

Scarless Breast Augmentation

By Dr. Babak Farzaneh

Trans-Umbilical Breast Augmentation (TUBA), more commonly known as the “Belly Button Procedure”, is the most innovative and novel approach in the long history of breast implant surgery. It has been a long time since a new approach has allowed a multitude of desirable additions without significant drawbacks. Endoscopic surgery has revolutionized medicine and surgery, allowing operations to be performed through smaller incisions. Following this trend, breast augmentation is complemented immensely by the introduction of the TUBA technique.

Using a very small incision through the depth of the naval and along a very narrow guide tunnel just under the skin, your implants can be placed and their position accurately verified using a telescopic camera. The obvious advantage to this is the minimal scar. As we progress in the field of cosmetic surgery, and as this option becomes more available to the masses, we lean more toward surgeries with less scarring and downtime. The naval scar is placed deep in the belly button and, as it is tension-free, does not change the shape of the

naval, allowing for a virtually undetectable scar - even in patients with darker skin tone. This alleviates the need for any incision on the breast. The incision is so minimal that some have nicknamed the procedure “Band-Aid Breast Augmentation”. (Naval piercing, if present, is left undisturbed, and the naval ring is sterilized and replaced at the conclusion of the surgery.)

The highly unique instruments specially manufactured for the TUBA technique allow me to implement my artistic vision to produce a natural breast shape with acceptable symmetry, and create the desirable cleavage. The use of a telescopic camera allows for absolute precision in positioning of the implant. The correct dissection plane leaves the natural breast tissue minimally affected, which reduces the risk of breast-feeding issues in the future. The implants are then skillfully and gently directed just under the skin along a safe plane, and then positioned predictably under or above the muscle, behind your natural breast. Your implants are very accurately filled to the desired size; TUBA is limited to saline implants, which allows for

volume adjustment for better symmetry.

The path for placement shortly heals without visible tracts, providing a quick return to normal activity. There is also no need for sharp cutting or burning of the breast tissue, which minimizes bleeding and the need for drains; post-procedure numbness; and, more tangibly, reduces bruising and swelling, allowing for shorter and easier recovery.

In skilled hands, this approach allows for natural and predictable results through a very small, hidden incision. As with most unique and highly specialized surgical techniques, most surgeons performing breast aesthetic surgery do not offer this operation.

Although I perform implant surgery through all available incision options, I believe that patients, as part of their consultation, should be offered accurate information on this highly successful option. Thousands of patients, who are appropriate candidates, have taken advantage of the highly effective TUBA technique to achieve their natural and beautiful cosmetic results.

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