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## Does the reductive mastopexy with implant approach prevent the late bottoming out?

Abel Mounir

First Trust Hospital, UK

**Background:** After breast surgery, the late upward rotation of the nipple–areola complex and the increased of the fullness at the lower pole of the breast have been defined as a Bottoming out. Although several studies have focused on the safety and complication rate of the one-stage augmentation/mastopexy, there is no clear recommendation how to prevent the late complication of “bottoming out”.

**Methods:** A retrospective review was conducted of 48 consecutive patients who underwent one-stage mastopexy/augmentation using the reductive approach. Data collected included the following: patient's characteristics implant information, operative technique and postoperative results. Complication and revision rates were assessed to determine

the efficacy of the reductive mastopexy/augmentation.

**Results:** All patients (N = 48) were available for follow-up, an average 18 months postoperatively. Overall complication rate was 14.5%. No severe complications were recorded. The most common complication was wound separation (2), followed by capsular contracture (2), and bottoming out (1). Seven patients (14.5%) underwent some form of revision surgery following the one-stage procedure. The revision rate due to bottoming out was 2.2%.

**Conclusions:** When performing the one-stage augmentation / mastopexy procedure, using the reductive mastopexy approach does effectively reduce the internal tension from the lower pole of the breast and helps to prevent the occurrence of bottoming out.

### Biography

Abel Mounir is a fully accredited specialist consultant plastic surgeon on the General Medical Council's specialist register for plastic surgery. He specialises in cosmetic breast surgery, Vaserv/Vibro liposuction and Abdominoplasty or the so-called Tummy tuck surgery. He is a former plastic surgery doctor in the NHS at the Countess of Chester and Honorary fellow at the Burney Breast Unit, which is located at St Helens Hospital. Dr Mounir latest scientific publications were about breast cosmetic surgery and Nose reshaping. He has been invited as speaker in different international cosmetic congress meeting.

cosmeticsurgery1@gmail.com

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