Scarless Breast Reduction with Laser Assisted Liposuction

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Introduction

Traditional breast reduction and accompanying ptosis correction procedures use various incisions, and pedicles to form a smaller and lifted breast. These surgeries remove large blocks of skin, fat and glandular tissue which leaves big scars. The result is big scars and risked vascularity of long pedicles.

Nipple areola necrosis is really a nightmare for a Plastic Surgeon which can be a devastating complication. The other issue from the patient’s view is the elongated recovery time and visible scars.

The big breasted patients are asking for a scarless technique and the surgeons are searching for a safer method to sleep better at the postoperative night.

"Breast reduction by liposuction alone" has been performing by the surgeons with the insufficient tightening of the skin envelope. The benefit of the "breast reduction by liposuction alone technique" is rapid recovery,minimal complications, and minimal scarring. The disadvantages of this technique are announced as insufficient reduction of the breast volume in some young cases, and insufficient lifting of the nipple areola complex. To overcome this issue the surgeon has added laser step to this technique.

Materials and Methods

8 female patients from January 2015 to June 2017 have been included to the study. They were aged between 24- 48. The patients were informed and consent forms are taken. The laser assisted liposuction technique was applied to all patients.

Surgical Step

The breasts were tumescented with ringer lactate and adrenalin (1/1 million). The ND Yag laser energy was applied first before suction. Energy was given 5000 joule for superficial plane, and another 5000 J to deep and intermediate plane per breast. Then the breasts were suctioned with a 1/1 ratio.

Results

The follow up period was between 1 year to 2 years and 5 months. All the patients had their breasts reduced with a satisfactory result and all the nipples were lifted to a degree. All the patients were satisfied with the reducing portion of the breast. All the patients were satisfied with the fast recovery period. There were no complications within the healing time and there were no suspicion
Figure 2:

about the nipple areola circulation at the acute period. There were no visible scars with all cases.

Conclusion

This technique by this new laser step has not been performed yet in the literature; and can be a new one to meet the expectations of both the patients and surgeons in selected cases.