

# MIA: A GAME-CHANGER IN BREAST ENHANCEMENT AND ITS ROLE IN ADVANCING CROSS-BORDER AESTHETIC SURGERY

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## **ABSTRACT**

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Minimally Invasive Augmentation (MIA) is a novel approach in aesthetic breast surgery that aligns with the evolving needs of patients seeking discreet, low-trauma procedures with minimal recovery time. Developed through a Femtech collaboration with Motiva®, MIA is performed under local anesthesia with optional sedation, utilizing a 2 cm axillary incision. This leaves no visible scars on the breast and significantly reduces surgical impact.

The procedure employs the Motiva Ergonomix2® system in conjunction with the proprietary Mia Expansion Kit, enabling controlled tissue dissection and precise implant placement while preserving glandular structure and neurovascular integrity. The absence of drains and a rapid return to daily activity contribute to a streamlined recovery experience and high patient satisfaction.

This submission outlines the surgical technique, patient selection criteria, and clinical outcomes based on experience from a Dubai-based practice. As the only female plastic surgeon in the region certified in MIA, the author also integrates a holistic care model incorporating stress regulation, functional medicine, and targeted supplement and nutritional therapy to optimize recovery and minimize inflammation.

MIA offers not only a surgical solution but a new standard of care that reflects the shift toward wellness-oriented, cross-border aesthetic procedures. It is particularly relevant to Southeast Asian patients seeking safety, discretion, and natural results in a high-standard destination setting.