

## The Use of the Laser Level to Ensure Symmetry in Aesthetic Breast Surgery

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**INTRODUCTION:** Extensive research has been conducted into the ideal aesthetic lengths and heights of various body parts, but the methods of implementation to achieve symmetry in plastic surgery remain the same: a tape measure and our artistic eye. When performing mastopexy or breast reduction, the new Nipple Areolar Complex (NAC) is often marked by transposing the location of the inframammary fold (IMF) onto the anterior surface of the breast. Plastic surgeons use the range of 19-23cm from the sternal notch (SN) to the IMF as the ideal nipple height.<sup>1</sup> The process of copying the height of the NAC from one breast to the other is complicated by differences in width and projection between breasts. We present our technique for marking the new NAC position during aesthetic breast surgery using a laser level.

**MATERIALS AND METHODS:** The new NAC position was marked on the right breast by transposing the IMF onto the anterior surface of the breast. The distance from the SN to this point was calculated with a tape measure and transposed to the contralateral breast. The laser level was then used to ensure symmetry. Adjustments in NAC height were performed as indicated by the laser level.

**RESULTS:** The new NAC position on the right breast was measured at 19 cm from the SN. When the transposed measurement on the left breast was verified with the laser level, we found the new NAC to be 1cm higher as calculated by the tape measure. After adjustments, the correct nipple height was 20 cm from the SN on the left breast. Post-operative results show symmetric NAC placement.

**CONCLUSION:** Objective breast measurements quantifying volume, shape, and surface area continue to be important to ensure great aesthetic outcomes in breast surgery.<sup>2</sup> Conventional methods to identify the location of the new NAC do not account for differences in breast width and projection, which could lead to NAC that are not leveled. In our experience, the use of the laser level has been a great addition to our armament to ensure NAC symmetry during breast surgery. The application of leveling tools is not limited only to breast surgery as they have also been used successfully in other procedures such as: abdominoplasty, TRAM flaps, and scar revisions.

### REFERENCES:

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