

Modified Breast Band Improving the Postoperative Breast Augmentation and Reconstructive Experience

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Abstract

Superior displacement of implants is a common complication in the early postoperative period following breast augmentation surgery. Postoperative breast bands are used during the first 4 weeks to optimize breast implant position following breast augmentation and reconstructive procedures. Although currently available breast bands are effective in maintaining implants in an inferior position, they have been observed to irritate the armpit region. We hypothesized that a modified breast band geometry with cut outs to accommodate the armpit region would provide equal maintenance of desired implant position while providing improved postoperative comfort. Forty patients who underwent breast augmentation and/or reconstruction were randomly assigned to receive either the traditional breast band or the modified cut out designed breast band following surgery for 4 weeks. Patients rated their breast bands on a 1 to 10 scale regarding (1) comfort, (2) appearance, and (3) overall satisfaction at their routine postoperative visits at 1, 2, and 4 weeks following surgery. The modified breast band scored higher for all factors at 1, 2, and 4 weeks following surgery. The traditional band demonstrated decreasing scores for comfort and overall satisfaction when compared at 4 weeks versus 1 week. There was no change in the modified breast band scores for comfort, appearance, nor overall satisfaction over the same time period. This study of 40 patients found that the modified band provides equally effective maintenance of implants in a desired position without compromising comfort and appearance. Patients who used the modified band had a better experience with the band comfort, appearance, and overall satisfaction in comparison to the traditional band. The higher ratings for the cut out band for comfort, appearance, and overall satisfaction were consistent from week 1 to 4. In contrast, the traditional band not only scored lower in comfort, appearance, and overall satisfaction compared to the modified band but also demonstrated significant decrease in the patients' ratings for comfort and overall satisfaction for the traditional band from week 1 to 4. This study supports the conclusion that a modified cut out breast band design provides an equally effective maintenance of implants in a desired position without compromising comfort, appearance, and overall satisfaction when compared to the traditional band.

Keywords

modified breast band, postoperative breast augmentation, malposition, breast band, breast implants, breast augmentation, breast reconstruction

Introduction

For patients who undergo breast augmentation and/or reconstruction, implant malposition can be a potential complication. The most common implant malposition is superior breast implant migration.¹ Breast implants are prone to being displaced superiorly toward the clavicle in the early postoperative period; if not maintained in a more optimal, inferior position, breast implants may become permanently high-riding. This is because during breast augmentation and/or reconstruction surgeries, implants are typically placed in a loose areolar subpectoral plane.² As the name denotes, this is a loose pocket that can potentially allow for a fair amount of

implant movement. Moreover, the upper portion of the subpectoral pocket is larger in space and more accommodating than the lower, more aesthetically desired, resting breast implant position. As such, superior implant malposition is a definite concern following breast augmentation surgery and

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