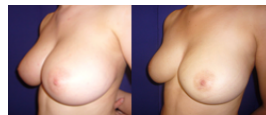


Scarless Reduction Mammoplasty

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Reduction mammoplasty is one of the most successful surgery in our field with very high patient's satisfaction rates. Traditional and limited incision techniques are not without significant morbidity with excess scarring in 90% of cases and suture spitting in 30% (1,2). Liposuction-only Breast Reduction has been described more than 30 years ago (2,3,4) but remains an unrecognized technique. The aim of this study was to review our series and to assess the reasons why this technique is not more widespread.

REVIEW 11 CASES



nom	Date N	Date opé	y.o	Ab op	IMC	Taille SG cup	Volume aspiré Dt-G	Dernière cs- Follow up	months	Taille SG cup	Flèche av-ap
Mar	01.05.2003	25.02.2020	16	+	21.6	95G	500 / 600	17.06.2020	4	E	31-28
Scs	01.10.1995	05.09.2019	24	+	24	85F	250/250	30.01.2020	18	C	28-25
Sal	21.05.1968	27.02.2023	55	+	22	90C	180/220	27.02.2024	12	B-C	?
Det	19.01.1988	01.02.2004	16	+	22	85F	600/400	01.04.2009	61	D	30-26
Ted	25.02.1990	01.04.2010	20	+	23	90F	450/450	20.01.2012	21	D	28-25
Mat	15.02.1955	26.10.2020	65	+	25	100D	300/350	01.12.2021	13	D	30-29
Ano	19.11.1962	24.06.2022	60	+	26	100E	600-600	02.05.2024	23	D	31-28
Al R	06.06.1987	22.06.2012	25	+	23	90E	300-200	28.09.2012	4	D	25-24
May	23.10.1982	06.04.2000	18	+	24	90F	450/400	10.09.2001	17	C	25-22
Pou	16.04.1971	07.12.1999	27	+	21	90E	250/200	21.05.2002	29	D	27-24
Kahr	18.10.2001	18.04.2024	23	+	23	90E	160/300	05.02.2025	10	D	26-24

Our series: 232 reduction mammoplasty between June 2005 and June 2025. 11 cases were liposuction only breast reduction.

Technique:

Mammogram less than 6 months before

Supine position

General anesthesia (larynx mask)

Single dose Antibiotic at the time of surgery

Saline adrenaline lidocaine solution injection in each breast

Standard 3-4-5 mm cannulas, 2 IMF 6mm incisions and 1 intraareolar incision in 3 cases, non-assisted liposuction with -80 kPa vacuum (Pouret/Medical Vacuson-Medela), from deep layers to superficial layers. Average operating time 45 to 75 minutes. Histological analysis in every cases. Postsurgical bra for 2 weeks. Sport is allowed after 3 weeks. Minimal follow up was 1 week, 2 and 6 months after surgery.

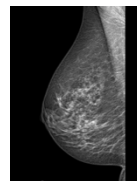
Results: Follow-up 5 months to 5 years. No complication. No secondary mastopexy. Reduction 1 to 3 cup sizes. Nipple areola complex elevation 100% cases (1 to 4 cm).

DISCUSSION

The complication rate, scarring and cost of liposuction-only breast reduction are much lower than with the traditional or the short scars techniques in the literature (1,2,5,6)

Technique	Traditional and short scars breast reduction	Scarless breast reduction
Complications		
- Loss of sensation	4-8%	0 %
- Suture spitting	27-40%	0 %
- Excess scarring	3 - 21,5%	0 %
	1 - 7%	
	0.5 %	
- Hematoma		0,15%
- Infection		0,15%
Operating time	3-4 hours	1 hour
Sick-Leave	3-4 weeks	1 week

Risk of Breast Cancer: There is no evidence that liposuction-only Breast Reduction interferes with breast cancer screening. The density of glandular breast tissue is supposed to increase after liposuction so the screening may become more difficult. To date, specific studies are needed. Mammogram or Ultra sound are mandatory before surgery; Histological examination of the aspirates must be routine.



Fatty tissue repartition is appreciated on mammogram before surgery

Final results: The patient's satisfaction rate is similar in the literature (1,4) regardless the technique.

CONCLUSION

Scarless breast reduction can meet the needs of numerous women, it is a safe technique that should be proposed more often to our patients.

The indications are limited to the women who doesn't want to change the shape of their breasts.

(1).Rohrich R.J et al. Current Preferences for Breast Reduction Techniques : A Survey of Board-Certified Plastic Surgeons 2002. *Plast. Reconstr. Surg.* 114:1724-32, 2004; (2) Kadhum M et al. *Liposuction-Only Breast Reduction : A systematic Review and Outcomes.* *Aesth Plast. Surg.* 48:3351-3361, 2024; (3) Matarasso A et al. *Suction mammoplasty: The use of suction lipectomy to reduce large breasts.* *Plast Reconstr Surg.* 87:709-717, 1991; (4) Sadove R. *New Observations in Liposuction-Only Breast Reduction.* *Aesth Plast. Surg.* 29:28-31, 2005; (5) Yao, Amy; Wang, Fei; Benacquista, Teresa; More, Plastic and Reconstructive Surgery. 154(1):30-37, July 2024. (6) [Superior Pedicle Breast Reduction: Multivariate Analysis of Complication Risk Factors and Building a Predictive Score in 1306 Patients](#)