
















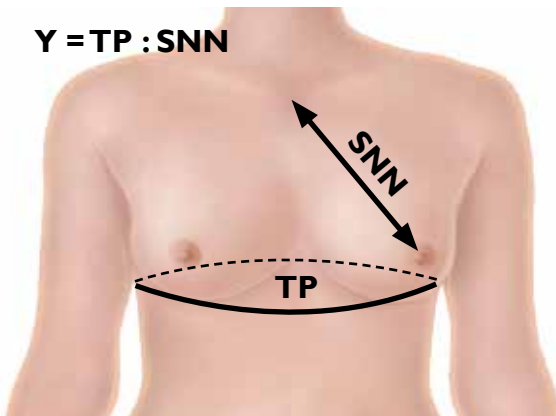
The Y-Number*

Regular, short, oblong? Deciding for the optimum anatomical implant

The selection of the implant height should follow the patient's breast implantation base, which is highly influenced by her body type. With this assumption, the Y-number was developed. It correlates the suprasternal notch-to-nipple distance with the thoracic perimeter and reveals the shape of the optimum breast implant base in the particular patient.

Implant Type 15 = MESMO® sensitive 20 = POLYtxt® 30 = Microthane®	Base Style	Projection			
		low LP	moderate MP	high HP	extra high XP
Replicon® round base, anatomical profile		 20/30 734	 15/20/30 735	 15/20/30 736	 15/20/30 737
Opticon® short base, anatomical profile		 20/30 744	 15/20/30 745	 15/20/30 746	 20/30 747
Optimam® oblong base, anatomical profile		 20/30 774	 15/20/30 775	 15/20/30 776	 20/30 777

$$Y = TP : SNN$$



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 through the SNN – the result you get is the Y-Number.

$Y < 3.8 \rightarrow$ Optimam®

$Y = 3.8 \text{ to } 4.2 \rightarrow$ Replicon®

$Y > 4.2 \rightarrow$ 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).

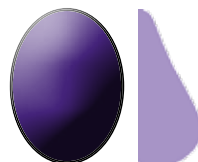
Pyknic: Characterized by increased fat storage, a wide waist, and a large bone structure (usually referred to as fat; women with this type of body are predisposed to storing fat).



Asthenic Body Type

$Y < 3.8$

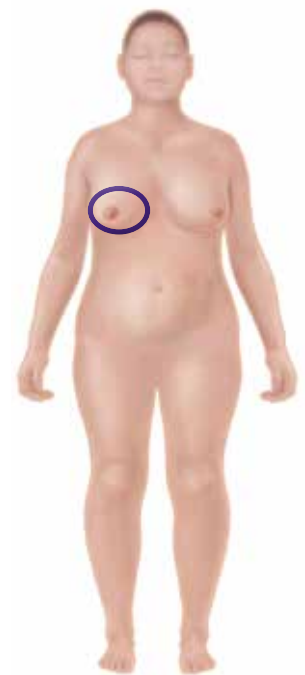
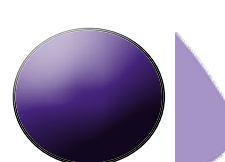
Optimam®



Average Body Type

$Y = 3.8 \text{ to } 4.2$

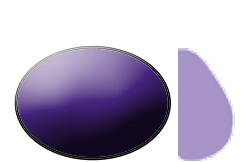
Replicon®



Pyknic Body Type

$Y > 4.2$

Opticon®



*The Y-Number is named after its creator: Jose Luis Martin del Yerro, M.D.

Source: del Yerro, Jose L. Martin; Vegas, Manuel R.; Fernandez, Veronica; Moreno, Emilio; Sanz, Ignacio; Puga, Susana; Vecino, Maria 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