

## Determining which type of top surgery is best for you

Use the steps below to find which incision types may be right for your anatomy and goals. A free consultation with Dr. Mosser will confirm your eligibility.\*

### STEP 1 MEASURE YOUR INFRAMAMMARY ANGLE



With the camera level to your lower chest, stand at a 45° angle to the lens so the full profile of your chest tissue is visible. The angle between your torso and the bottom of your breast tissue determines your starting category below.

● **Angle greater than 135°**

● **Angle 110°–145°**

● **Angle less than 110°**

### STEP 2 WHAT ARE YOUR GOALS?

**A**

#### Flat result + nipple sensitivity

You want a flat chest and want to maintain nipple sensation post-op.

● **Angle > 135°**

Keyhole  
Scar around lower half of nipple

Periareolar  
Scar around the nipple

● **Angle 110°–145°**

Periareolar  
Scar around the nipple

Fishmouth  
Horizontal scars at nipple height

Lollipop  
Vertical scars down from nipple

Double-incision with nerve grafting  
Scars at base of pectorals

● **Angle < 110°**

Double-incision with nerve grafting  
Scars at base of pectorals

**B**

#### Flat result, no sensitivity needed

You want a flat chest and are comfortable with reduced nipple sensation after surgery.

● **Angle > 135°**

Not typically applicable for this path. See Path A.

● **Angle 110°–145°**

Periareolar  
Scar around the nipple

Fishmouth  
Horizontal scars at nipple height

Lollipop  
Vertical scars down from nipple

Double-incision  
Scars at base of pectorals

● **Angle < 110°**

Double-incision  
Scars at base of pectorals

**C**

#### Non-flat result + nipple sensation

You want a breast reduction, not a fully flat chest. All options carry ~80% chance of maintained sensitivity.

● **Angle > 135°**

Not typically applicable for non-flat procedures.

● **Angle 110°–145°**

Buttonhole  
Vertical scars at base of pectorals

● **Angle < 110°**

Buttonhole  
Vertical scars at base of pectorals

Inverted T  
Anchor-shaped scar from nipple to inframammary fold

\* These categories are guidelines, not guarantees. Your eligibility for specific procedures depends on your individual anatomy and will be confirmed during your free consultation with the GCC.