



Analysis of patients' satisfaction undergoing breast augmentation using BREAST-Q

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Abstract:

Objectives:

To document the patient's evaluation after breast augmentation using BREAST-Q

Materials and Methods:

The study was conducted in a private cosmetic surgery setup in female patients undergoing breast augmentation silicone-implant surgery or fat transfer. All the surgeries were performed by the single surgeon under general anaesthesia. Three parameters of BREAST-Q were noted preoperatively and after 9 months. All the data was analyzed statistically.

Results:

The mean age of the patients was 28.6 years. The average implant volume was 331 ml (range, 250 – 455 ml). The patients undergoing fat transfer had an average of 391.7 ml (range, 295 – 450 ml) injected in each side. There was a statistically significant difference noted in the scores pre and post-operatively.

Conclusion:

The use of validated survey instruments plays an important role in improving the patient-reported outcomes. Breast augmentation with fat transfer was shown to have higher patient satisfaction using BREAST-Q.

Biography

Dr Muhammad Ahmad graduated in 1997. He is the only surgeon in history of Pakistan to present a new classification system for documenting male pattern baldness, named as "Ahmad's NPRT system". His classification on scalp hair distribution (LGMA classification) is the unique and presented first time in the history. He has developed his own Scar Assessment Scale (Ahmad's Scar Scale) published and presented in National & International conferences and Journals. He is the first surgeon in the world to develop Ahmad's Hair Transplant As-

essment Scale and First Comprehensive classification of Hair Transection.

Dr Ahmad is the Editor of Pakistan Journal of Plastic Surgery (Pakistan), Journal of Plastic Surgery and Cosmetology (USA) and Newsletter of Asian Association of Hair Restoration Surgeons (AAHRS). He is also a Reviewer and Editorial Board Member of various International Journals.

Recent Publications:

1. McCarthy CM, Cano SJ, Klassen AF, Scott A, van Laeken N, Lennox PA, Pusic AL. The magnitude of effect of cosmetic breast augmentation on patient satisfaction and health-related quality of life. *Plast Reconstr Surg* 2012;130(1):218-223.
2. Alderman A, Pusic A, Murphy DK. Prospective analysis of primary breast augmentation on body image using the BREAST-Q: results from a nationwide study. *Plast Reconstr Surg* 2016;137(6):954e-960e
3. Ahmad M. Experience of breast augmentation in Pakistani females. *World J Plast Surg* 2018;6(3): 356-360.
4. Spears SL, Pittman T. A prospective study on lipoaugmentation of the breast. *Aesthetic Surg J* 2014;34(3):400-408.

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