
As featured in U.S. 1, June 6, 2007

Princeton Center For Plastic Surgery

The enhancement, rejuvenation or restoration of women's breasts are some of the most satisfying procedures performed by a plastic surgeon. The wonderful curves and fullness of a youthful breast are frequently lost due to time, gravity, pregnancy, breastfeeding, significant weight swings, cancer, and a host of other conditions. There are also many women who, even in their youth, are unhappy with the appearance of their breasts. There are a myriad of procedures currently available to address the specific concerns of each individual patient.

The loss of breast fullness and the accompanying ptosis (droop) that frequently follows the temporary breast fullness of pregnancy (with or without subsequent breastfeeding) is one of the most common presentations to plastic surgeons. The skin has stretched out to accommodate the increased volume of the breast tissue and after the volume retreats the skin may not retract appropriately to support the smaller breast. Options for correction involve reducing the skin envelope (a breast lift) or refilling the envelope with an implant. Many women also opt for a combination of the two options and this allows us to fill out the upper pole of the breast and also reposition the nipple to a more appealing location.

Women with abnormally large breasts (macromastia) typically present complaining of neck and back pain and grooving of their shoulders from their brassiere straps. Summertime is also a frequent challenge as rashes behind the breasts are difficult to treat. The mechanical

issue for these women is that the breast has stretched out away from the breast wall and is now the equivalent of placing a weight out at the end of a lever arm. The surgical correction typically involves reduction of some breast volume, and equally important, is repositioning the breast back up onto the chest wall. These are some of our most satisfying outcomes after surgery. Most patients note a dramatic improvement in their neck and back pain, and are equally pleased with the more proportionate and aesthetically appealing breast. Many patients comment on their ability to wear a nicer variety of clothing, as well as an overall improvement in participation in routine daily activities.

Breast cancer patients are now most frequently treated with lumpectomy and radiation therapy, however, some situations still require removal of the entire breast. A wide variety of options combining the use of the patient's own tissue as well as implants are available. New Jersey law now also compels insurance companies to cover surgery on the unaffected breast which allows the surgeon even greater latitude to achieve a symmetric aesthetically appealing outcome. These procedures are all done in consultation with the oncologist and the breast surgeon to coordinate the best overall plan for the patient.

Breast augmentation remains a very popular procedure for women of a variety of ages. There is currently a wide selection of breast implant styles that allow a woman to achieve a very natural enhancement of



Dr. Thomas A. Leach

her breasts. The recent reintroduction of silicone implants has even further expanded our options. The key to a successful procedure is to ensure the implants chosen fit comfortably within the normal boundaries of the breast. This allows expansion of the breast volume without it being obvious that an implant has been placed. The goal is to look naturally well endowed, rather than obviously implanted.

Thomas A. Leach, M.D. routinely performs the full spectrum of breast enhancement, rejuvenation, and restoration. He is a diplomat of the American Board of Plastic Surgery and a member of the American Society of Plastic Surgeons. Most breast surgeries can safely be done in the comfort and privacy of his on-site certified ambulatory surgery center which is staffed by board certified anesthesiologists. For more information on breast surgery, please register for our upcoming office seminar scheduled on Thursday, June 14, 2007 at noon.

Dr. Leach can be reached at The Princeton Center for Plastic Surgery, 609-921-7161.

The enhancement, rejuvenation or restoration of women's breasts are some of the most satisfying procedures performed by a plastic surgeon.
