Optimizing Cosmetic Breast Augmentation

Dennis C. Hammond, M.D.
Grand Rapids, Mich.

Optimal surgical technique is crucial for successful breast augmentation outcomes. We present two articles that have become modern "classics" in achieving the best possible results. The first, by Hidalgo,[1] focuses on the optimal incision, implant, and pocket plane. Extensive description and photographic documentation of surgical technique, incision selection, implant selection, and pocket plane selection focus on tailoring a standardized approach to the specific anatomical presentation of each patient.

The second article, by Tebbetts,[2] describes specific indications and techniques for a dual plane approach to breast augmentation in several different breast types. It also introduces techniques that combine retromammary and partial retropectoral pocket locations in a single patient to optimize the benefits of each pocket location while limiting the tradeoffs and risks of a single pocket location. The author provides information that covers preoperative patient consultation, discussion of three types of dual plane pocket augmentation, anatomic review of the techniques, surgical techniques, and postoperative follow-up.

REFERENCES

1. Hidalgo DA. Breast augmentation: Choosing the optimal incision, implant, and pocket plane. *Plast Reconstr Surg.* 2000; 105:2202–2216.
2. Tebbetts JB. Dual plane breast augmentation: Optimizing implant–soft-tissue relationships in a wide range of breast types. *Plast Reconstr Surg.* 2001;107:1255–1272.

Video 1. See video in which Dr. Hammond introduces the breast augmentation article by Hidalgo featured in this special collection of *Plastic and Reconstructive Surgery* articles, ***http://links.lww.com/PRS/A587***.

Video 2. See video in which Dr. Hammond introduces the breast augmentation article by Tebbetts featured in this special collection of *Plastic and Reconstructive Surgery* articles, ***http://links.lww.com/PRS/A588***.

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