

ORRESPONDENCE

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### The Use of Harmonic Scalpel in Aesthetic Breast Reduction

#### To the Editor:

Although the harmonic scalpel has been in use in surgical practice for the last 15 years, cosmetic and plastic surgeons have been slow to make use of this useful technique. The present documented use of this technique is for harvest of pedicled flaps like the latissimus dorsi and pectoralis major muscle flaps.<sup>1</sup> In aesthetic surgical practice the harmonic scalpel has been used in surgeries

for massive weight loss where it has been documented to reduce seroma formation.<sup>2</sup> We have used the Focus FCS9 hand piece, the synergy curved hook, and the synergy curved blade hand piece in our cases. The focus FCS9 (Figure 1) was used only in one case

In breast reduction surgeries that mostly involved vertical reduction techniques, the harmonic scalpel was used to:

1. To undermine the skin,
2. Cut the breast parenchyma to create medial and lateral pedicles and
3. to excise the excess parenchyma.

The harmonic scalpel was used at the maximum power setting for cutting and at the minimum power setting for coagulation. Small vessels can be effectively coagulated with the harmonic scalpel. Larger perforator arteries require electro cautery or tying. Tissue dissection and cutting using the harmonic scalpel results in a bloodless field (Figure 2). This increases the speed with which surgery can be completed. Further following the use of the harmonic scalpel, there is less discharge from the drain post-operatively and less seroma formation. We also found that the post-operative bruising and edema were much less with the use of harmonic scalpel.



**Figure 1.** *The Focus handpiece.*