

Deepithelialization of breast in reduction mammoplasty using cable tie as breast tourniquet

Sir,

Deepithelialization is the first stage of reduction mammoplasty in techniques which use dermal, dermoglandular pedicles for nipple-areola complex. This stage is known as time consuming and demanding by most of the surgeons, especially when the breasts are large and when there is no assistant available. For quality and easy deepithelialization, there must be adequate tension on the skin usually sustained by an assistant's traction. Many surgeons prefer to stabilise the breasts by tying with a sterile gauze. Some seek for better and easy techniques to shorten the deepithelialization period. Bellioni *et al.* described the braces technique using a tourniquet made of an 8½ sterile glove blocked with Kocher forceps to tighten the breast skin.^[1] Barr *et al.* advocated the use of electrocautery device instead of scalpels for deepithelialization and found it to be quick and safe.^[2] Khan described his own technique with scissors^[3] as Sinha enhanced deepithelialization with scissors using what he called maze pattern incisions.^[4] Simone *et al.* emphasised the use of infiltration solutions to ease this stage.^[5] We used to perform deepithelialization by tying the breast with sterile gauze and using scalpels, sometimes scissors. Nowadays, we prefer plastic bracelets commercially available as cable tie. They can be available in the market,



Figure 1: Application of cable tie around the breast

they are very cheap and easy to use. It can be sterilised by ethylene oxide before the operation. During the operation, they are easily set, tightened as needed and never loosen [Figure 1]. It achieves appropriate tension for smooth deepithelialization and the surgeon may perform the operation without an assistant.

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10.4103/0970-0358.113741