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Considerations in natural breast augmentation: Aesthetic subunit approach for breast fat grafting

Otto J. Placik

Northwestern University, USA

Abstract

The familiar concept of aesthetic subunits, when applied to breast surgery, has tended to focus on breast reconstruction with a goal of restoring skin and volume deficits. In the case of breast augmentation, the widespread use and inherent structure of implants has essentially treated the breast as a monobloc unit. The advent of autologous fat transfer has enabled novel methods for breast reconstruction and augmentation by enabling expansion of skin aesthetic subunits primarily by volume augmentation alone rather than tissue expanders or tissue flaps. Fat grafting also permits compensation for chest wall irregularities which are otherwise not addressed by conventional methods.

A simplified approach is used which essentially visualizes the breast as a superior half-cone and an inferior half dome composite structure with a central pillar supporting the nipple areolar complex that may be considered as part of the half-dome or half-cone. The entire breast sits on a chest wall subunit (superior- infraclavicular, inferior-costal margin, medial-sternum & lateral). The axillary tail may be considered as another unit.

Representative case studies are presented discussing application of this model.

Biography

Otto J Placik received his medical degree, (graduating from the Honors Program in Medical Education) from Northwestern University where he also completed residencies in general and plastic and reconstructive surgery. He completed a fellowship in the aesthetic reconstruction of complex nasal and facial deformities at St. Joseph Hospital in Chicago and an additional fellowship in micro vascular surgery and tissue transplantation at Davies Medical Center, an affiliate of the University of California, San Francisco. Dr. Placik is board certified as a diplomat by the American Board of Plastic Surgery, and is an active member of The American Society of Plastic Surgeons. He has been repeatedly recognized as a “Top Doctors” by Consumers’ Checkbook Magazine as well as one of “America’s Top Surgeons” and “America’s Top Plastic Surgeons” by Consumers Research Council of America. He has performed thousands of breast enlargements in addition to body contouring and facial enhancement procedures with a special interest in female genital plastic surgery. An Assistant Professor of Plastic Surgery at Northwestern University, Dr. Placik has published over 10 articles in peer reviewed journals and has presented before international audiences. He is a recognized investigator and actively participates in research and development of emerging cosmetic innovations including FDA clinical trials and multicenter studies evaluating Aesthetic Vulvo Vaginal Aesthetic Surgery and has been granted three medical device patents with several additional patents pending.