

norris promotion

Collaboration

SYDNEY COSMETIC PLASTIC SURGEON DR BEN NORRIS
EXPLAINS HOW HE WORKS WITH PATIENTS TO
ACHIEVE THEIR DESIRED LOOK.





is key

Breast augmentation can involve a number of scenarios, according to Sydney cosmetic plastic surgeon Dr Ben Norris, ranging from the straightforward to the complex, but all can achieve a satisfying outcome.

'The standard situation is when the patient is a young woman who has a nice shape, no physical problems and just wants bigger breasts,' he says. And these patients often ask for a natural, elegant look. 'They don't want obvious implants.'

For this patient there will be broad choice of types of implant available. The implant selected should be appropriate to the patient's breast tissues and frame. 'If you want long-lasting results you need to choose the implant and place it so that ideally it is supported by the patient's own tissue,' Dr Norris says.

This is determined by the quality and amount of tissue the patient already has. 'For example, the implant shouldn't be overly large because this causes the patient's tissues to thin, leading to drooping and other undesirable changes.'

Some women want an enhanced look. 'They want fullness in the upper part of the breast in a normal rather than push-up bra,' Dr Norris explains. A round implant with reasonable forward projection should achieve this effect.

He says that sometimes women may think augmentation will give them the breasts they want but may require additional treatment to achieve the desired result. 'Very commonly women come in to my surgery requesting breast augmentation but their presenting condition may not necessarily be straightforward. For example, they may need a little more treatment than just an augmentation. They may need a bit of a lift as well,' he says.

He says this group of patients tends to be women in their mid to late thirties and over, 'who have perhaps had a couple of children so have some element of droop as well as loss of volume due to pregnancy, breastfeeding and weight changes. These people require a lift in addition to augmentation.' He says that sometimes it is possible to achieve the necessary lift with a well chosen and well placed implant alone, and certain people only need the nipple repositioned slightly higher than its original pre-augmentation position to improve the appearance of sagging.

'On the other hand, there are women who need more of a lift than can be achieved by placement of the implant alone. They will need a surgical lift in addition to an augmentation. This is where the patients' breast tissue is reshaped internally, often requiring the removal of excess skin from the lower portion of the breast.'

He says that aesthetically a surgical lift means a little more scarring than that associated with augmentation alone. 'A breast lift involves a lollipop scar from the base

of the breast to the nipple but it almost universally heals exceptionally well and avoids leaving a scar under the breast. It's a very discreet result,' Dr Norris says.

Other issues

Asymmetry of the breasts is common but some women have breasts of such unequal size they need to buy a larger bra to fit the bigger breast and pad up the smaller side, according to Dr Norris. 'They need asymmetrical breast augmentation to make them match. They want their breasts to be made equal and even in appearance. If they're happy with the larger of the two sizes it may only be necessary to put an implant in the smaller side.' But, he notes, asymmetry is not confined to volume, it can affect shape and droop so a small lift may also be necessary to make both breasts match.

'A skilled surgeon should be able to detect even slight asymmetry that has the potential to affect the outcome of augmentation as the procedure can accentuate the effect.'

Dr Norris says he sees women who come in requesting breast augmentation because they have a developmental anomaly of one or both breasts. He explains that at the lower end of the spectrum this can be having one breast smaller than the other, ranging through to the person with bilateral tuberous breast anomaly. This anomaly is where the base of the breast is very narrow, forcing growth at puberty into a tuberous form.

'Extra work is required to give a person with a tuberous anomaly beautiful breasts. It involves altering the shape of the breast internally and also usually involves reducing the size of the nipple and areola complex and occasionally an expansion before the surgery procedure, that is expanding the breast envelope to create a broader shape to allow placement of an implant,' he explains.

The choice of implant is critical to correcting anomalous

conditions. 'With tuberous breasts often you find the lower breast is tight and a better outcome can be achieved with a teardrop-shaped implant,' Dr Norris says.

'An experienced breast surgeon should be able to cope with all presenting scenarios and help the patient to make the appropriate choices to achieve beautiful, symmetrical, proportionate breasts.'

Proportions

The breasts of average women vary in size and shape. Dr Norris says he asks his patients what size they would like to be and then helps them choose an implant size that is proportionate to the width of their shoulders and hips. He determines this by taking measurements and taking into account the look they are after.

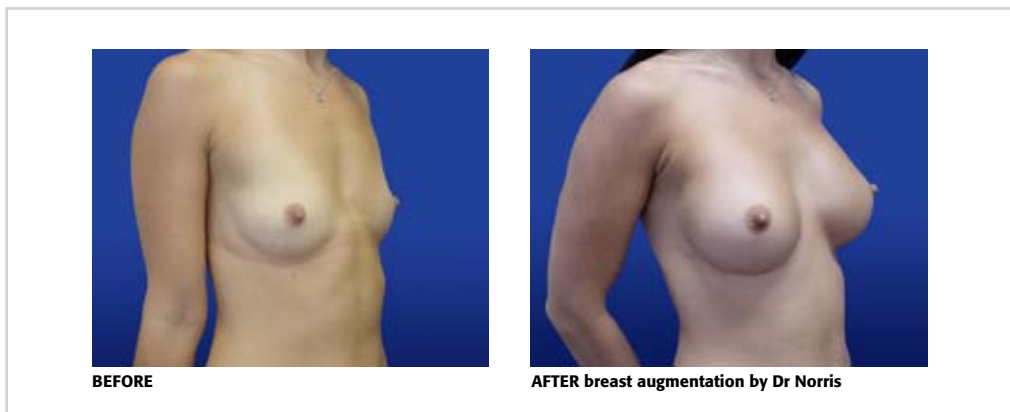
'I start with the maximum size that will look natural and show them that first.' He says the maximum size for a particular woman is also dictated by what their breast tissues will comfortably support and will look natural with their body size and frame. 'Providing it's safe, I want to give women the result they seek.'

Collaborative process

'My role is helping to interpret what the patient is seeking so I can help them realistically achieve the result they desire,' Dr Norris says. 'I think that's where true artistry comes into creating beautiful breasts.'

He says a good surgeon needs to have the adaptability and vision to achieve the result that patients want when they come in for a consultation.

'Communication really is the crux of it,' says Dr Norris. 'I don't push my idea of what they should have. My role is to guide them safely down the appropriate path to their desired goal.'





BEFORE



AFTER breast augmentation by Dr Norris



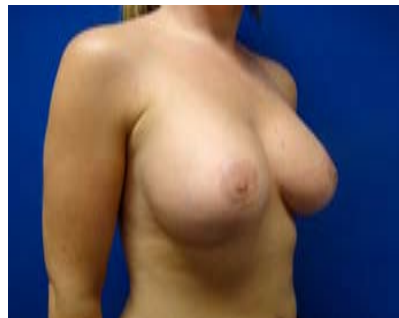
BEFORE



AFTER breast augmentation to correct tuberous breast abnormality by Dr Norris



BEFORE



AFTER breast lift required in addition to breast augmentation by Dr Norris



BEFORE



AFTER breast lift required in addition to breast augmentation by Dr Norris



BEFORE



AFTER breast lift required in addition to breast augmentation to correct asymmetry by Dr Norris



BEFORE



AFTER breast lift and breast augmentation required to correct tuberous breast abnormality and asymmetry by Dr Norris

Where Artistry and Surgery meet



DR BENJAMIN NORRIS
MBChB, FRACS

Silkwood Medical, a premium cosmetic and plastic surgery practice, prides itself on its professional, highly skilled service and aesthetic focus.

From the thorough analysis you will receive in your consultations at our elegantly designed premises to the customisation of the many types of surgery we offer, our internationally trained plastic surgeons provide the finest in care.

Plastic and reconstructive surgeon Dr Benjamin Norris specialises in achieving well-proportioned results with the aim of creating beautiful breasts and bodies. He is inspired by classic European beauty and his areas of expertise include breast enhancement, lifting and reduction, plus liposuction and abdominoplasty.

Whatever your needs, Silkwood Medical offers everything that is required to achieve beautiful, natural-looking results. Let our artistry transform you.



BEFORE



AFTER



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