

INNOVATIVE TECHNIQUES TO MINIMIZE SCARRING IN BREAST SURGERY - 10 year experience from Durban Breast Unit

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Introduction

Scarring, especially hypertrophic and keloid can present significant problems especially in pigmented skin.

For the Breast Cancer Patients conspicuous, mutilating scarring can add yet another negative factor to the already overwhelming experience and is a constant reminder of their condition.

Aim

To assess novel methods minimizing postoperative scarring and scar visibility.

Methods

Retrospective analysis of all patients undergoing breast surgery using novel methods at Durban Breast Unit between 2008 and 2018.

Specifically patients undergoing:

- 1) "Smile " Mastectomy
- 2) "No Vertical Scar " Therapeutic Mammoplasty
- 3) "Double Moon" Skin Sparing Mastectomy
- 4) Tail of Spence tumour excision with advancement flap
- 5) NAC reconstruction using IMAP flap

Variables captured included:

Level of difficulty, length of operating time, complications, patient satisfaction, comparison to the standard methods.

Results

There were different levels of difficulty for each group. Operating time was not significantly increased.

Number of complications was not increased.

Patient satisfaction was high.

Conclusions

These novel techniques are feasible, do not increase operative time or complication rate and produce high levels of patient satisfaction.

We therefore propose that breast surgeons become aware of those alternative methods.