

## **Breast Reshaping**

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When people think about cosmetic breast surgery, they usually think of *augmentation* (enlargement), *reduction* (making smaller), and *mastopexy* (lifting). Another category of cosmetic breast surgery is correction of an abnormally shaped breast. Abnormal shape of the breast usually results from tightness of the skin, or scar-like bands below the skin or in the breast itself.

The most commonly thought of abnormality of breast shape is a *tuberous breast*. In this deformity, the base of the breast is constricted, or narrow. As a result, instead of being round and cone or teardrop shaped, the breast is shaped like a tube. This deformity does not always mean that there is an inadequate amount of breast tissue, just that it is being forced into an abnormal shape.

There are other shape abnormalities of the breast where only part of the breast is tight or mis-shaped. The cleavage portion of the breast may be constricted so that there does not appear to be a sufficient amount of breast in that area, and the nipple may look like it is too close to the center of the chest. Both sides of the bottom of the breast may be constricted so that the bottom of the breast looks too small and the nipple is too far down. In either case, the breast does not have a normal round shape with the nipple in the middle.

It is also possible for each breast to have a different abnormality in shape, or for one to be normal and the other not normal.

For each of these abnormalities, treatment is usually possible. Correction involves loosening of the tightness and redistribution and/or alteration of the breast tissue. Tight skin must be loosened or stretched. If there are bands underneath the skin or in the breast gland itself they must be divided. In some cases parts of the breast tissue must be repositioned. In others excess breast tissue must be removed. In still others, additional volume must be added using a breast implant.

As with any surgery, these corrective procedures have some risk. Surgery also results in scars, often inconspicuous, but sometimes they may be noticeable. Often it is necessary that correction involve more than one operation; sometimes minor touchups are needed. If an abnormally shaped breast can be made to appear more natural, these risks may be worthwhile.

The best way to find out how a breast reshaping might benefit your appearance is to schedule a consultation.