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Fat grafting combined with internal tissue expansion – a promising option for breast reconstruction after total mastectomy.

Jerzy Kolasinski,
Polish Society of Plastic, Poland

Background:

Breast reconstruction procedures are currently performed as standard practice.

Methods:

A prospective study was performed of patients after total mastectomy who underwent autologous breast reconstruction with fat grafting (FG) combined with internal tissue expansion (ITE) between September of 2015 and December 2020 at two medical centers. The patients were classified into groups A to F depending on the steps of breast reconstruction. where E described patients after first FG, D – patients after expander implantation and refilling, C – patients during deflation of the expander combined with simultaneous FG and B and A – patients with completed breast reconstruction with FG and removed expander but A with nipple/areola complex (NAC) reconstruction and symmetrization. F included patients who discontinued reconstruction with the described method and converted to reconstruction with a breast implant.

Results:

Among 22 patients who underwent breast reconstruction with FG combined with ITE two were after first FG (9,09%) and were included in Group E, two were after expander implantation and refilling (9,09%) – Group D, three patients were during deflation of the expander combined with simultaneous FG (13,63%) – Group C, and four patients (18,18%) with completed breast reconstruction with FG and removed expander but two (9,09%) without NAC reconstruction and symmetrization – Group B and two (9,09%) with completed breast reconstruction – Group A. In 11 patients (50%), breast reconstruction with the described method was abandoned after expander implantation and 1 to 3 FG procedures (Group F), converting to breast reconstruction with a breast implant.

Conclusions:

This study demonstrated a successful breast reconstruction using FG and expander implantation. Breast reconstruction using this method is safe and enables possible abandonment at any treatment stage, as well as conversion to breast reconstruction with implants.

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