OPEN

PRS GLOBAL OPEN

ORIGINAL ARTICLE
Cosmetic

# Achieving Harmonious Feminine Proportions: A Comprehensive Study on Breast Harmonization with Nanotextured Implants

Pawel Szychta, MD, PhD, DSc

**Background:** The prevalence of breast augmentation as a strategy for achieving idealized feminine proportions, consistent with contemporary beauty standards, has increased notably. This study focuses on the use of nanotextured implants, examining their efficacy in enhancing body symmetry and conforming to current aesthetic ideals.

**Methods:** Conducted as a prospective cohort study, this research included women who underwent breast augmentation using nanotextured ergonomic implants from 2017 to 2023. A personalized methodology was applied, incorporating an array of anthropometric measurements and individual motivations to inform the selection of implants. The techniques used aimed at fostering a natural aesthetic, coupled with an extensive postoperative follow-up to evaluate outcomes and identify any complications.

**Results:** The study involved 1000 participants, with findings indicating a marked improvement in breast and overall body proportions, in line with targeted aesthetic principles. High levels of patient satisfaction were observed, with more than 90% reporting favorable aesthetic results and a low incidence of complications. These findings emphasize the effectiveness and safety of nanotextured implants in achieving the desired aesthetic goals.

**Conclusions:** The study underscores the efficacy of nanotextured implants in attaining balanced feminine proportions, aligning surgical results with modern beauty ideals and enhancing personal well-being. It highlights the significance of a tailored approach in breast augmentation, which encompasses not only the physical aspects of aesthetic enhancement but also the psychological and social facets of patient contentment.
*(Plast Reconstr Surg Glob Open 2024; 12:e5751; doi: 10.1097/GOX.0000000000005751; Published online 17 April 2024.)*

## INTRODUCTION

The increasing inclination toward aesthetic enhancement has led to a rise in breast augmentation procedures, as more women strive to attain a balanced and proportionate feminine form, in alignment with prevailing beauty standards.[1] Historically, the evaluation of breast augmentation success focused on postoperative volume enhancement. However, "extreme mammary augmentation," characterized by significantly exceeding standard norms through oversized implants or extensive autologous fat transfer, presents numerous functional and aesthetic challenges. These include biomechanical alterations, physical discomfort, limitations in activities, and skin stretching. Aesthetically, issues such as asymmetry, unnatural appearance, and the potential for further corrective surgery arise. Moreover, these practices are associated with increased surgical risks, psychological impacts, social stigma, the possibility of additional interventions, sensory changes, and breastfeeding difficulties, underscoring the need for a thorough assessment of their broad implications.[2]

*From Dr Szychta Clinic chirurgiaplastyczna.pl, Gdansk, Poland; and Mother's Poland Memorial Hospital—Research Institute, Lodz, Poland.*

*Received for publication December 22, 2023; accepted March 6, 2024.*



DOI: 10.1097/GOX.0000000000005751

Disclosure statements are at the end of this article, following the correspondence information.

Related Digital Media are available in the full-text version of the article on www.PRSGlobalOpen.com.

In modern aesthetic surgery, achieving harmony in the feminine form is a key objective. This study posits that breast augmentation transcends cosmetic enhancement, representing a journey toward harmonious integration of physical and aesthetic aspects.[3] The choice of breast augmentation for self-expression and satisfaction is influenced by various motivations.[4] This study aimed to thoroughly examine how the ideology of harmony influences decision-making in various contexts, including professional, lifestyle, and personal spheres. Special emphasis is given to the surgical planning phase, where harmony guides implant choice, advocating for an individualized approach that respects each participant's unique characteristics. Nanotextured implants are noted for their advantages over traditional smooth and macrotextured implants, particularly in achieving harmonious augmentation results. Their superiority stems from their design and surface texture, offering improved biocompatibility, aesthetic results, and fewer complications.[5]

This study explores the detailed aspects of breast augmentation, with a focus on optimizing body proportions, precise implant selection, and achieving an aesthetic harmony in the feminine physique with use of nanotextured implants. The study aimed to enhance understanding of breast harmonization as a transformative process, achieving physical symmetry and personal harmony, impacting various aspects of life.

### Takeaways

**Question:** How can nanotextured implants improve breast augmentation outcomes in terms of achieving harmonious feminine proportions?

**Findings:** This prospective cohort study of 1000 women undergoing breast augmentation with nanotextured implants showed significant improvement in breast and overall body proportions, aligning with aesthetic ideals. Over 90% reported satisfaction, highlighting the implants' effectiveness and safety.

**Meaning:** Utilizing nanotextured implants for breast augmentation significantly enhances feminine proportions and patient satisfaction, affirming their value in achieving desired aesthetic goals.

## MATERIALS AND METHODS

This prospective cohort study was undertaken between 2017 and 2023, and aimed to investigate the achievement of harmonious feminine proportions through breast augmentation with nanotextured implants. The study design incorporated a detailed analysis of body proportions, implant selection criteria, and the overarching goal of prioritizing the ideology of harmony within the feminine body.

Participants were recruited from diverse demographic backgrounds, reflecting a broad spectrum of ages, professions, and motivations for seeking breast augmentation. Informed consent was obtained from each participant. Institutional review board approval was obtained from the Bioethics Committee at the Mother's Poland Memorial Hospital—Research Institute in Lodz, Poland. Inclusion criteria were breast hypotrophy and no previous surgery, together with aesthetic preference of the patient for breast harmonization in relation to the overall body silhouette. Exclusion criteria were breast deformation requiring more complex surgery, secondary deformations after previous surgery, and aesthetic goals aiming at exaggerated breast volumizing.

The preoperative assessment protocol involved a detailed evaluation of body proportions, breast anatomy, motivations, aesthetic goals, and implant projections, as detailed in Supplemental Digital Content 1. [**See table, Supplemental Digital Content 1**, which shows considerations for implant selection, based on silhouette, breast anatomy, and patient's motivations and aesthetic goals, for a harmonious aesthetic outcome; resultant implant projection: I, II, III, or IV; preexisting breast projection (PBP). **http://links.lww.com/PRSGO/D162**.] This assessment, integrated into the preoperative consultation, used a four-point scale (I–IV) for parameters and breast gland assessment (PBP), categorizing preexisting cup sizes from A (I) to D (IV). Implant projection selection was based on the averaged implant projection minus the PBP, classified as mini (I), demi (II), full (III), or corse (IV). This protocol aimed to align with the ideology of achieving harmonious natural feminine proportions, influenced by artistic ideals and modern aesthetics. Key anthropometric measures included chest width, breast base width, nipple-to-inframammary fold distance, upper and lower pole fullness, waist-to-hip ratio, shoulder-to-hip ratio, and body mass index (BMI). These parameters guided implant choice to complement the individual's natural anatomy and aesthetic desires. PBP was also evaluated to determine the necessary implant projection for the desired outcome, with three-dimensional scanning aiding this analysis. This comprehensive approach ensures tailored breast augmentation procedures, emphasizing harmony and balance to achieve aesthetically pleasing results for each individual.[6,7] (**See table, Supplemental Digital Content 1, http://links.lww.com/PRSGO/D162**.)

All surgical procedures were performed by the author with expertise in breast augmentation. Implant selection was tailored to each participant based on the predefined ideology of harmony, considering factors such as shape, size, and projection to achieve a natural and harmonious aesthetic outcome. The surgical team adhered to a standardized protocol to ensure consistency in approach and outcomes.

This study exclusively used nanotextured ergonomic breast implants, chosen for their compatibility with artistic ideals that prioritize a natural and harmonious aesthetic.[5] These implants offer four profile options designed to complement and enhance the wearer's proportions, ensuring a balanced and aesthetically appealing outcome.[8] Filled with a highly cohesive silicone gel, these implants surpass traditional silicone implants in form stability and integrity. Despite the gel's cohesiveness, it remains soft enough to simulate the natural dynamics and feel of breast tissue, adjusting to various body movements and positions for a consistently natural look. This cohesiveness is crucial for

preserving the implant's shape, especially in maintaining upper pole fullness and the overall breast contour, thereby contributing to a uniform and harmonious appearance over time.

To improve the natural appearance of the breasts, strategic modifications in nipple positioning and inframammary fold alignment were used. The dual plane technique, augmented by a pectoralis major muscle sling, was used to ensure a smooth transition and balanced fullness between the breast poles. Surgery began with a 2.0-cm to 2.5-cm inframammary incision, using a cautery tool to cut through the Scarpa fascia and separate the gland fascia from the muscle at the breast's lower pole. The incision length, dictated by the width of light retractors, has the potential for further minimization. A partial incision in the muscle near the costal margin preserves a 1-cm lateral section as a muscle sling, facilitating the creation of a submuscular pocket. This setup allows for the placement of implants, which is performed manually or with a no-touch technique via a Keller funnel, due to the implants' pliability. The inframammary fold reconstruction involves three sutures that anchor the Scarpa fascia to the deep fascia, positioned centrally and 1cm on either side, ensuring stability and enhancing the breast's natural contour.

Participants were followed up at regular intervals for 6 months postoperatively to assess outcomes, including patient-reported satisfaction, aesthetic results, and any complications or revisions. Subsequently, they were asked to appear should any breast shape disturbances occur, and they were also interviewed by phone every year. The follow-up period extended beyond the immediate postoperative phase to capture the long-term impact of the surgery on participants' satisfaction and overall well-being.

Statistical tests were conducted using the Statistica software: chi-square independence test ($\chi 2$), test for difference of proportions, homogeneity of samples test, Shapiro–Wilk test for normality distribution, *t* tests, and Wilcoxon signed-rank test. Dichotomous variables necessitated the use of nonparametric methods for analysis, whereas other methods were applied to analyze measurable parameters. Each statistical tool was chosen for its specific ability to interrogate the data, ensuring a rigorous and comprehensive examination of the relationships and distributions inherent in the study's variables.

## RESULTS

The prospective cohort study included 1000 women who underwent breast augmentation with nanotextured implants. The participants exhibited a diverse range of demographic characteristics, encompassing various age groups, professions, and motivations for seeking breast augmentation. The mean age of the cohort was 31 years (ranging from 18 to 68), reflecting a broad representation of women across different life stages. The average height was 166 cm ± 6.42 cm, with a BMI of 22.86 ± 4.38 kg per $m^2$ (Table 1). The average implant volume was 340 ± 65.44$cm^3$ in the right breast and 340 ± 66.14$cm^3$ in the left breast, and the most common profile was demi (moderate) in 44% cases ($P < 0.05$), followed by full in 34.7%, mini in 15.2%, and corse in 6.1% cases, with the same ratios in both breasts.

The preoperative assessment in our study on breast augmentation with nanotextured ergonomic implants was designed to understand the diverse motivations of participants, guided by the concept of achieving harmonious natural feminine proportions. Participants' motivations varied from enhancing self-confidence and aesthetic balance to adjusting to bodily changes due to pregnancy or weight loss, with a significant preference for implants that maintain natural proportions ($P < 0.05$). A detailed analysis of patient motivations and their correlation with anthropometric measurements revealed a complex relationship between individual aesthetic desires and physical characteristics. The majority (62%) sought aesthetic harmony and symmetry, significantly associated with narrower chest widths ($P < 0.05$) and balanced breast fullness. About 28% aimed to boost confidence, linked to specific anatomical preferences like lower nipple-to-inframammary fold distance ($P < 0.05$). Professional image concerns influenced 18% of participants, with a trend toward subtle augmentation among professionals, correlated with a lower BMI ($P < 0.05$). Personal empowerment, cited by 15%, was associated with a preference for fuller upper pole volume ($P < 0.05$), whereas 12% pursued augmentation for body rejuvenation after life changes, preferring a wider breast base ($P < 0.05$). Additionally, 25% expressed a desire for overall satisfaction, significantly seeking proportionate augmentation to match their shoulder-to-hip ratio ($P = 0.016$).

**Table 1. Comparative Analysis of Preoperative and Postoperative Breast Measurements and Proportions: Significance in Breast Augmentation Outcomes**

| Parameter | Preoperative Assessment (Median ± SD) | Postoperative Assessment (Median ± SD) | Statistical Significance (*P*) |
|---|---|---|---|
| Chest width | 34.7 ± 2.1 cm | 36.5 ± 2.3 cm | 0.5633 |
| Breast base width | 11.8 ± SD 1.0 cm | 13.4 ± 1.2 cm | 0.3057 |
| Nipple-to-inframammary fold distance | 7.2 ± 0.7 cm | 6.0 ± 0.6 cm | 0.1931 |
| Upper pole fullness | 3.6 ± 0.5 | 4.1 ± 0.4 | 0.4349 |
| Lower pole fullness | 3.8 ± 0.6 | 4.2 ± 0.5 | 0.6085 |
| Waist-to-hip ratio | 0.71 ± 0.05 | 0.71 ± 0.06 | 1.0000 |
| Shoulder-to-hip ratio | 0.84 ± 0.03 | 0.86 ± 0.04 | 0.6892 |
| BMI | 22.86 ± 4.38 kg/$m^2$ | 23.17 ± 4.72 kg/$m^2$ | 0.9616 |

These results underscore the multifaceted nature of women's motivations for breast augmentation with nanotextured implants, revealing a complex interplay between aesthetic ideals, personal confidence, lifestyle considerations, and broader well-being. Tailoring surgical approaches to align with these motivations has proven essential in not only achieving anatomical harmony but also fulfilling the diverse aspirations and lifestyles of women in various situations.

The postoperative follow-up period revealed high levels of patient satisfaction and positive aesthetic outcomes (>90% of cases; Figs. 1–3). Participants reported a notable improvement in self-confidence and body image ($P < 0.05$), aligning with the overarching goal of achieving harmonious feminine proportions ($P < 0.05$). Complications were infrequent, with a low incidence of implant-related issues, indicating success of the predefined ideology guiding implant selection.

Results regarding pre- and postoperative values of anthropometric parameters, such as chest width, breast base width, nipple-to-inframammary fold distance, upper pole fullness, lower pole fullness, waist-to-hip ratio, shoulder-to-hip ratio, and BMI, are presented in Table 1. The mean chest width in the studied cohort increased significantly. Breast augmentation with nanotextured implants resulted in an average increase of 1.8 cm in chest width, contributing to a broader and more harmonious upper body appearance. The breast base width increase of 1.6 cm indicates successful expansion, achieving a more proportionate and aesthetically pleasing breast base. Reduction in nipple-to-inframammary fold distance by 1.2 cm indicates improved positioning, enhancing the natural appearance of the breasts. Increase of upper pole fullness resulted in a more rounded upper and lower pole, achieving a balanced and aesthetically pleasing breast contour. The stability in waist-to-hip ratio indicates that the breast augmentation did not adversely impact overall body proportions. Variations in shoulder-to-hip ratios among groups highlight the influence of lifestyle factors on body proportions. Participants maintained a healthy BMI postoperatively, supporting the positive impact of breast augmentation on body proportions without significant weight changes. These detailed results, supported by statistical analyses, highlight the success of breast harmonization with nanotextured implants in achieving the predefined ideology of feminine harmony. The study provides nuanced insights into the transformative effects on body proportions, emphasizing the alignment with modern ideals of natural beauty and artistic proportions.

Subgroup analyses were conducted to explore variations in outcomes based on different motivations, lifestyle factors, and professional backgrounds. While the study cohort exhibited diverse motivations, the achievement of harmonious feminine proportions was consistently reported across various subgroups ($P < 0.05$). Subanalyses also demonstrated that the predefined ideology of harmony remained a significant predictor of positive postoperative outcomes ($P < 0.05$).

The study extended beyond the immediate postoperative phase to assess long-term outcomes. Long-term follow-up data reinforced the sustainability of achieved harmonious proportions ($P > 0.05$) and indicated enduring patient satisfaction ($P > 0.05$). Therefore, the predefined ideology of harmony within the feminine body continued to be a guiding principle in the longevity of aesthetic results ($P > 0.05$).

The surgical techniques for nanotextured breast implants demonstrated a strong safety profile with minimal complications. Infection, seroma, and capsular contracture were absent; hematoma, implant malposition, and rupture were rare. Most healing and scarring issues

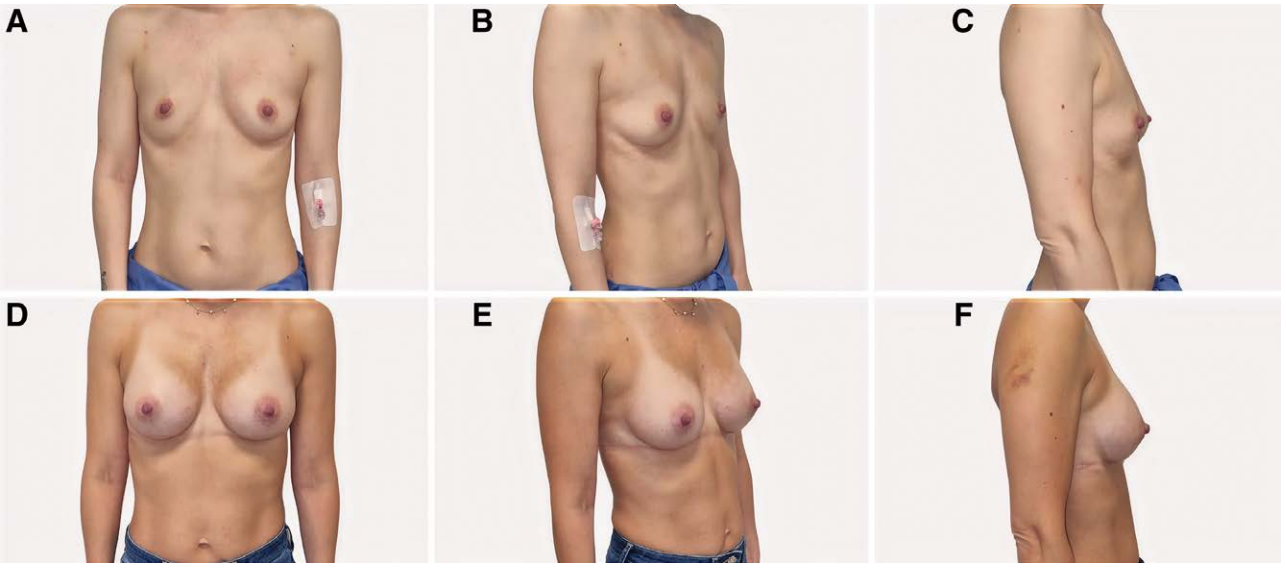


**Fig. 1.** Ergonomic breast augmentation in a short patient with narrow chest wall and narrow hips, with no defined waist. A-C, Preoperative photographs. B, Postoperative photographs.

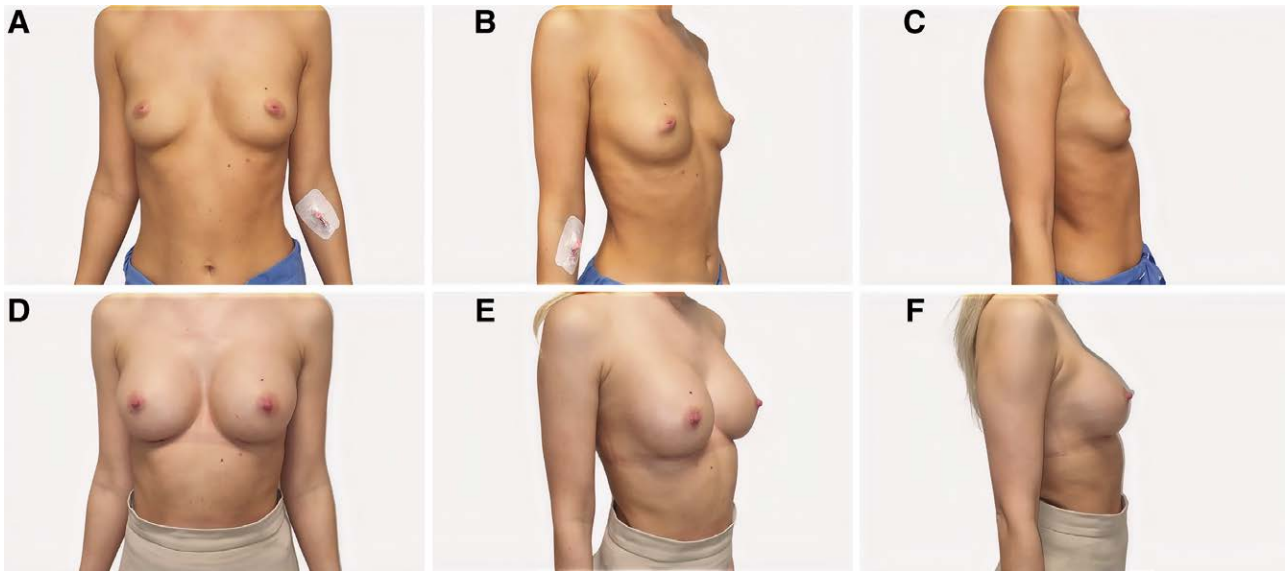


**Fig. 2.** Ergonomic breast augmentation in a short patient with wide chest wall and narrow hips, with no defined waist. A-C, Preoperative photographs. D-F, Postoperative photographs.

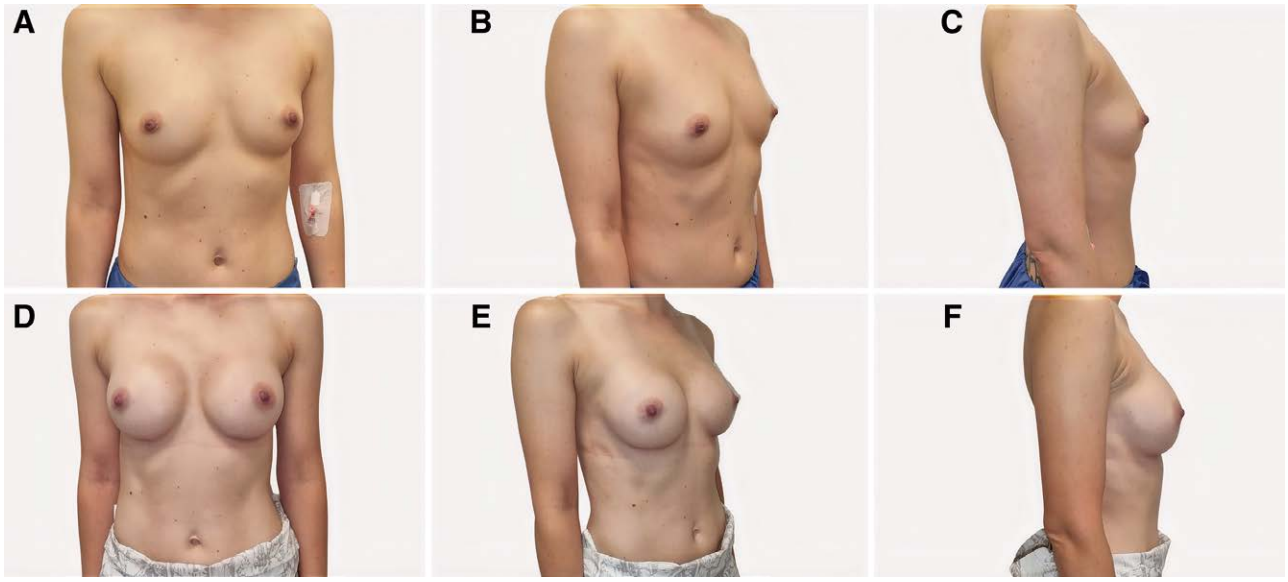


**Fig. 3.** Ergonomic breast augmentation in a tall patient with narrow chest wall and narrow hips, with no defined waist. A-C, Preoperative photographs. D-F, Postoperative photographs.

were resolved noninvasively with a 99.3% nonintervention rate. Only 0.7% required revision surgery, underscoring outcome stability and low major complication frequency.

## DISCUSSION

Breasts have multifaceted roles in women's lives, influencing their femininity, sexuality, psychological well-being, social interactions, fashion choices and physical health, and serving as indicators of overall health. Their significance extends well beyond their biological function, intertwining with various aspects of a woman's life. Therefore, emphasis should be focused on achieving balanced and aesthetically pleasing results, reflecting a departure from merely augmenting breast size to a more holistic approach that prioritizes proportional enhancement mimicking youthful natural appearance.[9] This focus on harmony resonates with the participants' diverse motivations for seeking breast augmentation, including self-confidence, lifestyle changes, and the restoration of proportions affected by life events such as pregnancy or weight fluctuations.[4]

This study is grounded in the contemporary ideology of harmonious feminine proportions, aligning with modern artistic and aesthetic standards that prioritize

individuality, natural symmetry, and proportionality.[10,11] Emphasizing a holistic approach to beauty, it advocates for enhancements that achieve natural symmetry and balance within the body's unique contours, rather than aiming for perfect symmetry. The approach considers the entire silhouette, including the waist-to-hip ratio and shoulder width, to ensure a cohesive appearance. Personalized treatments are favored over standardized procedures, with a trend toward subtle, natural-looking enhancements that respect the individual's existing body shape and aesthetic preferences. The focus extends beyond mere breast augmentation to how the breasts integrate with the body's overall contours, aiming to complement and enhance the natural silhouette rather than making dramatic alterations. This holistic perspective ensures that enhancements not only improve the appearance of the breasts but also contribute to a balanced and aesthetically pleasing overall body image.

Contemporary ideals are more inclusive, embracing a wide range of breast shapes and sizes as beautiful. There is an increasing awareness and acceptance that beauty standards are diverse and constantly evolving. Modern definitions of beauty emphasize not just aesthetic outcomes but also the health and well-being of the individual. This includes considering the long-term effects of breast augmentation and ensuring that the procedures and implant choices are safe and sustainable. Recognizing that perceptions of beauty are not universal but are influenced by cultural and societal factors. On top of that, beauty ideals are not static and breast shape and size preferences may change with age. The focus is often on achieving a look that is harmonious and natural for the individual's stage in life.

Advancements in 3D imaging technology have facilitated the use of detailed scanning techniques, offering a realistic preview of potential aesthetic outcomes, thus aiding in informed decision-making. Furthermore, surgical and material innovations have led to the development of ergonomic implants that provide more natural-looking results and safer procedures. These implants, designed to mimic the natural movement and feel of breast tissue, present a significant improvement over traditional smooth, macrotextured, round, or tear-drop shaped implants. Ergonomic implants are softer and more flexible, allowing for natural body movement, thereby enhancing authenticity in appearance and feel. They adapt to body position changes, maintaining a natural contour whether the individual is standing or lying down, which is crucial for a harmonious appearance under various conditions. Their natural movement and softer feel also contribute to increased comfort compared with traditional rigid implants. This study's exclusive use of nanotextured implants underscores their efficacy in achieving harmonious feminine proportions and minimizing complications, supporting their significant role in breast harmonization. By aligning with modern natural beauty ideals and considering individual anatomical variations, surgeons can achieve outcomes that enhance the aesthetic balance of the feminine silhouette.

The study's exploration of motivations for breast augmentation across various life situations revealed a spectrum of reasons driving women to seek harmonious proportions. In professional settings, participants often expressed a desire for increased self-confidence and a positive body image, aligning with the predefined ideology of harmony as a means of empowerment. Lifestyle changes and private motivations, such as regaining prepregnancy figures, further underscored the multifaceted nature of women's choices in seeking breast augmentation. The individualized approach to surgery, considering diverse motivations and lifestyle factors, contributed to the sustained positive outcomes observed during long-term follow-up. The adherence to the predefined ideology of harmony facilitated a nuanced understanding of the interplay between surgical interventions and the enduring impact on patients' overall well-being.

Previous studies delved into societal perceptions of harmonious feminine proportions.[12–14] Conclusively, our predefined ideology resonates not only with patients but also with societal standards of beauty. Here, the positive aesthetic outcomes in our series and high levels of patient satisfaction suggest that the predefined ideology serves as a relevant and universally appealing metric for evaluating the success of breast augmentation procedures.

This study, although comprehensive and innovative, has limitations. Participant self-selection may introduce bias, affecting universality of the result. Subjective aesthetic assessments could create biases due to personal and cultural beauty perceptions. The lack of a control group and a short 6-month follow-up limit comparative analysis and long-term outcome assessment, respectively. Participant diversity adds variability, impacting generalizability. Insufficient focus on psychosocial impacts neglects broader effects on well-being. Outcomes, dependent on specific surgical skills, may not be replicable, and the study does not consider economic or accessibility issues of nanotextured implants. These points highlight the need for further research featuring diverse participant groups, longer follow-ups, control groups, and focused psychosocial impact analysis.

In summary, the results of this prospective cohort study underscore the success of achieving harmonious feminine proportions through breast augmentation with nanotextured implants. The predefined ideology of harmony, rooted in artistic ideals and modern definitions of harmonious natural feminine proportions, emerged as a guiding principle throughout the surgical journey. The positive outcomes, high levels of patient satisfaction, and sustained aesthetic results support the significance of prioritizing the ideology of harmony within the feminine body as the central goal of breast augmentation.

## CONCLUSIONS

In conclusion, this study provides a comprehensive exploration of breast harmonization using nanotextured implants, emphasizing the predefined ideology of harmony within the feminine body. The findings

underscore the success of prioritizing harmony as the primary goal of breast augmentation, resulting in positive aesthetic outcomes and high levels of patient satisfaction across diverse life situations. The implications of this research extend beyond individual surgical interventions, shaping the discourse on societal perceptions of feminine beauty and the transformative impact of achieving harmonious proportions through breast augmentation.

***Pawel Szychta, MD, PhD, DSc***
Dr Szychta chirurgiaplastyczna.pl
Zabi Kruk 10, 80-822 Gdansk
Poland
E-mail: pawel.szychta@chirurgiaplastyczna.pl

## DISCLOSURE

*The author has no financial interest to declare in relation to the content of this article.*

## ACKNOWLEDGMENTS

*The study was conducted as a result of one scientific attachment at the University Hospital of Brussels, Belgium, 2015 as well as three scientific attachments of the Scholarship of the Plastic Surgery Foundation awarded in 2018, American Society of Plastic Surgeons, Chicago, Illinois (Dallas Plastic Surgery Institute, Dallas, Tex., 2019; St. John's Medical Plaza, Santa Monica, Los Angeles, Calif., 2019; Rady Rahban Plastic Surgery, Beverly Hills, Los Angeles, Calif., 2019; Mercy Hospital, Miami, Fla., 2019; Mivip Surgery Center, Miami, Fla., 2019).*

## ETHICAL APPROVAL

*Ethical approval was obtained from the Bioethical Committee at the Mother's Poland Memorial Hospital–Research Institute in Lodz, Poland.*

## REFERENCES

1. Sisti A, Aryan N, Sadeghi P. What is beauty? *Aesthetic Plast Surg.* 2021;45:2163–2176.
2. Guimarães PA, Resende VC, Sabino Neto M, et al. Sexuality in aesthetic breast surgery. *Aesthetic Plast Surg.* 2015;39:993–999.
3. Moufarrège R. [Anatomical and artistic breast considerations]. *Ann Chir Plast Esthet.* 2005;50:365–370.
4. Gladfelter G, Murphy D. Breast augmentation motivations and satisfaction: a prospective study of more than 3,000 silicone implantations. *Plast Surg Nurs.* 2008;28:170–174; quiz 175–176.
5. Sforza M, Zaccheddu R, Alleruzzo A, et al. Preliminary 3-year evaluation of experience with silksurface and velvetsurface motiva silicone breast implants: a single-center experience with 5813 consecutive breast augmentation cases. *Aesthet Surg J.* 2018;38(suppl_2):S62–S73.
6. Lin Y, Chen J, Mu D. Anthropometric aspects in the breast augmentation. *Aesthetic Plast Surg.* 2022;46:160–161.
7. Charles-de-Sá L, de Aguiar Valladão T, Vieira DML, et al. Anthropometric aspects in the breast augmentation. *Aesthetic Plast Surg.* 2020;44:1498–1507.
8. Quirós MC, Bolaños MC, Fassero JJ. Six-year prospective outcomes of primary breast augmentation with nano surface implants. *Aesthet Surg J.* 2019;39:495–508.
9. Moio NG. A 5 year multicenter retrospective study on Motiva Ergonomix breast implants: minimizing complications and maximizing results. *Eur J Plast Surg.* 2023;46:1–13.
10. Pa H, Seung SK, Cheol J, et al. Four-year interim results of the safety of augmentation mammaplasty using the motiva ergonomixtm round silksurface: a multicenter, retrospective study. *Aesth Plast Surg.* 2021;45:895–903.
11. Hwang K, Park CY. The divine proportion: origins and usage in plastic surgery. *Plast Reconstr Surg Glob Open.* 2021;9:e3419.
12. Anderson JB, Laughter MR, Hatch J, et al. Shifting the standard of beauty: beginning of the body inclusive model. *Cureus.* 2022;14:e25584.
13. Sarwer DB, Grossbart TA, Didie ER. Beauty and society. *Semin Cutan Med Surg.* 2003;22:79–92.
14. Vartanian LR, Hopkinson MM. Social connectedness, conformity, and internalization of societal standards of attractiveness. *Body Image.* 2010;7:86–89.