



Breast reduction or pexy: Simpler and better

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Inferior pedicle reduction mammoplasty technique has been considered as gold standard, most reliable and been taught routinely. Therefore we used it with the inverted T approach in our early practice, however were not totally convinced with it. After being introduced to the Superio-medial pedicle, we combined it with the vertical scar technique and have been extremely pleased with this method in general. The Superio-medial pedicle maintains bulk and fullness where it is desired the most. The surface area of skin that needs to be de-epithelized is relatively little and the distance that NAC needs to be mobilized is also small. Therefore there is no concern on viability. Combining this pedicle with the vertical reduction or mastopexy has produced quite an attractive technique. Now we are solely using it in primary cases. The surgical time is shorter, easier however the marking process is done freehand and requiring a learning curve.

Biography: Badr Abdulrauf, after completing the Medical school, he joined Plastic Surgery Residency training program at University of Manitoba, Winnipeg Canada. Then, he has done Subspecialty Fellowship in Aesthetic Fellowship surgery, then a second Subspecialty in Pediatric Reconstructive surgery at Hospital for Sick Children, University of Toronto Canada. He has published several papers on tissue viability studies and anatomical studies in reputable plastic surgery scientific journals. Currently, he is the Head of Plastic Surgery department and Director of Residency Training at King Faisal Specialist Hospital and Research Center, located on the Western coast cosmopolitan city of Jeddah, Saudi Arabia.

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