



Omar Hamdan

University Hospitals Plymouth NHS Trust
UK

Is immediate symmetrizing mammoplasty justified?

Abstract:

Introduction: Breast-conserving surgery (BCS) aims to remove tumors while maintaining breast aesthetics. Symmetrizing mammoplasty (SMP) is commonly used to ensure symmetry after BCS, with options including immediate (iSMP) or delayed (dSMP) procedures. This study evaluates the clinical outcomes, patient-reported quality of life, and cost-effectiveness of iSMP.

Methods: We analyzed two groups: patients undergoing iSMP (n=14) and those without iSMP (n=37). Outcomes included follow-up visits, Breast-Q Patient-Reported Outcome Measures (PROMs) for psychosocial, sexual, and chest well-being, and surgical costs.

Results: Clinical Outcomes: No significant difference in follow-up visits ($p=0.69$) or satisfaction rates ($p=0.15$) between iSMP and non-iSMP groups.

Quality of Life (QoL): PROMs showed significant improvement in iSMP patients ($p<0.001$), particularly in psychosocial and physical well-being.

Cost Analysis: iSMP had a higher consumable cost (£664 vs. £362) and increased theatre time costs compared to unilateral procedures. However, iSMP demonstrated advantages in patient-centered outcomes.

Conclusion: While iSMP incurs additional costs, it provides notable benefits in quality of life and patient satisfaction, making it a justifiable option in suitable cases. Decisions between iSMP and dSMP should be made collaboratively, considering patient-specific needs and healthcare resources.

Biography

Omar Hamdan is a Specialist Registrar (SpR) in General Surgery in the United Kingdom. After completing his medical degree at the University of Jordan, he went on to pursue his passion for surgery, gaining extensive experience in the field. Dr. Hamdan is currently undergoing advanced surgical training, with a focus on general surgery, and is actively involved in both clinical practice and surgical research. His interests lie in improving surgical outcomes and advancing techniques in patient care. He is committed to furthering his expertise in the field and contributing to the growing body of surgical knowledge.