



breasts

breast results

Beauty is in the eye of the beholder and understanding each patient's individual goals is essential to achieving their desired result, says Sydney plastic and cosmetic surgeon **Dr Benjamin Norris**. Jessica Rule reports.

Sydney plastic and cosmetic surgeon Dr Benjamin Norris says effective communication and a good relationship between the patient and surgeon are the keys to achieving a natural-looking breast augmentation that meets the patient's expectations.

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 job is to extract that information through effective communication and listening to both the verbal and non-verbal cues the patient projects in order to gain a good professional rapport.'

Dr Norris believes breast ideals are subjective. 'A beautiful breast means different things to different people,' he says. 'It's a customised procedure – not one uniform size or shape. Each patient seeking breast augmentation has a unique view in her mind of what she wishes to achieve.'

'Most of my patients are extremely well-informed about the breast augmentation process because they have researched,' continues Dr Norris. '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 the surgeon can gauge what the patient's perception of "natural" is.'

'I ask them what specific attributes they like, which not only gives me the finer details but indicates whether the patient

has realistic expectations. 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.'

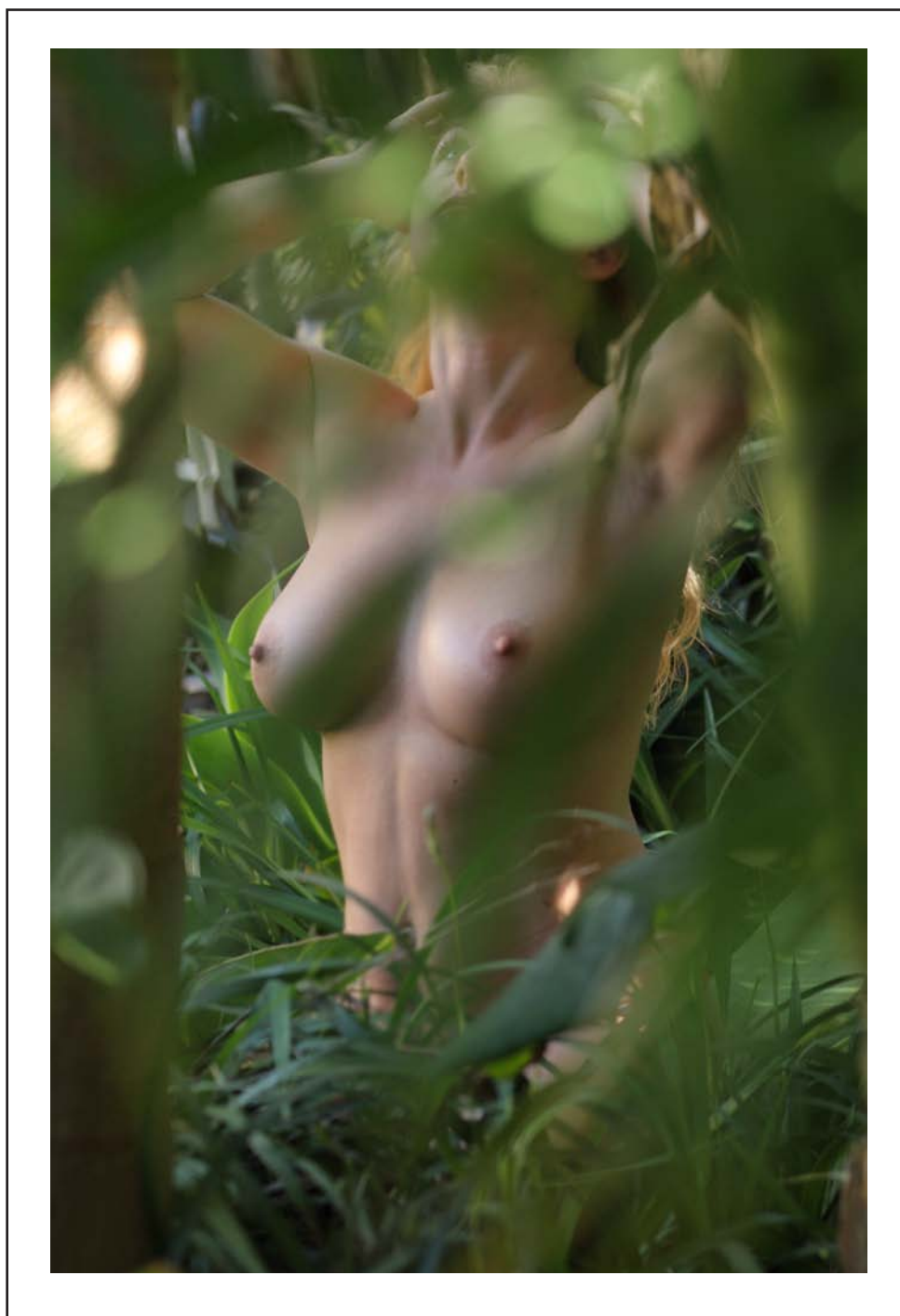
Dr Norris says surgeons come to a consultation with their own views also. 'There are several key elements I believe are beautiful in a breast and I think many surgeons would agree,' he says. 'First, the nipple should sit on the peak of the breast mound and a gentle slope from the shoulder down to the 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,' he says.

'The surgeon needs to make the patient feel comfortable and reassured enough so she can openly express what she wants to achieve through the augmentation. That's why the patient/surgeon relationship is vital to a natural-looking, beautiful result that the patient will be extremely happy with,' Dr Norris concludes. **acsm**



breasts artistic



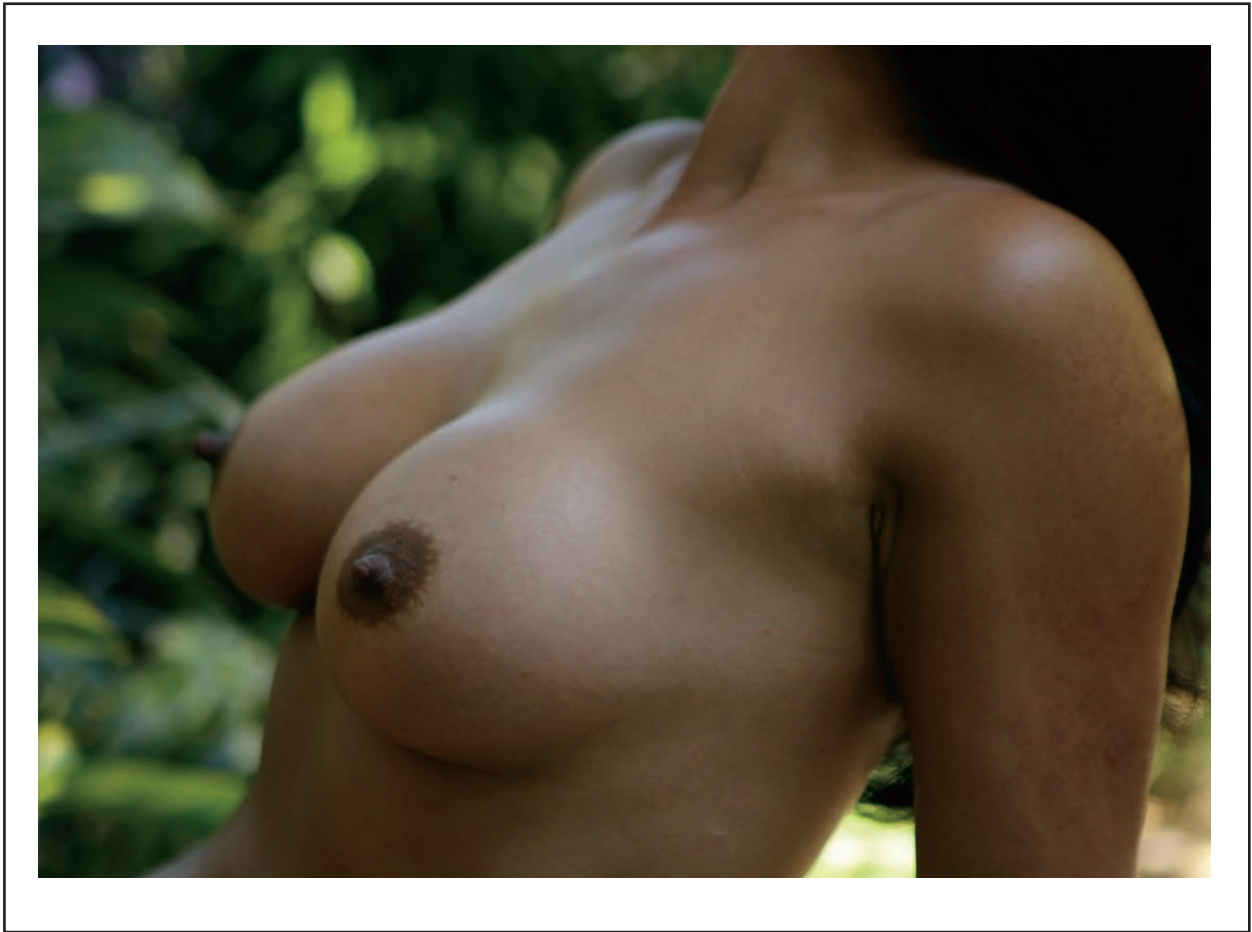
Case 1

This 42-year-old patient has four children who were breastfed. In addition, she also lost 15kg of weight in the year prior to surgery. Consequently, loss of volume and shape as well as sagging occurred to her C-cup sized breasts. She desired a DD-cup size while still retaining a natural-looking appearance. Dr Norris used extra-projection 360g implants in a full-height teardrop shape to achieve optimal results. The 'after' photograph above is an artistic image.



BEFORE

breasts artistic gallery



Case 2

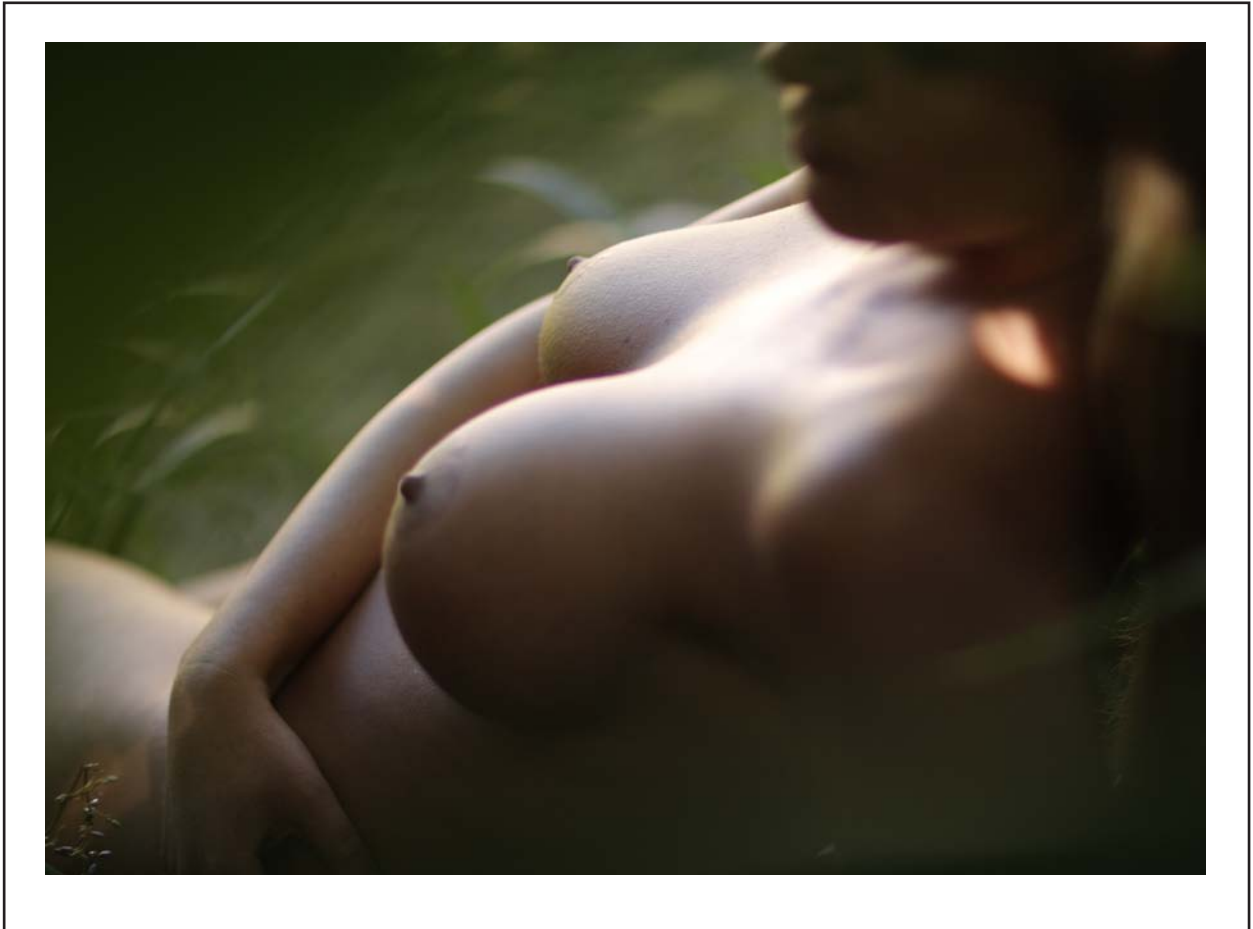
This patient is a 40-year-old woman with two children, who were both breastfed. As a result she lost shape and volume to her pre-operative B-cup sized breasts and wanted a D cup with a natural-looking appearance. Dr Norris used 360g teardrop-shaped, full-height, extra-projection implants to achieve the desired results. The 'after' photograph above is an artistic image.



BEFORE

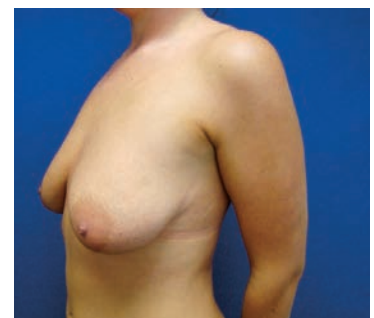


breasts artistic



Case 3

This 25-year-old patient has no children but lost 8kg of weight in the three months prior to surgery, which caused a loss of volume and shape as well as sagging of her breasts. She was a pre-operative C-cup size and desired a D-cup with a round 'push-up bra' look. Dr Norris used 300g implants with a round, high profile to achieve this. The 'after' photograph above is an artistic image.



BEFORE