



Restoring shapely breasts

SYDNEY PLASTIC SURGEON **DR POURIA MORADI** EXPLAINS THE FUNCTIONAL AND COSMETIC BENEFITS OF BREAST REDUCTION. AIMÉE SURTENICH REPORTS.

For many women, overly large or sagging breasts can be a burden both physically and psychologically. Sydney plastic surgeon Dr Pouria Moradi sees firsthand how breast reduction surgery can be a life-altering event for women suffering from physical discomfort and low self-confidence due to their large bust size.

‘In my experience, women seek a breast reduction for two main reasons: function and aesthetics,’ he says. ‘From a functional point of view, many women want smaller breasts to alleviate neck and back pain, postural problems, bra strap grooves, chronic sweating and infection under the breast crease, as well as physical discomfort when participating in sports and other activities.’

Aesthetically, patients want to reclaim more youthful and shapely breasts and not have their chest dominate their appearance. ‘From a cosmetic perspective, women want to restore the shape, size and position of their breasts. The change in breast shape may have been caused by pregnancy, breastfeeding, the ageing process, or after losing a large amount of weight,’ Dr Moradi explains. ‘By removing excess breast tissue, reshaping the breast and repositioning the nipple-areola complex higher on the breast mound, a more youthful and aesthetically pleasing result can be achieved.’

The consultation process is a vital part of any cosmetic surgery. ‘The first step is establishing a great rapport between the patient and surgeon and to start an honest and open dialogue about the goals of the patient – some want to keep the size of their breasts but want a lift; others, particularly after breastfeeding, want a smaller bust size,’ he says.

‘Ultimately, the final goal has to fit with the patient’s overall body shape to create a more proportionate silhouette, and also fit their personality with a breast size they are most comfortable and confident with. To this end, I also use 3-D digital imaging tools, so together we can get a realistic picture of what the final result will likely be.’

Breast reduction (reduction mammoplasty) is a surgical procedure that reduces, lifts and reshapes the breast. ‘The procedure is aimed at removing excessive breast and fatty tissue, leaving the patient with a smaller and better-shaped breast,’ Dr Moradi explains.

According to Dr Moradi, in the past a breast reduction relied more on repositioning the skin, whereas today’s preferred surgical technique is to focus on moulding the breast tissue internally (medically called a glanduloplasty) and then redraping the skin accordingly. He says the benefits of this approach are good long-term fullness, better shape and minimised scarring.

Depending on the amount of breast tissue to be removed, many reduction procedures usually call for just one vertical incision around the areola down to the breast crease (vertical, or ‘lollipop’ technique), or an additional incision along the crease as well (inverted-T, or ‘anchor’ technique).

Importantly, Dr Moradi says modern breast reduction techniques should not affect a woman’s ability to breastfeed in the future, nor will it interfere with mammogram readings.

Dr Moradi’s preferred surgical approach is the inverted-T incision. ‘I believe this offers the best results in terms of the final breast shape and wound healing. However, for a smaller

reduction or for someone with good skin laxity, a vertical scar only may be more appropriate.’

‘For me, there are three key elements in breast reduction surgery: maintaining nipple sensation and function; creating the most appropriate skin envelope for reshaping the breast and discreet scarring; and shaping of the breast itself.’

Breast reduction is performed under general anaesthetic. Recovery takes around two weeks, but most patients can resume work after a week or so, depending on the level of activity required in their job. Full activity, including sports and exercise can usually be resumed after six weeks.

Like any surgery, a breast reduction comes with certain risks and complications, which makes it especially important for patients to choose a skilled and experienced surgeon.

Dr Moradi believes these risks can be minimised with a detailed pre-operative assessment, meticulous surgical planning and proper postoperative care. ‘I devise a pre-operative plan for each of my patients to optimise their

health and healing capacity before surgery,’ he explains. ‘We look at what medications or over-the-counter vitamins they are taking, and get their blood pressure under control if necessary. It’s also essential that patients stop smoking well in advance of surgery.’

To ensure optimal long-term results and to expedite healing, special dressings and garments are worn during the recovery period. Advanced scar management techniques are also employed so that, over time, the scars should become barely perceptible.

‘Most of my patients realise just how much their heavy breasts were a physical and emotional burden on their lives,’ says Dr Moradi. ‘A lot of patients have even lost weight after the surgery, as they are now able to exercise without the physical limitations they once had.’

With proper planning, surgical technique and aftercare, a breast reduction can represent a new lease on life for many women. **csbm**

1



BEFORE



One year AFTER breast reduction by Dr Moradi

2



BEFORE



Two months AFTER breast reduction by Dr Moradi

3



BEFORE



Three months AFTER breast reduction by Dr Moradi