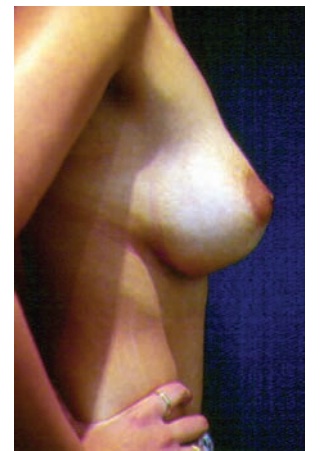
BEFORE



AFTER breast augmentation by Dr Norris



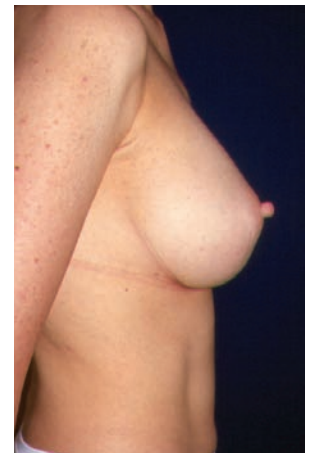
BEFORE



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