

SIMPLIFYING AND MODIFYING THE 'SCARLESS' REDUCTION MAMMOPLASTY

Norlia Abdullah



Dept. of Surgery, Faculty of Medicine, Universiti Kebangsaan Malaysia,
Hospital Canselor Tuanku Muhriz, Kuala Lumpur, Malaysia.

INTRODUCTION

Reduction mammoplasty avoiding a vertical scar was described initially by Yousif et al in 1992 [1] and later by Keskin et al in 2008 [2]. However, it remains relatively unknown compared to the Vertical or Wise Pattern reduction mammoplasty which results in an obvious vertical scar. For very ptotic breasts, many authors have described excising the nipple areolar complex (NAC) and repositioning them as full thickness grafts. However, this will result in loss of NAC sensation and inability to breast feed.

CASE REPORT

This was a 22 year old single nullipara who was very conscious of her breast size especially so as her area of study was male dominated. She walked with stooped shoulders and wore many layers of clothing to hide her breasts. Her bra straps were cutting into her skin and she had back ache. She was slim with bilateral symmetrical breasts. Her suprasternal notch nipple distance was 35cm pre-operatively and 21cm post-operatively.



Pre-operative

Pre-operative with markings

Post-operative (2 weeks)

DISCUSSION

For Keskin's method, the minimum suprasternal notch nipple distance required is 26cm. To shorten operative time, excise the medial (estimated 4cm) & lateral (estimated 8cm) poles before deepithelization is done. Rather than the described 6cm distance, a distance of 7 cm from the new NAC to the new inframammary fold prevents over stretching of the skin to avoid ischaemia. It is an easy procedure to learn and results in a hidden inframammary scar. The NAC sensation is maintained along with lactational function. This 7cm distance also provides a pleasing position of the NAC without a bottom out appearance.

CONCLUSION

This is the preferred surgical procedure for symptomatic macromastia especially for younger women intending to breast feed.

REFERENCES

1. Yousif NJ, Larson DL, Sanger JR. Elimination of the vertical scar in reduction mammoplasty. *Plast Reconstr Surg* 1992; 89:459-467.
2. Mustafa Keskin, Zekeriya Tosun, Nedim Savaci. Reduction mammoplasty avoiding a vertical scar. 2008. Chapter 23, p181-185. *Oncoplastic and Reconstructive Surgery of the Breast*. Edited by G. Querci della Rovere, John R. Benson, Maurizio Nava. Publisher Informa healthcare (New York. London.)