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.

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.

\[ Y = \frac{TP}{SNN} \]

**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).

---

*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