Augmentation: Access, plane, types of implants and pitfalls

**Introduction:** Breast enlargements remain one of the most popular plastic surgical procedures worldwide. Many different implant types, shapes and consistencies are available, as well as different pocket planes. However, given the choice, one needs to truly understand how to utilize the variables of access, pocket plane and implant shape in order to achieve the best result from case to case.

**Methods:** We routinely utilize inframmary and peri-areolar approaches. The implant pocket can be sub-glandular, sub-muscular or dual plane depending on the requirements. Anatomical or round implants are used of different gel types and projections. If needed, a lifting procedure can be performed simultaneously. In this lecture we will show how to access and plan the right combination of above mentioned variables for different preoperative findings. Potential pitfalls and how to avoid them will also be discussed.

**Results/Discussion:** The breast augmentation has two aspects. On the one hand it seems to be an easy to medium level surgery regarding the difficulty, on the other hand one needs expert skills to achieve superior results consistently. Each patient requires an individualized approach, a clear understanding of the possibilities and boundaries, as well as the limits. A one-technique-for-all approach is an anachronism which rarely leads to the desired outcome.

**Biography**

Afschin Ghofrani is currently a Medical Director and owner of Aestheticon (May 2012). He obtained graduation in Human Medicine from the RWTH Aachen in Germany. During 1992-1997, he completed his Doctoral thesis. From 1997 to 2002 he worked as an Assistant Medical Director and consultant representative at hospitals in Cologne and Dortmund in departments of Plastic Surgery and Hand Surgery. In 1998 he received the certificate ‘Specialist of Plastic Surgery’ from the medical chamber in Nordrhein-Westfalen/ Germany and in 2001 the additional certificate ‘Specialist of Hand Surgery’. Furthermore, he is a trained and certified emergency doctor with many years of experience in intensive care medicine. From January 2003 until August 2010, he has been the Head Physician at the Evangelische Hospital Giessen/ Germany and additionally the Medical Director of his private practice of Plastic/Aesthetic Surgery and Hand Surgery. During this period he focused besides his other specializations mainly on aesthetic surgery of face and body. In September 2010, he moved to Dubai to establish his concept of a plastic and aesthetic surgery center. Regarding his scientific career, he was the initiator and leader of various research projects and has published diverse articles in national and international journals and books.

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