

MASTOPEXY: COMPILATION OF CLINICAL CASES

Dr. Pilar de Frutos, Plaza de Alonso Martínez, 6, Lower right, 28004 Madrid, Spain, March, 2021
info@pilardefrutos.com

INTRODUCTION

Mastopexy is a surgical intervention that aims to eliminate excess skin and those hardened tissues that may exist in the breast, in order to reform, firm up and elevate the contour of the female breast.

This compilation of cases includes two mastopexies and an additional mammoplasty showing resorption of hematoma with the use of INDIBA® radiofrequency therapy. All the cases were registered with the clinic of Dr. Pilar de Frutos, where the patients requested a breast remodeling treatment during a consultation with her. The patients featured in this compilation are between the ages of 20 and 45 years.

PROTOCOL

The treatment protocol with Capacitive Resistive Monopolar Radiofrequency at 448 kHz (CR-MRF) (INDIBA®) was based on working on the intervened areas using INDIBA radiofrequency therapy. The first two sessions were within 24 and 72 hours post-surgery, and the third session, a week after the surgical intervention (in this session the stitches were removed).

The protocol included applying the technique on the treated area under conditions of low to moderate thermia (according to the INDIBA Analogical Scale, IAS = 1 to 6) for approximately 20 minutes.

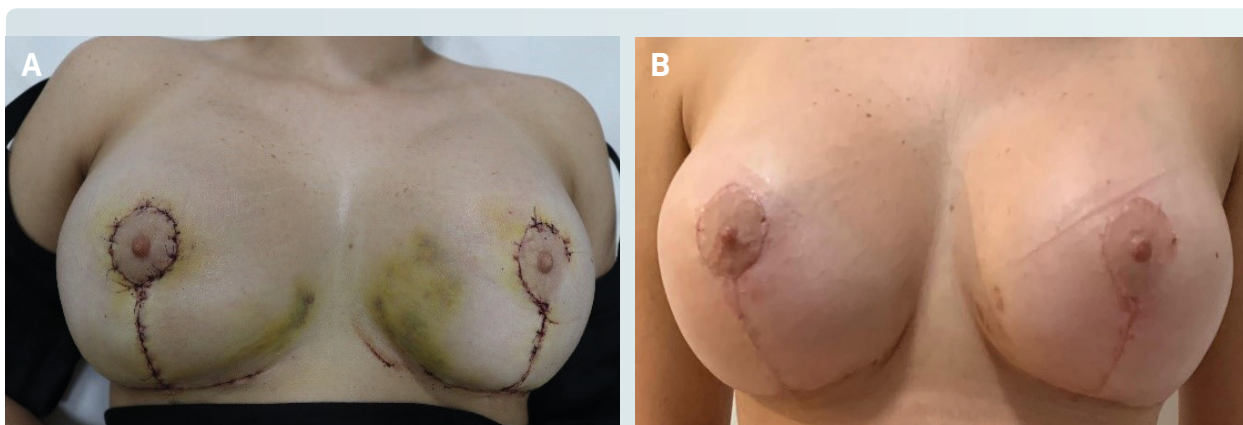


Figure 1. T-mastopexy with prosthesis replacement. (A) First treatment session where CR-MRF 448 kHz was performed 3 days after surgery. Small bruises with postsurgical inflammation were observed. (B) Third treatment session with CR-MRF 448 kHz 20 days after surgery. The result was that the hematoma became 90% reabsorbed with almost negligible inflammation and healed scars.

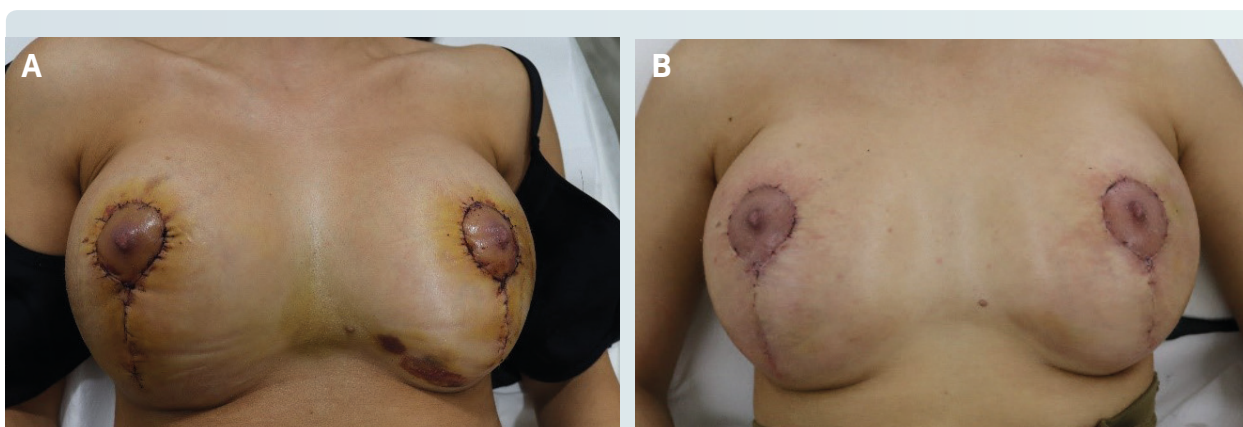


Figure 2. Mastopexy with prosthesis. (A) First session where CR-MRF 448 kHz was performed 3 days after surgery. Postoperative inflammation was observed with hematomas in the areolas and submammary area. (B) Third treatment session with CR-MRF 448 kHz 20 days after the intervention. A comfortable prosthesis was observed, without inflammation in the upper area of the breast and with hardly any bruising.



Figure 3. Augmentation mammoplasty. (A) First session where CR-MRF 448 kHz was carried out 72 hours after the operation. The patient had a large bruise and swelling on the left breast. (B) The third session of CR-MRF 448 kHz was 15 days after the operation. A minimal inflammation can be observed where the prosthesis was already accommodated and the hematoma almost fully resorbed.

CONCLUSION

The CR-MRF 448 kHz or INDIBA® radiofrequency therapy allows for better management of the postoperative period for patients, in addition to boosting drainage and promoting tissue regeneration. This way, a complete approach to postoperative care can be carried out, which allows for treatment on the entire affected area without having to exclude scars.

Post-surgical treatment with INDIBA® Deep Care 448 kHz CR-MRF has been very effective in reducing inflammation, in the resorption of bruises and in healing. According to the doctor, its application during the acute phases in subthermal conditions has proven to be very effective and safe. Additionally, it provides the clinic with a high value-added treatment for all patients who come to undergo a mastopexy.