

She style substance spirit

QUOTE IT

Here's what women have to say about being a woman, a professional, an individual

THE NEW AGE WOMAN

DOCTALK



Postlactational breast makeover



DR PARAG SAHASRABUDHE

Associate professor & Head, Dept of Plastic Surgery, BJ Medical College & Sassoon Hospitals, Director, Revive, Laser and Cosmetic Surgery Centre

Last two weeks, we discussed the benefits of breastfeeding. This week, we are focussing on cosmetic breast surgery, which may be needed because breastfeeding could cause reduction in cupsize, sagging of breasts or persistent enlargement of breasts. Breast being a symbol of femininity, many women have psychological problems due to unshapely breasts as they lose self esteem and confidence, and are afraid to enjoy social life. There are many procedures in cosmetic breast surgery to enhance breast size and shape or to reduce it as well.

Breast augmentation

Breast augmentation is a surgical procedure performed to enlarge the breasts for a number of reasons:

- To enhance the body contour of a woman, who feels her breasts are too small
- To correct a loss in breast volume after pregnancy
- To balance breast size when they are asymmetrical

- As a reconstructive technique for various conditions, say, post cancer breast reconstruction

- For correction of drooping breasts (Ptosis)

Augmentation is a very successful operation for enlarging the breasts, so that they are in proportion with the rest of your body figure. There is no damage to the breast tissue from augmentation, and you can breastfeed your child following this surgery. Breasts are made larger by placing a silicone implant either under the breast tissue or behind the muscle on which the breast lies. Silicone breast implants are available in various sizes and after consultation with the doctor one can decide about them. At present, there is no evidence to suggest that silicone breast implants are associated with an increased incidence of breast cancer.

Mastopexy

This surgery lifts sagging breasts, but without making them bigger or smaller. It is also used to improve breasts which have an unusual shape. The aim of the surgery is to reduce the amount of skin and redrape it so that it gives the breast a youthful and pleasing shape. Pleats of surplus skin are removed from underneath the

breast, the breast itself is remodelled into a tighter cone and the nipples are repositioned at a higher level so that they lie at the points of the tightened breasts. Mastopexy can also reduce the size of the areola (the darker skin surrounding the nipple). If the breasts are too small as well as droopy, their size can be increased during the surgery by placing silicone breast implants underneath the tightened breasts.

Many women seek mastopexy when their families are complete, so if you are planning to have further children it may be a good idea to postpone the operation as pregnancy is likely to stretch the breast again and reduce the effectiveness of the procedure.

Breast reduction

Breast reduction, also called as Reduction Mammoplasty, is a procedure done to decrease size of excessively heavy breasts and also uplift and tighten them at the same time.

Large breasts may cause backache, neck pain, grooves in the shoulders from bra straps, rashes under the breasts and loss of self confidence. Undue prominence may attract unwanted attention from the opposite sex, comments and sexual innuendoes. These can cause psychological distress to women. One of the commonest complaints of women with large breasts is that it is very difficult to wear fashionable clothes and indulge in active sports, particularly swimming.

Reduction mammoplasty is an operation which removes the excess fat and skin from breasts, which are reshaped and the nipples repositioned to form newer smaller breasts. This should result in more attractive breasts and reduce many of the problems outlined above.



If you are planning to have further children it may be a good idea to postpone the operation as pregnancy is likely to stretch the breast again and reduce the effectiveness of the procedure