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Mastopexy with dermal fixation

Abstract:

Introduction. In modern plastic surgery, there are a large number of breast lift techniques. Due to the spreading information about the “side effects” of silicone implants, interest in implant-free mastopexy is increasing year after year. However, despite the variety of techniques, patients sometimes do not get full satisfaction from the results of mastopexy because of the unexpressed filling of the upper pole, extended anchoring postoperative scars and sometimes because of obtaining an aesthetically unattractive breast shape. The stability of the result after mastopexy depends on many factors, including postoperative rehabilitation. Stability of weight and hormonal background, stretchability of tissues. The high recurrence rate of ptosis and short-term aesthetic effect of mastopexy indicate the urgency of improving surgical techniques and increasing the stabilization of breast tissue.

Purpose of the study. To develop and introduce into practice a mastopexy technique, which is based on the use of Dr. Hammond’s modified SPAIR technique, as well as elements of tissue movement and fixation, designed to increase the stability of the postoperative result. In addition, give indications for the use of this surgical technique

Materials and Methods. According to the stated method, 126 patients aged from 23 to 51 years were operated on from 2016 to 2022. These were patients with primary mastopexy. Monitoring of patients to assess the stability of the result was carried out for 12 months.

Results and their discussion. Observing patients, we noted greater stability in breast shape and upper pole filling compared to generally accepted classical methods. We didn’t have to resort to anchor scars. In 80% of cases, a T-shaped suture was used. In 20 percent there is a J-scar.

Biography

Maksim Barsakov, MD, is a plastic and maxillofacial surgeon at the Plastic Surgery on Krestovsky Clinic (City Hospital No. 9) and City Hospital No. 15 in St. Petersburg. He graduated with honors from KubSMU in 2008, completed an internship at the Dzhanelidze Research Institute, and pursued a residency in maxillofacial surgery. Dr. Barsakov holds certifications in surgery, maxillofacial surgery, and plastic surgery. Since 2009, he has been an active participant and speaker at international congresses and ISAPS courses, focusing on aesthetic and reconstructive surgery, particularly facial and mammary gland procedures.