

breasts

beautiful curves



Sydney cosmetic plastic surgeon **Dr Benjamin Norris** explains how to achieve natural-looking results from breast augmentation. Tara Casey reports.

Breast augmentation trends are increasingly favouring natural-looking enhancements. Sydney cosmetic plastic surgeon Dr Benjamin Norris says implants like those of Pamela Anderson and Victoria Beckham are no longer sought after. 'I call this the "pudding bowl on the chest" look,' he says. 'Most patients when I first meet with them actually say they don't want their augmentation to turn out like this.'

According to Dr Norris, the key to a natural-looking augmentation is that it is not immediately obvious. 'You want friends and family to say you look fantastic, but most women don't want their new chest to attract unwanted attention,' he says.

Dr Norris says the best way to achieve a natural-looking augmentation is for the surgeon to find a balance between the patient's wishes and their existing breast tissue, and selecting the right implant and implant position. 'It takes skill to balance these four components,' he says.

Often the hardest part is interpreting what the patient wants to achieve, Dr Norris says. 'Not everyone is able to voice their goals effectively, so I ask patients to demonstrate

what they want rather than describe it,' he says. 'Often this involves using a push-up bra or their hands. I then interpret what they mean from this and, more often than not, the patient is after a natural look.'

The consultation phase is an important part of the process prior to surgery that should not be hurried. 'I spend quite a bit of time in consultation trying to determine what each patient considers to be a beautiful breast,' Dr Norris says. 'A skilled surgeon has to be able to facilitate discussion to allow the patient to get across their viewpoint.'

As with facial beauty, everyone has a slightly different idea of what makes an attractive breast. However, there are several common elements that most people believe make up the ideal breast.

'The nipple needs to sit on the peak of the breast mound, which gives a healthy look,' Dr Norris says. 'There should be a gentle slope from the shoulder line down to the peak of the breast and a reasonably full curve from the nipple to the fold under the breast. Looking at a woman face on, there should be a gentle bulge at the sides. Most people also favour a defined cleavage.'

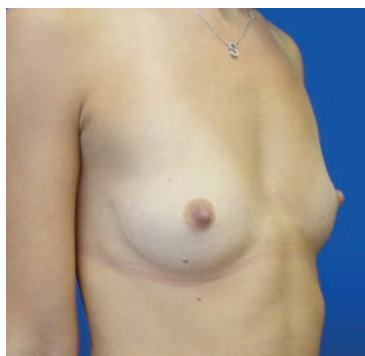


For natural-looking results, the surgeon must consider the patient's proportions. 'It's not about a pure increase in breast size,' Dr Norris says. 'Most patients want their breasts to match their shoulders and their hips.'

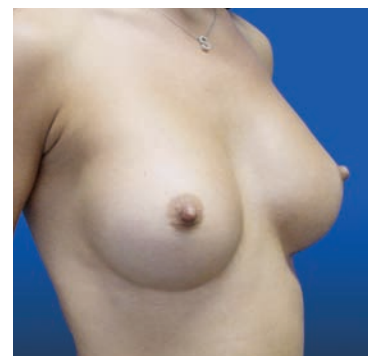
Dr Norris conducts a range of measurements to assess which implant is most suitable. 'The tissue measurements allow the surgeon to choose the largest implant that is suitable for that patient, beyond which they will look unnatural,' he says.

After the implant has been selected, the final factor is placement. Dr Norris takes into account factors such as how much fat the patient is carrying in the chest area. 'It can be difficult to hide an implant with a very thin woman,' he says. 'In this case, I would hide the implant beneath the muscle since this helps to blunt the edges so it can't be seen or felt. If a woman carries enough coverage in the area the implant can be placed on top of the muscle.'

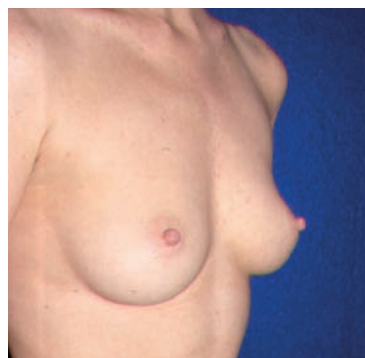
Dr Norris says by considering the patient's goals, their physiology, correct implant selection and placement, a beautiful and natural-looking result can be achieved. **acsm**



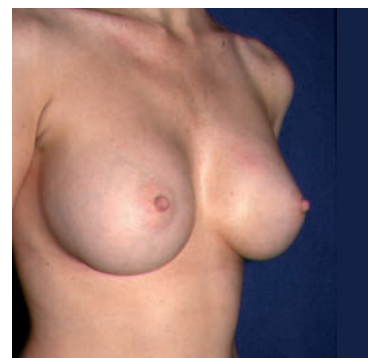
BEFORE



AFTER breast augmentation by Dr Norris



BEFORE



AFTER breast augmentation by Dr Norris

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