

Q: Breast augmentation is the most popular cosmetic procedure performed by plastic surgeons, so what consists of a “perfect” breast?

A: Creating the beautiful breast requires both surgical skill and good aesthetic judgement. Beautiful breast enlargements are those that look completely natural, and they concentrate on the balancing the figure with the right size, placement and shape.

Modern breast surgery has become so refined with the range of choices in the style and shape of the implants available, that a beautiful, natural-appearing result can be achieved in the right surgeon’s hands. The surgeon must have a repertoire of manoeuvres and procedures so that he can tailor the surgery to each individual and maximise the cosmetic potential of each breast. Consideration should be given to the nature, consistency and movement of the breast with the experience to choose the right procedure each time. The surgeon is helped to formulate the best possible result by judging elements such as breast tissue firmness, skin tone and degree of ptosis or droop.

For the majority of people, a beautiful breast is considered to have a gentle slope from the shoulders to the peak of the breast at the nipple, the nipple should be located in the centre of the breast mound, there is a reasonably full curve from the nipple to the base of the breast, there should be a natural cleavage and there should be a gentle bulge apparent on each side when standing front on to create the “hourglass” shape. The natural look also takes into consideration the patient’s proportions, rather than just being about a pure increase in breast size.

Ultimately beauty is in the eye of the beholder. This is where the desires, dreams and the physical anatomy of the patient wishing to undergo cosmetic surgery needs to be considered. What constitutes a natural look does vary from patient to patient, and depends on the woman’s own perception of what constitutes attractive breasts.

With the patient’s goals, their physiology, correct implant selection and implant placement all taken into account, it is possible to achieve a natural looking, beautiful breast.

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