



Mokhtar Asaadi, MD, FACS

Breast Reduction: Surgical Excellence Required

By Michael Ferguson

TO DELIVER PERFECT SHAPE THROUGH BREAST REDUCTION SURGERY, PLASTIC SURGEONS MUST FOLLOW A METICULOUS PROCESS.

FOR A YOUNGER patient demographic, breast reduction surgery requires fastidious attention to detail and adept surgical skill. The surgeon must be able to sculpt breasts with such precision that future augmentation is unnecessary, says Mokhtar Asaadi, MD, FACS, President of Asaadi Plastic Surgery and Chair of the Department of Plastic Surgery at Saint Barnabas Medical Center.

“Aesthetically motivated breast reduction for younger patients is not entirely the same operation we perform on the typical patient with larger breasts,” Dr. Asaadi explains. “The younger patients tend to look for perfectly shaped breasts, and to do that, I am very meticulous in my presurgical planning and intraoperative techniques. As a general rule, scars are a trade-off for any breast surgery, but I take great care to minimize this. Moreover, this surgical procedure does eliminate symptoms associated with large breasts. Those symptoms include neck and back pain, bra indentations on the shoulders, skin irritation, chronic sweating under the breasts, and difficulty exercising.”

Dr. Asaadi utilizes a number of approaches determined by patients’ age, as well as their breast size and shape. Each approach requires a detailed presurgical planning process.

Examining Every Detail

Dr. Asaadi goes to painstaking lengths to ensure optimal outcomes. Breast reduction may be one of the most popular plastic surgeries, but when performed less methodically, it can result in asymmetrical areolas and unnecessarily large scars.

Dr. Asaadi creates and repeatedly evaluates the surgical plan before the operation. Days before the surgery, he examines patients and marks asymmetrical areas in the medial, lateral, upper and lower part of the breasts.

“This isn’t simply sketching the patients,” Dr. Asaadi says. “I pay attention to every single millimeter, and if there’s an asymmetry — no matter how small — I mark it on the patient’s chest. I use technologically advanced electrocautery devices to minimize blood loss, but the reality is that this procedure is largely dependent on the surgeon’s skill and meticulous attention to detail.”

The creation of perfectly positioned and round-shaped areolas comprises many details, including the initial markings and areola incision technique, as well as the way the recipient site is tailored. Dr. Asaadi gives particular attention to the distance between the areola and inframammary line, which should complement the height and weight of the patient and the size of the breast.

Preservation of circulation and sensation to the nipples and areolas is also of paramount importance. The pedicle supplying circulation to the nipples should carry ample blood supply, and venous congestion should be avoided.

“The base of the pedicles does not have to be too wide, as long as a predictable blood supply is included with it,” Dr. Asaadi says. “Hemostasis should be repeated accordingly.”

Dr. Asaadi carefully closes the incisions with multiple deep-dermal sutures, which leave fine, thin scars hidden in the crease

of the areola. The results are perfectly symmetrical breasts with aesthetically pleasing projection and areola size.

“Unlike reconstructions of the nose, for example, breast reduction is an especially complex procedure because of the necessity for symmetry,” Dr. Asaadi says. “In addition to reducing complications and morbidities, such as bruising, infection and pain, with precise surgical skill and preventive pain management strategies, I have to ensure a perfectly symmetrical outcome and life-changing results. My deliberate approach to breast reduction for this patient population ensures the best long-term outcomes.”

For more information about Asaadi Plastic Surgery, visit www.asaadiplasticsurgery.com. ■

