

A Natural Shape

Jodi Thiessen spoke with Sydney plastic surgeon **DR MARK KOHOUT**

from *Beauty by Design* regarding new breast implants resulting in a natural shape.

Breast implants have come a long way since their introduction. Even in the last five years we've seen the evolution leap forward at a rapid rate. "We went from the original round implant to the textured implant to the anatomical style implant," says Sydney plastic surgeon Dr Mark Kohout. "Then the matrix system was introduced and now the asymmetrical implant is really just an extension of what else is available."

The asymmetrical implant attempts to simulate the natural breast shape. The upper pole is thinner than the lower pole, much like the anatomical or teardrop style implant. However, the big difference is the inner portion of the implant, that closest to the breast bone, is thinner as well. "You get tapering not only from top to bottom but from the inside to the outside," explains Dr Kohout. "So you get most fullness in the bottom and outside of the breast, which is where it belongs."

This implant, like the rest, is not for everybody. What the introduction of these many shaped implants does is allow the right implant to be fitted to the right body shape. As everyone is different so too are the implants. "For the right patient this implant gets great, natural-looking results," says Dr Kohout. "I particularly like to use it for young women who don't have a lot of their own breast tissue and women who are not particularly tall because the implants are much broader than they are tall."

The implant is made of a cohesive gel ensuring it won't rupture or leak but maintains a soft, natural feel.

Dr Kohout prefers to insert the implant through the inframammary

fold or breast crease. This allows the scar to be hidden and the correct sized pocket to be made.

"Because these implants are not very tall the inframammary fold doesn't have to be lowered very much as was the case with the traditional anatomical implant," says Dr Kohout. "But because of their dimensions, placement needs to be very precise and the pocket has to be just right for the implant."

When placed precisely, the implant allows less prominence medially near the breastbone and a more natural slope. This is particularly obvious when the patient is lying on her back. Traditional implants tend to stick up in the air whereas because of the dimension of these implants, they fall more naturally.

"Because of their shape I find the incisions can be a fair bit smaller than with other implants," explains Dr Kohout. "Also because they're not very tall you're able to hide them behind the breast tissue in a thinner patient without the tell-tale signs of

an implant."

Because the implant is thinner on the inside, a fake-looking cleavage does not result. Dr Kohout's philosophy is: "Cleavage is not the job of implants, cleavage is the job of the bra and you can still get cleavage wearing the right bra with these implants. Women don't want prominent cleavage due to implants because that means the upper edges of the implants are showing."

Surgery is performed as a day procedure under IV sedation. An upper chest strap is placed on the patient to remain for one week after which time a bra is worn according to the patient's comfort.

The different shape and style of implants ensures the right implant can be found for each individual's body type. While not every surgeon uses every style of implant, they should have a range available and experience in placement so the correct dimensions can best be chosen for a natural looking result. **ACSM**



BEFORE



AFTER breast augmentation using asymmetrical implants by Dr Kohout