

THE SOS MARKING TECHNIQUE FOR REDUCTION MAMMAPLASTY AND MASTOPEXY

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Reduction mammoplasty is one of the most common procedures in plastic surgery. It presents both artistic and technical challenges. Breast reduction surgery aims to reduce the vertical and horizontal planes, shape the parenchyma, reposition the nipple-areola complex and resect redundant skin. The surgery on paired organs has the added challenge of symmetry. Much of the outcome of our work as plastic surgeons is determined by preoperative planning and designing. A number of techniques have been described for the preoperative marking of breast reduction, with particular reference to the precision of the angle between the 2 vertical limbs. Few, if any, of the previous techniques have gained total popularity or acceptance by the plastic surgeons. The freehand marking technique is probably the most widely used technique. Devices as templates shaped wires, goniometers and geometrical techniques have also been recommended. Some of these devices have stood the test of time; others have been modified or abandoned. I describe my preoperative marking technique dependant on the natural breast fall. The patient is marked in three positions Sitting, Oblique and Supine (SOS). This technique has been adopted for the last 20 years.

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