

breasts

beautiful breasts

Understanding each patient's individual goals is essential to achieving the desired result, says Sydney plastic and cosmetic surgeon **Dr Benjamin Norris**.

Jessica Rule reports.

Sydney plastic and cosmetic surgeon Dr Benjamin Norris says breast ideals are subjective. 'A beautiful breast means different things to different people,' he says. 'It's not one uniform size or shape – each patient seeking breast augmentation has a unique view in her mind of what she wishes to achieve.'

According to Dr Norris, a patient usually arrives at their consultation with their own ideas to contribute, although it's the responsibility of a good surgeon to gauge exactly what these are in detail.

'My role is to extract that information through effective communication and listening to both the verbal and non-verbal cues the patient projects,' he explains. 'It's only through a good professional rapport that we can customise the procedure to achieve the outcome they desire.'



'Most of my patients are extremely well-informed about the breast augmentation process because they have read up on it in magazines and on the internet,' Dr Norris continues.

'I believe it's the surgeon's role to ensure these patients have understood this information correctly and not misinterpreted it, however these resources can be beneficial to surgeon and patient communication. Together they can look at different websites and magazines and the surgeon can gauge what the patient's perception of "natural" is.

'I ask each patient the specific attributes they like, which not only gives me the finer details but indicates whether the patient has realistic expectations. In my experience, those with realistic expectations of the outcomes are typically the happiest with their results.'

A good surgeon should take an individualised approach as opposed to treating each patient with the same process, adds Dr Norris. 'The result the patient wants determines not only the course of the consultation but also which type of implant to use, the placement of the implant and the post-operative care.'

Dr Norris says surgeons come to a consultation with their own views also. 'There are several key elements I believe that make a beautiful breast and I think many surgeons would agree with these,' he says.

'First, the nipple should sit on the peak of the breast mound and a gentle slope from the shoulder down to the peak of the breast should be achieved. Second, there should be a relatively full curve from the nipple to the fold under the breast and a gentle bulge should be seen at the sides when viewed front-on; third, the breasts should have a natural-looking and defined cleavage.'

Lastly, Dr Norris says a pivotal requirement is proportion. 'The breasts must take cues from the physique of the patient, from the shoulders and torso in particular, to create overall harmony and balance' he says.

'The surgeon needs to make the patient feel comfortable and reassured enough so she can openly express what she dislikes about her breasts, as well as explaining what she wants to achieve from breast augmentation.

'That's why the patient/surgeon relationship is vital to a natural-looking, beautiful result which the patient will be extremely happy with,' Dr Norris concludes. **acsm**



BEFORE



AFTER breast augmentation by Dr Norris



BEFORE



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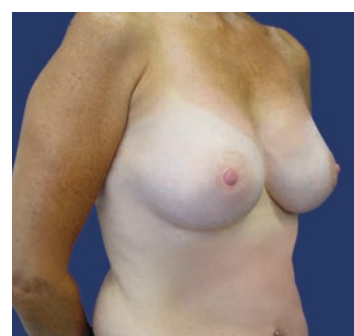
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