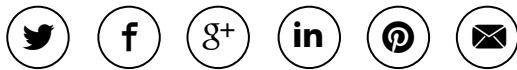


Cosmetic Surgeon Dr. Richard Buckley Comments on How Cosmetic Breast Procedure Options Help Patients Achieve Today's Cosmetic Surgery Trend Toward Smaller Breast Sizes

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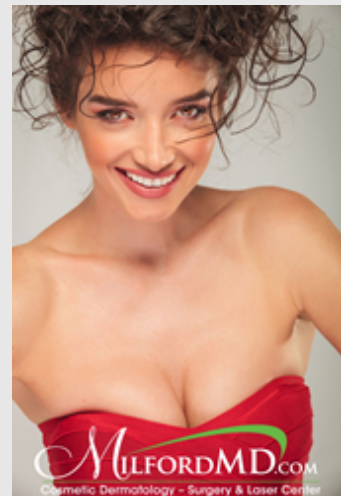
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Smaller breast sizes, mimicking a fitter look, seem to be in. And for women who want to slightly reduce, enlarge or lift their breasts to achieve the "in" look, there are both scalpel-free and surgical options, according to cosmetic surgeon Dr. Richard Buckley. In an [Allure](#) article about predicted top cosmetic surgery procedure trends in 2018, Allure.com alluded to the growing popularity of smaller breasts. "We're seeing this 'smaller is better' trend in our office, where women don't want size D and larger breasts, but rather more youthful, athletic-looking B cups," according to cosmetic surgeon Dr. Richard Buckley, medical director at MilfordMD Cosmetic Dermatology Surgery & Laser Center, in Milford, Penn.

Among those options:

A laser-assisted approach to breast reduction, enlargement and lift

The laser-assisted Laser Bra Lift is one of the four big plastic surgery trends for 2018, according to Allure.com. The breast reduction with or without augmentation procedure is a surgical procedure based on the traditional surgical lift but with an important twist. "The Laser Bra Lift is performed using a CO2 laser," Dr. Buckley says. "It's a traditional surgical



Commenting on Allure's article predicting top cosmetic surgery procedures in 2018, Dr. Buckley comments on why trend of "smaller is better" is impacting breast procedures.

lift, except we take some skin that would normally be discarded and tuck it inside the breast to create an internal bra, of sorts, without having to use a breast implant. The laser also improves breast skin elasticity.”

As a result, the breasts look fuller and slightly larger but not as large as with an implant. “It’s a natural look for people who don’t want to go too big,” he says.

Nonsurgical Thermi breast lift

Thermi radiofrequency skin tightening devices have changed the skin tightening landscape for patients, according to Dr. Buckley. “Cosmetic medicine went from having few effective skin tightening options to being able to offer a device that safely and effectively uses injectable radiofrequency energy to tighten skin on the neck, arms, knees and thighs,” Dr. Buckley says. “Now, the company that is at the forefront of this technology, Thermi, offers ThermiBreast. The procedure involves placing a tiny probe under the breast skin to gently heat the tissue. The result is a natural, lifted, tighter appearance to the breast, without surgery or scars. Sometimes, we combine the Thermi device with breast liposuction for a more dramatic result.”

Patients go home after the procedure and will notice the effects of the skin remodeling and lifting from the controlled heating during the months following Thermi treatment, according to Dr. Buckley. “It’s an ideal alternative to surgery for women who don’t have too much sagging and loose tissue. Rather, their breasts just need a noticeable lift,” he says.

Breast enlargement with fat transfer

Dr. Buckley is among the surgeons in the U.S. who performs a **natural breast augmentation** using autologous fat transfer, or a patient’s own fat. “Autologous fat transfer involves taking fat from an area of the body, like the abdomen or inner thighs, and transferring it to another, like the breasts,” Dr. Buckley says. “Using natural breast augmentation, we can make a woman’s breasts a cup to a cup-and-a-half bigger, without the need for breast implants.”

Nonsurgical options like these achieve natural results and avoid a surgical breast reduction, surgical breast lift or breast augmentation, and there is little to no downtime and loss of work, according to Dr. Buckley.

“Today’s cosmetic breast patients have lots of good options, depending on the degree of change they want to achieve and their willingness to take time for recovery,” Dr. Buckley says. “We’ve found that especially young and middle-aged women who may only want a little bit of a lift, enlargement or reduction do beautifully with the scalpel-free cosmetic breast procedure options.”

About **MilfordMD Cosmetic Dermatology Surgery & Laser Center**:

The MilfordMD Cosmetic Dermatology Surgery & Laser Center offers state-of-the-art highly specialized procedures in laser and cosmetic surgery and aesthetic skin care. In addition to its AAAHC nationally accredited surgical center and extensive laser surgery capabilities, MilfordMD offers physician designed skin care products for home use. Milford Pennsylvania’s MilfordMD Cosmetic Dermatology Surgery & Laser Center is sought out by patients from around the world for expertise and innovation in cosmetic treatments performed by Board Certified Physicians, Richard E. Buckley, M.D. and Marina Buckley, M.D.

MilfordMD Cosmetic Dermatology Surgery & Laser Center is located at 303 W. Harford Street, Milford, PA 18337. Tel: (800) 664-1528. For real patient video testimonials, visit our [MilfordMD YouTube channel](#).

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