

breasts

# THE FINER DETAILS

SYDNEY PLASTIC AND COSMETIC SURGEON **DR BENJAMIN NORRIS** SAYS ADDRESSING THE NUANCES OF THE FEMALE BREAST, INCLUDING COMMON SLIGHT ABNORMALITIES, CAN ACHIEVE THE BEST RESULTS FROM BREAST AUGMENTATION. JESSICA RULE REPORTS.

Breasts come in many shapes and sizes, and often breast abnormalities are not only common but they're the rule rather than the exception,' says Dr Benjamin Norris from Silkwood Medical. 'Surgeons are trained to navigate around these irregularities, identifying them and addressing issues appropriately to tweak the breast augmentation procedure and ultimately achieve the desired result.'

Dr Norris says media portrayal of the 'perfect' breasts has given us a distorted view of what breasts look like. 'Mother nature doesn't think like a plastic surgeon, which is why slight abnormalities are very common in women's breasts,' he says. 'The danger in breast augmentation is that the larger you enhance your breasts, the more it magnifies any abnormality – so it is essential we address this in the initial stages.'

Such slight irregularities include asymmetry, eccentric nipples (those that are not ideally positioned on the breast mound), one breast that sits lower than the other or mild tuberousness. 'Often women are not even aware themselves and I am the first to discuss this with them during consultation,' says Dr Norris. 'While they may not feel positive about this at the time, they appreciate my recognition when we are able to correct this during the breast augmentation procedure and deliver the results they desire.'

According to Dr Norris, most women attend their initial consultation with the expectation of a straightforward breast augmentation, although when correction is necessary it makes the procedure more complex. 'Once the specifics have been

acknowledged we can discuss personalising the breast augmentation to maximise the aesthetic results,' he says. 'My job is to facilitate achieving the youthful, symmetrical and natural-looking result my patients asks for, done by the most effective and safe means possible.'

A good surgeon needs to be more than technically skilled; they need to be a good listener and communicator, says Dr Norris. 'Communication between doctor and patient is imperative to achieve the results they want. A good surgeon will make the modifications to achieve the ideal outcome,' he says. 'My patients appreciate that I've recognised what path will ultimately meet their needs best.'

Dr Norris says there is no reason his patients need to feel pressured in correcting any abnormalities because a secondary procedure following the initial augmentation is entirely possible. 'If my patient doesn't wish to address an issue such as nipple positioning in the primary procedure, I will offer to complete it in a second surgery under local anaesthetic without the patient being further out of pocket,' he explains. 'This way I can be assured the patient is fully happy with her experience and results.'

Dr Norris says the surgeon will present all the possible options and inform the patient of what to expect both in the short and long terms following the procedure. 'Good communication doesn't stop when the operation has been completed,' he says. 'I am happy to see the patient after the procedure as often as she wishes.' **acsm**

## PATIENT 1



BEFORE



AFTER breast augmentation by Dr Norris



BEFORE



AFTER breast augmentation by Dr Norris

## PATIENT 2



BEFORE



AFTER breast augmentation by Dr Norris



breasts

PATIENT 2



BEFORE

AFTER breast augmentation by Dr Norris

PATIENT 3



BEFORE

AFTER breast augmentation by Dr Norris



BEFORE

AFTER breast augmentation by Dr Norris

PATIENT 4



BEFORE

AFTER breast augmentation by Dr Norris



BEFORE

AFTER breast augmentation by Dr Norris

PATIENT 5



BEFORE

AFTER breast augmentation by Dr Norris