Abstract Template

Abstract Title: The SOS Marking Technique for Reduction Mammaplasty and Mastopexy

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Abstract

Reduction mammaplasty is one of the most common procedures in plastic surgery. It presents both artistic and technical challenges. Breast reduction surgery aims to reduce the vertical and horizontal planes, shape the parenchyma, reposition the nipple-areola complex and resect redundant skin. The surgery on paired organs has the added challenge of symmetry. Much of the outcome of our work as plastic surgeons is determined by preoperative planning and designing.

A number of techniques have been described for the preoperative marking of breast reduction, with particular reference to the precision of the angle between the 2 vertical limbs. Few, if any, of the previous techniques have gained total popularity or acceptance by the plastic surgeons. The freehand marking technique is probably the most widely used technique. Devices as templates shaped wires, goniometers and geometrical techniques have also been recommended. Some of these devices have stood the test of time; others have been modified or abandoned.

I describe my preoperative marking technique dependant on the natural breast fall. The patient is marked in 3 positions Sitting, Oblique and Supine (SOS). This technique has been adopted for the last 20 years.

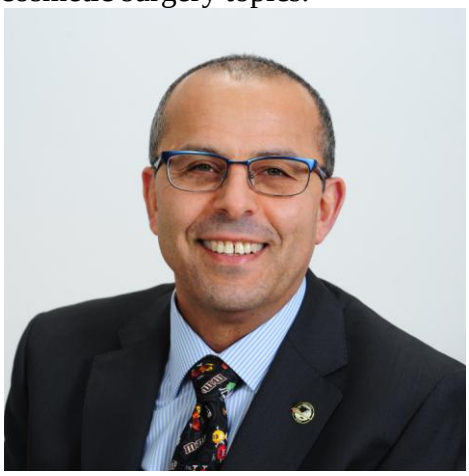
Professional Biography (100-150 words)

Professor Fahmy is a Consultant Plastic Surgeon with over 18 years of experience as a fully accredited Consultant and over 27 years in Plastic and Cosmetic surgery, Professor Fahmy has helped many patients address their aesthetic concerns and face life with renewed self-confidence. Professor Fahmy's Plastic & Cosmetic Surgery training began in 1991 in the South East of England. His training continued in the South West of England and had further experience in Taiwan.

Professor Fahmy performs hundreds of surgeries every year bringing a level of expertise and excellence. He has wide extensive experience in all aspects of cosmetic and reconstructive surgery with a special interest in cosmetic surgery of the breasts, tummy, labial reduction, ears and eyelids.

Professor Fahmy mentors and teaches junior doctors in all aspects of Plastic surgery. He is an examiner of the Royal College of Surgeons in Ireland and Edinburgh and was a former member of the Speciality Advisory Committee (SAC) for training in Plastic Surgery.

He is an author of a number of book chapters with a wealth of publications on Plastic and cosmetic surgery topics.



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