

## Subfascial Breast Augmentation with Crossed Fascial Sling, Under Tumescent Anaesthesia With or Without Sedation and Lower Periareolar Access

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**Abstract** The tumescent technique is very effective for subfascial breast implant surgery. A total amount volume of 330 cc (120/160 cc for each breast) ensures a clean and bloodless field, leading to less postoperative bruising and prolonged local anaesthesia effects. The surgical procedure can be performed with or without associated sedation. Lower periareolar anaesthesia allows for good and painless infiltration of the surgical field, up to the prepectoralis plane. A smooth, vertical dissection reached the pectoralis fascia, which was smoothly opened, leaving the gland adhesions in place. Subfascial pocket dissection was performed, and the implant was then inserted. The fascial sling, consisting of 2 strips of approximately 4/5 cm × 2 cm each, was prepared superiorly and crossed for inferior fixation. One hundred patients were included over 18 months, and all surgeries were performed under tumescent anaesthesia with general sedation. Overall, we did not need to convert from local anaesthesia in general. No complications were observed, and good cosmetic results were achieved. The follow-up periods lasted for 6 months or, in a few cases, for 1 year.

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**Keywords** Subfascial implant · Breast augmentation · Tumescent technique · Fascial sling · Periareolar access · Local anaesthesia

### Introduction

Patient awareness and interest in the technical details of breast surgery have grown significantly in recent years. The demand for safe and effective procedures under local anaesthesia, with or without sedation, has become more frequent, especially among young women who desire to preserve breastfeeding and breast sensitivity and who ask the surgeons for safe and noninvasive procedures [1]. We believe that the use of our subfascial implant with a fascial sling, via the tumescent technique, meets all these requirements. We have successfully developed this technique, which implements rapid execution in a clean surgical field, with immediate and good cosmetic results.

### Materials and Methods

Between 2017 and 2018, one hundred patients were selected for subfascial breast implantation under local anaesthesia with sedation, via the tumescent technique. The main criteria for selection were as follows: (a) the age, ranging from 23 to 35 years; (b) the indication for implantation only, without mastopexy; and (c) the patient interest in local anaesthesia, with or without sedation.

The tumescent solution technique is very effective in obtaining a clean surgical field with no intraoperative bleeding, reduced postoperative bruising and good prolonged anaesthesia.

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