Bodylogic: A New Method for Breast Implant Surgery Decision Making

Bruce Cunningham M.D, M.S.
Breast Implant Selection

In my opinion:

There is currently no workable formula to guide implant selection in breast augmentation that allows for individual surgical judgement and experience.
Breast Implant Selection

Observations:

• For a given patient, there are any number of different devices which may be equally optimal, and even more that are practically acceptable

• Shape, texture, dimension and fill can all mix and match in countless ways to provide good, consistent results
Breast Implant Selection

Observations:

• *Within a given framework, surgical technique is just as important, and likely more important than specific implant choice*
Breast Implant Selection

In my opinion:

There is a need for a system that describes the involved variables and provides leeway in making choices for individual patients and circumstances.
Breast Implant Selection

Variables Influencing Implant Choice
Round Saline Implants

- Upper pole skin thickness
- Breast base diameter
- Skin laxity
- Existing parenchyma
- Inframammary fold location
- Patient expectations
Breast Implant Selection

Principles

1. Upper pole skin thickness:
   - If greater than 2 cm, subglandular placement acceptable
   - If less than 2 cm, subpectoral placement “may” to create smoother contour
Breast Implant Selection

Principles – Subglandular Placement
Breast Implant Selection

Principles
Breast Implant Selection

Principles

- Skin fold calipers
- Measure skin pinch at proposed upper border of implant
- Guides decision for subpectoral versus subglandular
- Guides selection of saline versus silicone versus anatomic
Breast Implant Selection

Principles

2. Base diameter:
   - Measured in cm with 1 cm tolerance
   - Guides implant selection
Breast Implant Selection

Principles

2. Base diameter:
   - Centered on NAC
   - Subtract SQ thickness - BUT how much???
Breast Implant Selection

**Principles**

2. Base diameter:
   - Measure external fold medial to lateral
Breast Implant Selection

Principles

2. Base diameter:
   - Measure medial skin fold
Breast Implant Selection

Principles

2. Base diameter:
   - Measure lateral skin fold
Breast Implant Selection

Principles

Base diameter = External breast width – (½ medial pinch + ½ lateral pinch)

143 mm – (8/2 mm + 8/2 mm) = 135 mm (13.5 cm)

- Represents an average BD
- 1 cm tolerance (13.0 – 14.0 cm)
Breast Implant Selection

Principles

3. Skin laxity:
   - Graded as tight, moderate, loose
   - Guides choice of implant projection
Breast Implant Selection

Principles

- Graded as tight, moderate, and loose
- Generally speaking will use:
  - moderate profile for tight
  - moderate plus for moderate
  - High profile for loose
- Taken into account with other variables
- Can avoid implant/soft tissue mismatch
Breast Implant Selection

Principles

4. Skin envelope fill:
   - Graded as underfilled, filled, overfilled
   - Guides choice of implant projection
Breast Implant Selection

Principles

- Graded as underfilled, filled, overfilled
- Generally speaking will use:
  - moderate plus/high profile for underfilled
  - moderate/moderate plus profile for filled
  - moderate profile for overfilled
- Taken into account with other variables
- Can avoid implant/soft tissue mismatch
Breast Implant Selection

Principles

5. Inframammary fold position:
   - Maintain
   - Lower via supra-fascial release
   - Lower via subfascial release
     (automatic 2cm lowering once
t fascia violated)
Breast Implant Selection

Principles

6. Patient expectations:
   1 - Modest “natural” result
   2 - Large “natural” result
   3 - Large “slightly out of proportion” result
   4 - Large “significantly out of proportion” result
Breast Implant Selection

“Bodylogic” Implant Selection System

- Implant system based of these principles
- Designed to identify variables that can affect the result
- Designed to be as simple as possible
- Designed to allow for individual judgment and experience
- Designed to be widely applicable
Breast Implant Selection

Implant Design Variables

- Base Diameter
- Volume
- Projection
Breast Implant Selection

Choosing an Implant

1 - Select a primary variable
2 - Select secondaray variable that
    maximizes choice to meet specific
    needs
3 - Select tertiary variable as required
    using options as available
Breast Implant Selection

Choosing an Implant

- Once the first two variables are set, the third variable is chosen by default
- Goal is to choose the first two to best match up to the patient, and not end up with the third variable causing a deformity
Breast Implant Selection

Implant Design Variables

- Base Diameter
- Volume
- Projection

Base Diameter → Volume → Projection → Volume → Base Diameter

Volume → Projection → Base Diameter → Projection → Volume

Projection → Base Diameter → Projection → Volume → Base Diameter

Volume → Base Diameter → Volume

Base Diameter → Volume

Projection → Base Diameter → Volume

Base Diameter → Volume

Projection → Base Diameter → Volume
Breast Implant Selection

Implant Design Variables

1 - Volume
2 - Projection or BD?
   - Base diameter
3 - Projection

Reason - For a given volume, have a much greater variety of choice in base diameter. As opposed to projection.
Breast Implant Selection

Implant Design Variables

1 - Volume
2 - Projection or BD?
   - Base diameter
3 - Projection

Reason - For a given volume, have a much greater variety of choice in base diameter
As opposed to projection
Breast Implant Selection

Choosing an Implant

- All three methods are viable strategies for choosing an implant!
- Basing the primary variable on BD or volume gives the most versatility
- Must take into account patient desires
- Must match your selection to the patients anatomy
Breast Implant Selection

Implant Design Variables

Base Diameter

Volume

Projection

Projection

Volume

Base Diameter

Projection

Volume

Base Diameter

Projection

Volume

Projection

Volume

Base Diameter

Volume
Breast Implant Selection

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Breast Implant Selection

Principles

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Breast Implant Selection

Principles

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Breast Implant Selection

**Principles**

2. Base diameter:
   - Measure lateral skin fold
Breast Implant Selection

Principles

- Graded as tight, moderate, and loose
- Generally speaking will use:
  moderate profile for tight
  moderate plus for moderate
  High profile for loose
- Taken into account with other variables
- Can avoid implant/soft tissue mismatch
Breast Implant Selection

**Principles**

6. Patient expectations:
   1. Modest “natural” result
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Breast Implant Selection
Breast Implant Selection

Body Logic Preoperative Worksheet

Patient Name: ____________________________

Patient's Desired Outcomes:

Breast Envelope:
- Tight
- Low Profile
- Moderate
- Moderate Plus
- Loose
- High Profile

Breast Dimensions:

- Sternal Nipple to Nipple: _________ _________
- Meridian to Midline Limit: _________ _________
- Breast Base Width: _________ _________
- Nipple to IMF: _________ _________
- Nipple to IMF (stretched): _________ _________

- Upper Pole Mound: _________ _________
- Areolar Diameter: _________ _________
- Intrammary Distance: _________ _________
- Intertipple Distance: _________ _________

- Tissue Coverage: _________ _________
  - Adequate
  - Compromised
Breast Implant Selection

Surgery Planning:
- Patient Age:
- Weight:
- Height:
- Breasts:
  - None
  - Size & Location:
- Larger Breast:
  - Right
  - Left
- Nipple Level Discrepancy:
- IMF Level Discrepancy:
- Surgery Type:
  - Augmentation
  - Reconstruction
  - Revision
- Surgery Date:
- Location:
- Incision Approach:
  - Inframammary
  - Periareolar
  - Areolar
- Implant Placement:
  - Subpectoral
  - Subglandular
  - Other

Implant Selection:
- Mentor Implant Type:
  - Memory Gel
  - Smooth Round
  - Silhouette® Round
  - Lumina™ Contoured
  - Smooth:
    - Smooth Round
    - Silhouette® Round
    - Silhouette® Contoured
  - Spectrum:
    - Smooth Round
    - Silhouette® Round
    - Silhouette® Contoured
  - Becker:
    - Smooth 25
    - Smooth 50
    - Silhouette® 25
    - Silhouette® 50
  - Tissue expander:
    - Low Height
    - Medium Height
    - Tall Height

Brought to you by MENTOR
# Breast Implant Selection

## Round MemoryGel

### Smooth Round MemoryGel™

<table>
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<th>Projection</th>
<th>Profile</th>
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# Breast Implant Selection

![Breast Implant Selection Chart](image)

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</table>
**Breast Augmentation**

**Mentor Round Smooth Saline**

- **Upper pole thickness**: >2 cm
- **Base diameter**: 11 to 12 cm
- **Existing breast parenchyma**: Moderate
- **Skin laxity**: Loose
- **Inframammary fold**: Maintain

- **Subglandular**
- **Moderate profile**
- **High profile**
# Breast Implant Selection

**Mentor Round Smooth Saline - Mod Profile**

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<tr>
<th>Fill Volume</th>
<th>Base Diameter</th>
<th>Projection</th>
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<tbody>
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<td>3.5 cm</td>
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<tr>
<td>250-275 cc</td>
<td>11.9 cm</td>
<td>3.6 cm</td>
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*Patient expectations - Large natural result (2+)*
# Breast Implant Selection

## Mentor Round Smooth Saline - High Profile

<table>
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<td>11.0 - 11.3 cm</td>
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<tr>
<td>380-450 cc</td>
<td>11.4 - 11.7 cm</td>
<td>5.2 - 6.4 cm</td>
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</table>

*Patient expectations - Large natural result (2+)*
Breast Implant Selection

Technique

- Dissect pocket to fit implant
- Sit patient up during procedure
- Assess inframammary fold carefully
- Use sizers as needed
- Fill device at least to stated lower fill volume
Breast Implant Selection

Implant Selection

- Basic observations
- Four determinations
- One question
- Appropriate implant selection
- Rare re-operation for size change
Bodylogic: A New Method for Breast Implant Surgery
Decision Making
Bruce Cunningham M.D, M.S.