

The Hybrid Breast Reduction; Taking Advantages of from Both the Vertical and Wise Pattern Reductions

Colin P. White*

Metrotown Surgical Centre, Burnaby, British Columbia, Canada

*Corresponding author

Colin P White, 4885 Kingsway #505, Burnaby, BC, V5H 4T2, Metrotown Surgical Centre, Burnaby, British Columbia, Canada, Tel: (604) 652-2352; Fax: 604-435-8409 E-mail: colinpatrickwhite@hotmail.com

Submitted: 17 Oct 2016; Accepted: 25 Nov 2016; Published: 30 Nov 2016

Abstract

Reduction mammoplasty is one of the most commonly performed procedures by plastic surgeons. The Wise and vertical scar techniques are two of the most commonly published and performed techniques. The superior technique has long been argued. The advantages and disadvantages of each are well documented. We show a technique which combines the best aspects of the Wise and vertical pattern reductions. In this "Hybrid" technique, we use a typical superior medical pedicle that would be typically used in a vertical pattern and use a skin incision and tissue resection pattern of that of a Wise type pattern. By doing using this technique, the surgeon is able to utilize advantages of the two well-known reduction types. The hybrid reduction uses a robust and reliable superior type pedicle which also allows for a quick de epithelization and dissection of the pedicle. By using the Wise type (anchor shaped skin incision) a large amount of tissue is able to be harvested and the breast projection is restored and is aesthetically favorable. This paper outlines several important points which can aid in achieving an optimal aesthetic result when performing the hybrid breast reduction.

Keywords: Macromastia, Reduction Mammoplasty, Hybrid Breast Reduction

Introduction

Reduction mammoplasty is one of the most commonly performed procedures by plastic surgeons in Canada [1]. Patients undergoing breast reduction surgery are seeking relief from symptoms such as neck and back pain, inframammary rashes and furrowing of the shoulders from the bra straps. Most women are also interested in achieving the best possible aesthetic result following their surgery.

The "hybrid" breast reduction uses the advantages of both the inverted T (Wise) and vertical scar techniques. This can result in several advantages from both procedures. The hybrid breast reduction technique offers a quick and reliable pedicle dissection based on the second internal mammary artery perforator. The pedicle is reliably shorter in length than the inferior pedicle and can be de epithelized quicker. The skin pattern is a typically marked in a Wise shaped pattern and allows for large skin and tissue resections. The hybrid breast reduction is essentially a Wise type skin incision breast reduction with a superior medical vascular pedicle.

The anchor shape scar is accepted in the most commonly used breast reduction method (Wise pattern) because of the aesthetically pleasing shape it gives the breast and the associated increased projection. With the conventional Wise pattern the inferior pedicle adds weight to the lower pole of the breast and can lead to

"bottoming out" and "pseudo-ptosis" of the lower pole.

The vertical mammoplasty has become quite popular within the last 10-15 years, one of its disadvantage is the fact that better results are more easily achieved in small to moderate reduction volumes (<800g per side). Thus, with larger reductions, it can be difficult to achieve a good cosmetic result [2].

The hybrid combines knowledge of both techniques. The advantages of the hybrid technique remain consistent in that there is a reliable pedicle where the dissection is quick and robust and allows for more skin and tissue resection than a typical vertical breast reduction. The hybrid technique is easy to learn and can be performed without any major alterations to traditional techniques. However, several technical points need to be understood in order to produce consistent results.

Surgical Technique

The hybrid breast reduction technique is based on a standard Wise pattern breast reduction markings and has been well described previously. The main difference is that a 5-6 cm pedicle is marked and based superior medially on the chest.

An important technical point is that the pedicle width should not be excessively wide. A wide pedicle will make turning the pedicle into the new keyhole nipple-areolar complex position difficult. It is important that the pedicles on both breasts be the same size in order to achieve symmetry. A pedicle width of 6 cm is sufficient in the

majority of cases for adequate nipple areolar complex vascularity.

The excision of the tissue along the lower pole will remove a massive amount of skin and tissue. This maneuver removes the entire lower pole. Traditionally, the lower pole would contain the inferior pedicle used in the Wise reduction. However, with the hybrid reduction all tissue is removed except for about 1 cm of fat over the pectoralis fascia. Hence, typical pillar sutures as one would typically use in a vertical reduction are needed to recreate the cone of the breast. The turn of the pedicle into the position of the nipple keyhole facilitates the new conical shape of the breast.



Figure 1: AP of 34 year old patient with a Hybrid breast reduction. Post op picture at 8 weeks after surgery.



Figure 2: Lateral view of 34 year old patient with a Hybrid breast reduction. Post op picture at 8 weeks after surgery.

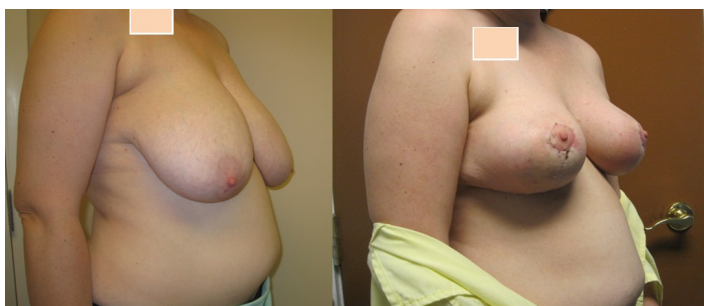


Figure 3: Lateral view of 34 year old patient with a Hybrid breast reduction. Post op picture at 8 weeks after surgery.

Discussion

All breast reductions result in scar formation. Final position and appearance of the scar are critical to the final aesthetic outcome from the surgeon's point of view but, more importantly, from the patient's point of view. The anchor shaped scars remain well tolerated by patients.

Safety is an important factor with breast reductions. The vascular pedicle on which the nipple relies on for blood supply is an area in which great consideration must be taken. We suggest that the pedicle for the superior medial pedicle is more robust and reliable than for an inferior based pedicle. The hybrid technique allows for this.

One of the drawbacks of the technique includes the fact that learning and dealing with asymmetries can be challenging until a comfort level is achieved with the technique. Also, patients with poor elastic quality of the skin are not good candidates for the technique. The resulting breast lift from the reduction is poorer long term than patients with more elastic youthful skin.

Conclusion

There are many breast reduction techniques available, each with their benefits and drawbacks. The hybrid combines knowledge of both of the two most well-known techniques. The advantages of the hybrid technique remain consistent in that there is a reliable pedicle where the dissection is quick and robust and allows for more skin and tissue resection than a typical vertical breast reduction.

References

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