

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

Dr Muhammad Ahmad

**Keywords:** Breast augmentation, infra-mammary approach, fat transfer, breast implants

**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.

### Reference

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.

**Note:** This work is partly presented at webinar on Surgery and Surgeons Meet (November 19, 2020)

Dr Muhammad Ahmad  
*Aesthetic Plastic Surgery & FUE Hair, Islamabad, Pakistan*