**The 3d breast lift -Haffner lift - without a vertical scar**
**10 years experience**
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**Abstract**

**Background:** the goal of any breast lift to get a three dimensional optimized form with the less possible scars.
**Objective:** To show our 10 years experience with the three types of the scar sparing Haffner breast lift
**Methods:** The well know Lejour breast lift has been modified by the authors for about 15 years ago. The subglandular type of a Haffner breast lift without a vertical scar has been developed afterwards. In the last 5 years we perform also a second form of a vertical scar free breast lift, the epiglandular type of a breast lift without a vertical scar. In case of weak breast tissue a supporting titan coated net was applied for more support of the lower pole.
**Findings:** With the Haffner modification of the Lejour lift developed a better upper pole projection by all types of our procedures. All breasts showed a better 3 dimensional silhouette, therefore the Haffner lift called also as a "3d breast lift".
A special advantage of the Haffner breast lift with and without vertical scar are the pronounced projection, less flatness, more natural filling of the chest at the upper pole. However when the procedure made without a vertical scar, then patients mostly need also a volume treatment with implant in a second, further session to get the perfect 3d symmetry in all dimensions. Ptotic breast with high or medium grade tissue weakness need more lower pole support and filling. An effective lower pole support achieved by using titan coated net support or volume treatment by an implant.
The operation time was in all form of the Haffner lift about 30-60 Minutes longer as a Lejour type breast lift. There were about 10 % more haematoms as like by other kind of breast lifts, though most of them healed by conservative treatment.
**Results:** The results of the modified Lejour procedure with pronounced upper pole are very pleasing. A real 3 dimensional symmetry arise. Most of the patient didn´t need any further volume treatment, since the volume reconstruction takes place by shifting glandular tissues into to upper pole as like a natural glandular implant. Regarding of the upper pole the same results exists after a Haffner lift without a vertical scar. However this procedure is very sensitive of existing volume loss. Therefore patients with weak tissues, with flat ptotic breast are better candidates for a Haffner lift with a vertical scar.




All patient with solid breast were very satisfied after a Haffner lift without a vertical scar and didn´t needed any other improvement. The scars were in general acceptable: there weren´t any complaints or wishes for secondary scar revision by our patients.



**Biography**

Thomas Haffner is a Board Certified Reconstructive, Vascular and Cosmetic Surgeon in Germany. He was trained in the reconstructive-plastic surgery and senology section of the Semmelweis University in Budapest. He has worked as Department Leader in more German clinics. In 2000, he established his private clinic for vascular-reconstructive and aesthetic surgery in Cologne, Germany. His primary focus is the breast and facial surgery using minimal invasive and endoscopic methods. He invented the innovative vertical scar free reconstructive 3D mastopexy and the Temporal Endoscopic Midface Lift.

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