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Muscle splitting biplane breast augmentation: Advantages and outcomes - A five year review of experience

Background: For an optimal result in augmentation mammoplasty, the implant must have adequate soft tissue coverage. One of the most important factors in the dynamics established between the implants and the soft tissues after breast augmentation is the pocket plane. The implant placed in the retroglandular space may have significant disadvantages if the soft tissue coverage is inadequate (implant palpability, visibility and capsular contracture). To correct these problems, use of the retropectoral space has become common place. Although this provides adequate soft tissue coverage, the problem of implant displacement with contraction has resulted. A reasonable solution to the problem of acquiring adequate soft tissue coverage without displacement of the implant through pectoralis muscle contracture has been to use the muscle splitting biplane breast augmentation. The use of the muscle splitting biplane technique seems to yield the benefits of both planes without the deficits.

Methods: Since 2010, 300 patients with hypomastia have undergone muscle splitting biplane breast augmentation.

Results: Pleasing long-term results have been obtained, with maintenance of a natural breast shape and cleavage, a smooth transition between the soft tissues and implant in the upper pole and low morbidity. There were no capsular contracture and no displacement of the implants.

Conclusions: The muscle splitting biplane breast augmentation offers improved long-term aesthetic results due to the creation of a stronger supporting system for the implant's superior pole. The trade-offs of the classic sub-pectoral approach have been significantly reduced and factors such as morbidity and postoperative recovery are acceptable.

Biography

Horia Remus Siclovan is a Specialist Plastic Surgeon certified by the Romanian Ministry of Health (2004) and by The Ministry of Health, United Arab Emirates (2008). He completed his Fellowship in Aesthetic - Cosmetic Surgery and Facial Palsy Surgery at the Clinic of Plastic Surgery "Prof. Dr. Fausto Viterbo" under the supervision of Professor Fausto Viterbo, Head of the Division of Plastic Surgery, Botucatu Medical School, Sao Paulo State University, Brazil (2006 and 2013). Currently, he is a Specialist Plastic Surgeon at MedArt Clinics, Riyadh, Saudi Arabia (2007–2008) and MedLife – Genesys Hospital, Arad, Romania (since 2009). He is the first Romanian Plastic Surgeon whose scientific articles were published in *Aesthetic Plastic Surgery Journal* (Official Journal of the International Society of Aesthetic Plastic Surgery). He is also a renowned Member of International Society of Aesthetic Plastic Surgery (ISAPS) and American Society of Plastic Surgeons (ASPS). He attends and presents his work at various conferences around the world. These include conferences in Rio de Janeiro (Brazil), Paris (France), Santiago de Chile (Chile), Geneva (Switzerland), Prague (Czech Republic), Dubai (United Arab Emirates), Riyadh (Saudi Arabia), Botucatu (Brazil), Szeged (Hungary), Doha (Qatar) and Budapest (Hungary).

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