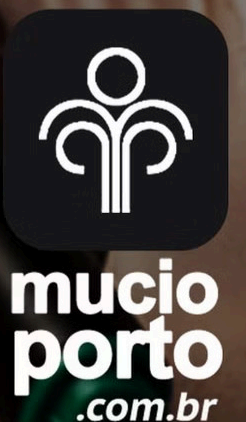


e-book

How do I choose Scars on the Breasts?

Mucio Porto





Introduction

Hello, I'm Dr. Múcio Porto, and over the years, I've realized that one of my patients' main concerns is the scar left by breast surgery. Many women wish to improve the shape or volume of their breasts but fear the mark that may remain. This concern is valid, after all, the breast is a region of great aesthetic and emotional importance. However, with modern surgical techniques, we can minimize scars and plan strategic incisions that favor a more discreet and harmonious result.

The purpose of this material is to simply and objectively explain how I choose breast scars, considering factors such as the type of surgery, the patient's anatomy, and what can be done to optimize recovery and healing. Additionally, I bring information about different types of incisions, their indications, and essential post-operative care.

Each patient is unique, and the choice of incision must be made in a personalized way. The quality of scarring depends on several factors, such as the surgical technique used, the patient's genetics, and the care taken during recovery. Fortunately, advances in plastic surgery allow increasingly safer procedures, with techniques that reduce scar visibility and guarantee superior aesthetic results.

In this ebook, I will address the main aspects of choosing the ideal incision for each case, explaining the available options and the criteria I use to make this decision. At the end, you will find information on how to contact me to clarify doubts or schedule a personalized evaluation.

Now, let's begin! In the next chapter, I will discuss the different types of incisions used in breast surgeries and their main indications.





Incision Types: Choices and Implications

In breast surgery, choosing the incision is one of the first and most important steps. There are three main types of incisions used for breast implant placement, breast reduction, or mastopexy: the periareolar incision, the inframammary incision, and the inverted "T" incision. Each has its advantages and disadvantages, and the decision must be made based on the patient's anatomy and desired result.

The **periareolar incision** is made around the areola and offers a discreet access for surgery. The scar is well-positioned at the color transition between the areola and breast skin, becoming less noticeable. This technique is indicated for patients who desire a smaller incision, but may not be ideal for those with very small areolas or who need major adjustments to breast shape.

The **inframammary incision** is performed in the fold beneath the breast. This approach allows excellent control of implant positioning and minimizes the risk of interference with breastfeeding. Another advantage is that the scar remains well-hidden in the natural contour of the breast. This type of incision is widely used, as it provides a balance between an aesthetically pleasing result and surgical safety.

The **inverted "T" incision**, also called an anchor scar, is more indicated for breast reduction surgeries or mastopexy in patients with large breast volume or significant sagging. This technique allows for more precise breast remodeling, providing a firmer and more elevated shape. However, the resulting scar is more extensive and visible, which requires appropriate post-operative follow-up to optimize healing. Each incision has its pros and cons, and the choice must be made considering the patient's anatomy, the type of procedure needed, and aesthetic expectations.



Factors Influencing Incision Choice

Choosing the ideal incision for breast surgery depends on several factors. The first and most important is the type of surgery to be performed. If the goal is only breast implant placement, smaller incisions, such as periareolar or inframammary, are generally indicated. For procedures involving skin removal or breast remodeling, such as breast reduction or mastopexy, it may be necessary to resort to the inverted "T" incision.

Another relevant factor is the patient's anatomy. Breast volume, skin elasticity, and areola position directly influence incision choice. Patients with little sagging and good skin quality can benefit from less invasive techniques with smaller scars. On the other hand, women with significant skin excess or pronounced breast drooping need larger incisions to reposition the breast harmoniously.

Additionally, the patient's aesthetic expectation must be taken into consideration. Some women prioritize a more natural and long-lasting result, even if that means a slightly larger scar. Others prefer techniques with smaller incisions, as long as the final result meets their aesthetic expectations. It is fundamental to have an open conversation about the possibilities and understand that any surgery involves a balance between benefits and challenges.

Another important point to consider is the genetic predisposition for scarring. Some patients have a greater tendency to develop hypertrophic or keloid scars, which can influence the decision about the most appropriate incision. For these patients, specific post-operative protocols may be necessary, such as the use of silicone strips, laser, or infiltrations to improve scar appearance.

Finally, the surgeon's experience makes all the difference. As a specialist, I carefully evaluate each case to indicate the best technique according to the patient's individual needs. In the next chapter, we will discuss how surgical technique directly influences scar quality and what strategies exist to obtain the best possible results.



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The Technique and Individual Anatomy of Each Patient

Each patient has a unique anatomy, and this is essential in choosing the ideal incision. Breast volume, areola position, skin elasticity, and the amount of sagging directly influence the surgical technique. The personalized approach is fundamental to obtaining a satisfactory aesthetic result, balancing scar and final breast shape.

Patients with smaller breasts and little sagging can have reduced incisions, such as the periareolar. Those with voluminous breasts or pronounced sagging require larger incisions, like the inverted "T", to ensure proper repositioning of tissues.

Another determining factor is skin quality. Patients with thinner skin or a propensity for hypertrophic scars need techniques that minimize tension on the incision. The positioning of the scar directly influences its final appearance.

The choice of surgical technique must also consider the need for breast prosthesis. The type of implant and its position - below or above the muscle - may require larger incisions for precise adjustment and a natural result.

The surgeon's experience is a differential in this process. Every detail, from the depth of the cut to the closing of the incision, influences the final result. Refined suturing techniques and the use of modern materials help reduce scar visibility and accelerate the healing process.

In the next chapter, we will discuss best practices for minimizing scars and obtaining a more calm and effective postoperative period.





Minimizing Scars: Techniques for a Better Result

Minimizing scars is one of the main objectives of plastic surgery. There are several techniques that help reduce the appearance of surgical marks, providing a more discreet and harmonious result.

One of the main strategies is the use of absorbable sutures and layered closure techniques. This reduces tension on the skin and prevents the scar from becoming widened. Additionally, the application of silicone strips on the scar has shown excellent results in smoothing it over time.

The position of the incision also influences the final result. Whenever possible, we position the scar in strategic locations, such as the inframammary fold or the edge of the areola, where the mark becomes less visible. Furthermore, minimally invasive techniques reduce the extent of the scar and favor faster recovery.

The postoperative period is crucial for the final appearance of the scar. Avoiding physical efforts in the first weeks, maintaining a balanced diet, and using healing creams recommended by the surgeon are attitudes that make all the difference.

Moreover, sun protection is essential. Direct sun exposure can darken the scar and make it more evident. Therefore, it is fundamental to use sunscreen and avoid sunbathing in the operated region for at least six months.

In the next chapter, I will explain what to expect from the healing process and what its phases are.

Scarring: What to Expect in the Postoperative Period

Scarring goes through predictable phases, and understanding them helps to deal with the postoperative period more calmly. In the first days, it is common for the incision to be reddish and slightly swollen, as the body is initiating the regeneration process.

In the first weeks, the scar may seem more hardened. This effect is normal and tends to decrease over time. During this period, the skin is producing collagen to strengthen the operated area.

From the third month, the scar begins to lighten and become less noticeable. However, its complete maturation can take up to a year. During this time, it is crucial to follow all medical guidelines to avoid complications.

Patients with a tendency to keloids should inform the surgeon about their history. In these cases, specific treatments, such as cortisone injections or the use of silicone sheets, may be indicated to control excessive scar growth.

Medical follow-up is essential to evaluate the evolution of the scar and indicate preventive measures, if necessary. In the next chapter, I will explain which care should be followed to ensure a perfect recovery.



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Care for Good Recovery and Perfect Scarring

The first days after surgery are crucial to ensure good healing. Following medical guidelines correctly prevents complications and improves the final aesthetic result. Additionally, adopting healthy habits accelerates recovery and reduces the risk of scarring problems.

The **use of a surgical bra** is essential. It reduces swelling, provides support to the breasts, and prevents skin from suffering from gravity while healing. Moreover, this support helps avoid excessive tension on the stitches, reducing the chance of widened scars. The usage time varies, but it is normally recommended for at least 30 to 60 days.

A **balanced diet** also plays an essential role. Consuming foods rich in proteins, vitamins C and E, and antioxidants promotes cell regeneration and improves skin quality. Staying hydrated and avoiding alcoholic beverages and ultra-processed foods contributes to a more efficient healing process.

Proper **rest** is another fundamental factor. Sudden movements or excessive effort can compromise healing, cause bruising, and even open the stitches. Physical activities should be gradually resumed and only with medical clearance.

Finally, the **use of silicone strips or healing ointments** can improve the appearance of the scar over time. Frequent medical follow-up will allow adjustments in recovery as needed. In the next chapter, I will discuss how the scar evolves in the long term.





Long-Term Results: How Does the Scar Evolve Over Time?

The breast surgery scar goes through several phases until reaching its final result. In the first months, it may appear more reddish and rigid, but over time becomes more discreet and smooth. Understanding this evolution helps maintain realistic expectations and follow necessary care.

The first stage of healing, right after surgery, is characterized by **swelling, redness, and mild sensitivity** in the operated area. This phase lasts two to four weeks and requires rest and skin care.

Between the third and sixth month, the scar begins to **mature**. Its reddish or purplish coloration gradually becomes lighter. The skin texture also changes, becoming smoother and less thick. During this phase, the use of silicone strips and sun protection continue to be essential for proper healing.

From the twelfth month onward, the scar is **close to its final result**. Although some scars become almost imperceptible, others may remain more visible depending on the patient's genetics and post-operative care adopted.

For patients with more evident scars, there are complementary treatments, such as **laser, microneedling, and dermatological creams**, which help improve skin appearance.

It is important to remember that patience is essential in this process. In the next chapter, we will answer the most frequent questions about breast scars.





Frequently Asked Questions: What My Patients Most Want to Know

- 1. Does every breast surgery leave a scar?**
Yes, any surgical incision results in a scar. However, with proper techniques and correct care, it can become discreet and of good quality.
- 2. Can the scar disappear completely?**
No. Scars go through a maturation process and can lighten and become barely noticeable, but they do not disappear entirely.
- 3. How long does it take for the scar to reach its final appearance?**
Scar maturation can take **12 to 18 months**. During this period, it can go through variations in color, thickness, and texture.
- 4. Is there a risk of the scar becoming very visible?**
Yes, patients with a predisposition to **keloids or hypertrophic scars** may have more evident scars. This risk can be reduced with preventive treatments recommended by the surgeon.
- 5. What can I do to improve healing?**
In addition to following medical recommendations, keeping the skin hydrated, avoiding sun exposure, using sunscreen, and applying silicone strips can improve the scar's appearance.
- 6. Does sun exposure worsen the scar?**
Yes! The sun can darken the scar, making it more visible. It is recommended to avoid direct exposure for **at least six months** and always use sunscreen.
- 7. What treatments can help improve the scar's appearance?**
The use of **silicone gels, healing creams, laser, and microneedling** can help soften the scar. The ideal treatment should be indicated by the surgeon according to each patient's needs.
- 8. If the scar doesn't look good, is it possible to correct it?**
In some cases, scar revision procedures can be performed. These procedures improve the scar's appearance but do not completely eliminate the mark.

Now that we have answered the main questions, in the next chapter I will present the conclusion and contact information for those who want a personalized evaluation.



Schedule Your Transformation Today and Save!

I want to congratulate you for dedicating this time to understand more about **How Do I Choose the Scars on the Breasts?** My goal here was to show that there is a definitive and accessible solution for something that may have been bothering you for a long time.

Now, I want to speak directly to you: **this is your chance to transform not just your body, but also how you feel.** Imagine wearing that outfit you love without any insecurity. Imagine looking in the mirror and smiling, knowing that you made the decision to take care of yourself. This is the power of a well-informed choice.

That's why I want to offer you a special incentive to take the next step: **A special discount on the chosen procedure.** This is my way of showing you that the first step is the most important — and that you don't have to do this alone.

Scheduling your consultation is very simple. Contact me via **WhatsApp (61) 8288-4546**, say that you read this eBook, and my team will schedule the appointment for the day and time most convenient for you.

Remember: the best time to take care of yourself is now. Do not leave for tomorrow the opportunity to feel more confident, more free, and happier. I am here to help you achieve this, with safety, care, and real results.

Shall we go together? I am eager to receive you for a consultation and follow your transformation!

