



## Applying the “Lejour” technique for augmentation mastopexy

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**Background:** Doubts are commonly cast over the safety of the single-stage augmentation mastopexy procedure. Currently, the literature is sparse. Applying the “Lejour” technique for augmentation mastopexy has provided excellent aesthetic results and significantly reduced complications. Hereby presented is this easy to learn reproducible technique, allowing one to perform both procedures together safely. To the best of our knowledge, this is the first description.

**Methods:** Over a six-year period, 53 women underwent simultaneous augmentation mastopexy using this approach. Implants (size 200-300cc, textured, Mentor®) were all placed in the sub-glandular plane. All procedures were performed under deep sedation, peri-operative antibiotics were administered and patients were discharged after less than 24 hours. Complications were recorded. The patient follow-up period ranged from six months to seven years.

**Results:** Symmetric, aesthetic results were achieved in all patients. Only three patients (5.66%) had recurrence of breast ptosis. Two patients suffered from dehiscence of the surgical wounds, of which one required secondary suturing (1.89%). This is a much lower percentage than the 10.65% reoperation rate noted in the literature. There were no incidences of hypertrophic scarring, capsular contraction, tissue related asymmetry, hematoma, infection, fat necrosis, necrosis or loss of the nipple-areolar complex (NAC), and no NAC loss of sensation.

**Conclusion:** This presentation suggests that with careful patient selection pooled complications and reoperation rates for single-stage augmentation-mastopexy using the “Lejour” technique are acceptably low. The three-layer coverage of the prosthesis prevents it from downward shifting and from exposure, along with preserving the longevity of the results.

**Biography:** Yehuda Ullmann is the Head of the Plastic Surgery Department and Aesthetic Services at Rambam Healthcare Campus in Haifa, Israel. In addition, he is an Associate Clinical Professor of Plastic Surgery at the Rappaport Faculty of Medicine at the Technion-Israel Institute of Technology. His research interests include increasing viability of autologous fat transplant; wound healing especially burns and also reconstructive and aesthetic surgery. He has published over 120 articles in peer-reviewed journals. He is also an internationally acknowledged expert in the use of laser and IPL technologies. Between the years 2011-2013 he has served as the President of the Israel Society of Plastic Surgery. Now, he is a part of the Presidency of the Scientific Council of the Israeli Medical Association.

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