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[Nonsurgical breast enlargement using a vacuum brassiere for tissue expansion].

[Article in German]

Kardorff B¹, Kardorff M, Dorittke P.

+ Author information

Abstract

We present a method for nonsurgical **breast** enlargement using a vacuum tissue expander and describe the first so-treated patient in Germany. The patient wore a brassiere-like system that applied a mild (average 20.4 mm Hg) vacuum distraction force to each **breast** for 10.6 hours/ day over a 10-week period. An increase of 5 cm chest circumference at the nipple level from 85 cm to 90 cm was measured at the end of the therapy. At 3 months follow-up visit, after resorption of the therapy-induced edema, there was still a gain of 4 cm resulting in a 89 cm chest circumference as well as natural attractive **breast** shape. Side effects included the brief occurrence of irritant contact dermatitis and folliculitis during therapy. The supposed mechanism is analogous to other tissue expansion methods, where tissue growth is a response to continuous controlled mechanical forces. This nonsurgical and non-invasive alternative for **breast** enlargement appears effective and well-tolerated. Because the only relevant side effects involve the skin, dermatologists are well-suited to perform the treatment.

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