

A close-up photograph of a person's midsection, showing the waistline and the curve of the abdomen. The skin is a warm, natural tone. A thin white line starts from the right side of the frame, curves slightly upwards, and ends with a small white circle pointing towards the waistline. The word "POLYTECH" is printed in white, uppercase letters at the top center of the image.

POLYTECH

The Y-Number

Round, short or oblong base?

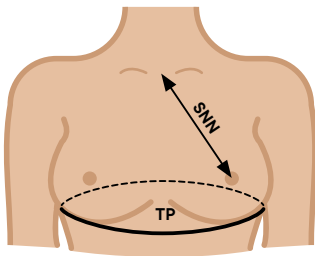
how to choose the optimal anatomical implant

The Y-Number*

ROUND, SHORT OR OBLONG BASE? HOW TO CHOOSE THE OPTIMAL ANATOMICAL IMPLANT

The choice of the implant base height should follow the patient's breast footprint, which is influenced by the patient's body type. The Y-Number was developed from this observation. It correlates the sternal notch-to-nipple distance with the thoracic perimeter and helps to identify the shape of optimal breast implant base for the patient.

$$Y = TP : SNN$$



Implant type	Base Style	Projection			
		Low L	Moderate M	High H	Extra high X
Replicon® round base, anatomical Projection		20/30 734	15/20/30 735	15/20/30 736	15/20/30 737
Opticon® short base, anatomical Projection		20/30 744	15/20/30 745	15/20/30 746	15/20/30 747
Optimam® oblong base, anatomical Projection			15 775	15 776	

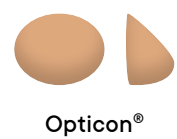
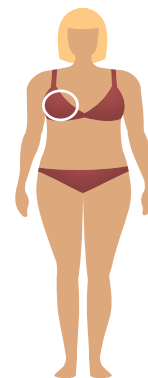
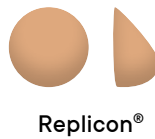
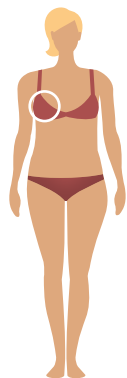
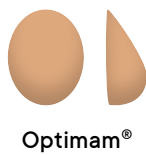
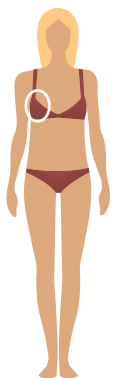
1. Measure the distance from sternal notch to nipple (SNN).
2. Measure the thoracic perimeter (TP) at the level of the inframammary fold (unenforced expiration).
3. Divide the TP by the SNN – the result you get is the Y-Number.

Asthenic Body Type
Y < 3.8
Optimam®

Average Body Type
Y = 3.8 to 4.2
Replicon®

Pyknic Body Type
Y > 4.2
Opticon®

THE BODY TYPES



ASTHENIC

Characterized by long, thin muscles/limbs and low fat storage (usually referred to as slim; women with this body type are not predisposed to store fat or build muscle).

AVERAGE

Characterized by medium bones, solid torso, low fat levels, wide shoulders, with a narrow waist (usually referred to as muscular; women with this body type are predisposed to build muscle but not store fat).

PYKNIC

Characterized by increased fat storage, a wide waist, and a large bone structure (usually referred to as fat; women with this type of body are predisposed to storing fat).

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*The Y-Number is named after its creator: José Luis Martín del Yerro, M.D.
Source: del Yerro, José L. Martín; Vegas, Manuel R.; Fernández, Verónica; Moreno, Emilio; Sanz, Ignacio; Puga, Susana; Vecino, María G.; Biggs, Thomas M.: Selecting the Implant Height in Breast Augmentation with Anatomical Prosthesis: The "Number Y". Plastic and Reconstructive Surgery, Vol. 131, N°6, June 2013