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### Augmentation mammoplasty: A 40 years experience

Maintaining the shape and position of female breast has been a permanent human desire. Since 5000 years to nowadays we have noticed this evidence. Sir Astley Cooper seemed to offer us a way to follow when he described his remarkable fascia in the middle of the XIX century. Anatomist and surgeons followed what they thought it was responsible for the shape and suspension of the gland. But it was the unjustifiably forgotten, Col. Christine Haycock who demonstrates during her 40 years' experience that neither Copper's fascia nor breast weight have anything to do with shape and ptosis. This is an important detail that made us think about two important points in breast augmentation: form and permanence. We review the topic, from the first attempts of breast implants until today. We talk briefly about incisions, access, placement and implants. In order to reach conclusions that provoke a technique of simple breast augmentation for every plastic surgeon, always clinically safe and aesthetically pleasing. We consider here our proposed solutions describing a new shape of mammary prosthesis for preventing that aesthetic issue: naturally anatomical and therefore with shape and in pairs, not in units for both breasts, as they have all been developed in the last 60 years

### Biography

Juan A Mira is a Plastic Surgeon since 1975 from Valencia, Spain. He has published his first work on "Mamoplastia aumentativa via transareolar inferior: 100 casos" (Revista de Cirugía Plástica Ibero-latinoamericana), in 2003 his revolutionary innovation in breast prostheses "Anatomic Asymmetric Prosthesis: shaping the breast" (Aesthetic Plastic Surgery) and in 2010 his "Anatomic Bilateral Contour Mammary Prosthesis: ABC"..

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