MASTOPEXY WITH DERMAL FIXATION. INCREASED STABILITY OF RESULTS.PERSONAL METHOD.

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SUMMARY

Introduction. In modern plastic surgery, there are a large number of breast lift techniques.Due to the spreading information about the "side effects" of silicone implants, interest in implant-free mastopexy is increasing year after year.

However, despite the variety of techniques, patients sometimes do not get full satisfaction from the results of mastopexy because of the unexpressed filling of the upper pole, extended anchoring postoperative scars and sometimes because of obtaining an aesthetically unattractive breast shape. The stability of the result after mastopexy depends on many factors, including postoperative rehabilitation. Stability of weight and hormonal background, stretchability of tissues.

The high recurrence rate of ptosis and short-term aesthetic effect of mastopexy indicate the urgency of improving surgical techniques and increasing the stabilization of breast tissue.

Purpose of the study. To develop and introduce into practice a mastopexy technique, which is based on the use of Dr. Hammond's modified SPAIR technique, as well as elements of tissue movement and fixation, designed to increase the stability of the postoperative result. In addition, give indications for the use of this surgical technique

Materials and Methods. According to the stated method, 126 patients aged from 23 to 51 years were operated on from 2016 to 2022. These were patients with primary mastopexy. Monitoring of patients to assess the stability of the result was carried out for 12 months.

Results and their discussion. Observing patients, we noted greater stability in breast shape and upper pole filling compared to generally accepted classical methods. We didn't have to resort to anchor scars. In 80% of cases, a T-shaped suture was used. In 20 percent there is a J-scar.

The quantitative distribution of complications identified among the operated patients is as follows:

− poor healing of the junction of vertical and horizontal sutures for a period of 1-1.5 months. after surgery - 18 patients; when treated with the ointment method, healing was observed in 7-20 days;

− permanent loss of sensitivity of the NAC – 2 patients (right);

- vascular disorders in the area of NAC/areolar necrosis - 0 (zero) patients;

– poor healing of vertical suture - 5 patients, conservative treatment ensured healing with minimal aesthetic defects;

- instability of shape in the postoperative period (6-12 months) – 7 patients (fat type of structure of the mammary gland, overstretched skin).
- in the late postoperative period, 5 patients became pregnant and gave birth; no problems with lactation were observed.

Conclusion. Thus, in the world of plastic surgery methods of breast lift continue to improve, which is especially relevant in modern times, due to the increased attention to this operation.

The method of mastopexy with dermal fixation proposed by the author makes it possible to obtain a stable result with certain initial parameters of ptosis, a fuller breast shape, to avoid the presence of extended anchor scars, and also preserves the possibility of lactation.

The author of this article has obtained a patent for invention for this method of mastopexy.



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Education:

2008-2009 - internship in surgery at the Dzhanelidze Research Institute of Emergency Care

2009-2011 - clinical residency in maxillofacial surgery of St. Petersburg MAPO

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Experience:

2011-2015 - Maxillofacial surgeon hospital Number 15

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2014-2015 - plastic surgeon at the «Parada clinic»

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