The Dermal Overlap Subareolar Mastopexy: A Preliminary Report

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Background: The major disadvantage of the circumareolar mastopexy is the risk of hypertrophic scarring and relapse or widening of the areola.

Objective: The author describes a new technique that gives added support to the scar by means of a dermal overlap flap that is buried under the areola.

Methods: A doughnut incision is made, with the size of the outer circle dependent on the amount of ptosis to be corrected. The areolar flap is elevated close to the nipple pedicle, a circumferential incision is made through the dermis between the pedicle and the outer incision, and the dermal edge is elevated. After the mastopexy, closure is performed with nonabsorbable purse-string sutures.

Results: Initial results in a series of 34 cases have been encouraging, with no loss of nipple sensation and with less scarring and more natural nipple projection than occurs in conventional doughnut mastopexy procedures.

Conclusions: This technique can be used to reduce scarring in procedures such as mastopexy, breast reduction, and tubular breast correction. (Aesthetic Surg J 2001;21:423-427.)

The major disadvantage of the circumareolar mastopexy is the scar, which may become hypertrophic because of either excessive tension at the areolar edge or enlargement of the areola as a result of suture failure. A new technique is described that gives added support to the scar by means of a dermal overlap flap, thus reducing tension at the areolar border. This preliminary report is intended to describe the surgical technique. Statistics are currently being gathered and will be presented in a follow-up article.

Technique

The skin incisions are outlined so as to preserve as much areola skin as possible. The placement of the outer incision is dependent on the amount of ptosis to be corrected. It is usually placed from 0.5 to 2 cm from the superior edge of the areola (Figures 1 and 2). The “doughnut” incision is made, and the rim of skin is removed by de-epithelialization (Figure 1, B). The areolar flap is elevated at full thickness close to the nipple pedicle (Figure 1, C). A circumferential incision is then made through the dermis approximately

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Figure 1. Diagram of the operative technique. A, The incisions are outlined. B, The epidermis is removed. C, The areolar myocutaneous flap is raised, while the blood supply is maintained in the nipple pedicle. D, The dermal flaps are raised and the purse-string suture placed. E, The dermal flap is advanced to the nipple pedicle. F, The areolar flap is sutured above the advanced dermal flap.

Figure 2. A, C, Preoperative views of a 40-year-old patient with bilateral subglandular saline implants and ptosis. B, D, Postoperative views 3 months after mastopexy. (Figure continues.)
Results

A total of 34 surgeries were performed over a 19-month period. Although follow-up is relatively short, initial results are encouraging. Scarring at the areolar edge has been much less noticeable, and nipple-areolar projection results in a more natural-appearing breast when compared with the effects of conventional doughnut mastopexy procedures (Figure 3). The increase in areola diameter after surgery has also been much less than occurs when using such procedures (Figures 4 and 5). There was no loss of nipple sensation, and no total loss of the nipple-areolar complex occurred. In 2 patients,
some areolar-edge necrosis occurred; in both, healing proceeded without obvious sequelae. One patient required reoperation because of insufficient elevation.

**Discussion**

Many different techniques of circumareolar mastopexy/reduction have been described. The original doughnut mastopexy involves removal of a rim of skin around the areola. Because reduction of the resulting tension is not possible, the size of the areola invariably increases. Benelli describes the round block technique in which a nonabsorbable purse-string suture helps reduce stretching. In a more recent report, Goes describes a technique that uses mesh to preserve dermis peripheral to the areola to facilitate adherence of the breast flap. The skin is then closed with a purse-string suture over the preserved dermis.

The dermal overlap technique preserves and advances the dermis attached to the breast flap, rather than the areolar edge, which is then advanced beneath the elevated areola. Thus, tension is placed on the breast flap rather than on the areola. The areola is allowed to heal tension-free on the advanced dermal bed.

The areola can be elevated as described because it is essentially a myocutaneous flap that receives its blood supply from the nipple pedicle. The blood supply from the nipple is maintained by the erector muscle layer within the areola. The technique has been used in various procedures, including mastopexy, breast reduction, tubular breast correction, augmentation mastopexy, and mastopexy after implant removal.

**References**


Figure 4. A, Preoperative view of a patient with breast asymmetry. B, Postoperative view 6 months after bilateral breast augmentation and mastopexy of the left breast.

Figure 5. A, C, Preoperative views of a 42-year-old patient with bilateral ptosis. B, D, Postoperative view 4 months after bilateral augmentation with submuscular implants and bilateral mastopexy.