

Balancing Aesthetics and Scarring: Choosing Between Augmentation and Augmentation Mastopexy

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Breast ptosis, or sagging, is a significant concern for many women, particularly after pregnancy or substantial weight loss. These women often seek medical advice to address the issue but are frequently apprehensive about the potential scarring associated with mastopexy (breast lift) procedures. Due to these concerns, many opt for breast augmentation alone, hoping to achieve a satisfactory lift without the additional scarring. However, augmentation alone offers only a limited degree of nipple elevation and does not effectively correct the drooping shape of the breast, particularly without introducing a vertical scar, which is often necessary to achieve a more natural contour.

In this presentation, the author will delve into a series of cases where breast ptosis was addressed through either augmentation alone or a combined augmentation-mastopexy approach. By examining these cases, the author will explore the decision-making process, evaluating the benefits and limitations of each method, and provide insights into the strategies and techniques employed to achieve the best possible outcomes for patients. The presentation aims to offer a comprehensive overview of the challenges and solutions in managing breast ptosis, particularly in balancing aesthetic goals with the patient's desire to minimize scarring.