

## Importance of Reconstructive Breast Surgery after Mastectomy

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### ABSTRACT

Reconstructive breast surgery can significantly improve patients' quality of life after a mastectomy, which can have a positive impact on their psychological well-being. Patients who undergo breast reconstructive surgery have greater satisfaction with their body image, an improvement in their self-esteem, and a decrease in anxiety and depression. In short, the aesthetic analysis of breast reconstructive surgery is an essential aspect in the practice of plastic and reconstructive surgery, since it allows optimal results and significantly improves the quality of life of patients. Therefore, it is necessary to continue researching and improving the techniques and methodologies used in this field to ensure quality and personalized care to patients.

### ARTICLE DETAILS

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### INTRODUCTION

#### 1.1 Epidemiology of breast cancer

Breast cancer is the most common cancer in women worldwide and accounts for approximately 25% of all cancer cases in women. The incidence of breast cancer varies widely by age, race, and geographic location, but rates have increased worldwide in recent decades.

#### 1.2 Psychological repercussions

Reconstructive breast surgery can significantly improve patients' quality of life after a mastectomy, which can have a positive impact on their psychological well-being. Patients who undergo breast reconstructive surgery have greater satisfaction with their body image, an improvement in their self-esteem, and a decrease in anxiety and depression.

#### 1.3 Significance

Reconstructive breast surgery is an integral part of breast cancer treatment and can significantly improve patients' quality of life. Breast reconstruction can also improve body symmetry, functionality and overall patient satisfaction.

### METHODS

A systematic literature review was conducted to identify studies evaluating the aesthetic analysis of breast reconstructive surgery. We searched PubMed, Medline and Cochrane Library databases for articles using the terms 'aesthetic analysis', 'breast reconstructive surgery', 'quality of

life' and 'aesthetic outcomes'. We selected studies that assessed women's satisfaction with the aesthetic outcomes of breast reconstructive surgery and provided objective measures of the quality of aesthetic outcomes.

### AESTHETIC APPROACH

The aesthetic analysis of breast reconstructive surgery focuses on the evaluation of the symmetry, shape and projection of the reconstructed breasts. Aesthetic evaluation is crucial to achieving optimal results in breast reconstructive surgery, as it allows the surgeon to reconstruct the breast in a way that resembles the contralateral breast and provides a natural appearance.

There are several techniques to evaluate the symmetry and aesthetic appearance of reconstructed breasts, including measuring breast height, distance between nipples, breast projection, breast shape, and areola position. Photographs and imaging tests are also used to evaluate the symmetry and aesthetic appearance of the reconstructed breasts.

Breast reconstructive surgery should be performed with a multidisciplinary approach, which involves the collaboration of plastic and reconstructive surgeons, oncologists, radiologists and pathologists. In addition, the psychology of the patient and her quality of life after surgery should be taken into account.

Surgical techniques used in breast reconstructive surgery include reconstruction with own tissue, reconstruction with

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implants and the combination of both techniques. The choice of technique depends on several factors, such as the type of breast cancer, the amount of breast tissue available, the amount of skin available, and the patient's preference.

In general, breast reconstructive surgery is a complex procedure that requires careful planning and detailed aesthetic evaluation to achieve optimal results in terms of symmetry, shape, and projection of the reconstructed breasts. Aesthetic evaluation is a fundamental part of the breast reconstructive surgery process and should be considered at all stages of treatment.

### DISCUSSION

Reconstructive breast surgery is an important part of breast cancer treatment, and its goal is to restore the appearance and functionality of the affected breast. However, in addition to functionality, aesthetic appearance is also a major concern for patients. Women who have had a mastectomy may experience a wide range of emotional and psychological changes, including loss of self-esteem, anxiety, and depression. Reconstructive breast surgery can help reduce these side effects, but it can also increase anxiety and uncertainty about the final outcome.

The aesthetic analysis of breast reconstructive surgery is essential to achieve the best possible results. Preoperative evaluation is a crucial step in determining the patient's needs and expectations, and in planning the appropriate surgical strategy. Plastic surgeons must be adept at evaluating shape, symmetry, and proportion, as well as identifying the aesthetic features that make a breast attractive.

Symmetry is a key element in the aesthetic analysis of breast reconstructive surgery. Most women prefer symmetrical breasts, so surgeons must work to create a visual balance between the breasts, especially if unilateral reconstruction is performed. The use of 3D imaging techniques can help to better visualize the final result and plan the surgical strategy. Shape is also an important aspect of the aesthetic analysis of breast reconstructive surgery. Most women prefer a breast with a natural shape, rather than one that looks artificial or "operated." The autologous fat transfer technique can be useful to give a natural shape to the reconstructed breast, and to improve symmetry in case of unilateral reconstruction.

Patient satisfaction is the desired end result of breast reconstructive surgery, and subjective evaluation of aesthetic results is important in determining whether this goal has been achieved. Plastic surgeons must work closely with patients to understand their needs and expectations, and to educate them on the expected results of surgery. The combination of advanced surgical techniques, objective and subjective evaluation of aesthetic results, and patient education are essential to achieving the success of breast reconstructive surgery.

In summary, the aesthetic analysis of breast reconstructive surgery is critical to achieving optimal results in terms of appearance and functionality. Preoperative evaluation,

symmetry, shape, and patient satisfaction are key aspects that should be considered by plastic surgeons. The use of advanced surgical techniques, objective and subjective evaluation of aesthetic results, and patient education are essential to the success of surgery.

### CONCLUSION

In conclusion, breast reconstructive surgery is an intervention that is performed with the aim of restoring the aesthetic appearance and improving the quality of life of patients who have undergone a mastectomy. The aesthetic evaluation of the results of the surgery is a key aspect in the success of the intervention, since it has a significant impact on the self-esteem and body image of the patient. For this, it is necessary to carry out a careful and detailed evaluation, taking into account both objective and subjective aspects.

The aesthetic analysis of breast reconstructive surgery has been shown to be a complex and multifactorial process, requiring a combination of technical knowledge and artistic skills on the part of the plastic surgeon. In addition, it is essential to take into account the individual preferences of the patient and establish open and honest communication with her to ensure a satisfactory outcome.

In short, the aesthetic analysis of breast reconstructive surgery is an essential aspect in the practice of plastic and reconstructive surgery, since it allows optimal results and significantly improves the quality of life of patients. Therefore, it is necessary to continue researching and improving the techniques and methodologies used in this field to ensure quality and personalized care to patients.

### CONFLICTS OF INTEREST

None.

### ACKNOWLEDGMENTS

None.

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## FIGURES

**Table 1. BREAST-Q**

Domain	Subdomain	Items
Breast satisfaction	Breast shape	4 items
	Breast size	4 items
	Symmetry of the sine	4 items
	Proportion of the breast to the body	4 items
	Nipple/areola location	4 items
Psychological well-being	Self-confidence	5 items
	Appearance of the breasts	6 items
	Dissatisfaction with the breasts	2 items
	Sexual harassment	1 item
	Social relations	3 items
	Shame	1 item
Physical well-being	Negative feelings towards breasts	2 items
	Back pain	1 item
	Breathing problems	1 item
	Shoulder problems	1 item
	Neck problems	1 item
	Skin rashes under the breasts	1 item
	Problems exercising	1 item
	Sleep problems	1 item
Sexual well-being	Limitations in activities of daily living	1 item
	Sexuality	4 items
Satisfaction with health care	Sexual comfort	3 items
	Doctor-patient communication	3 items
	Doctor-patient relationship	3 items
Satisfaction with the breast reconstruction process	Satisfaction with health care	3 items
	Breast reconstruction procedure	5 items
	Scars	1 item
	Recovery time	1 item
	Pain after surgery	1 item
Satisfaction with the decision of breast reconstruction	Satisfaction with results	3 items
	Breast reconstruction decision	2 items