

Going Flat After Mastectomy: Patient-Reported Satisfaction with Outcomes

Baker JL, Thompson CK, Dizon DS, Streja E, Wenziger CM, DiNome ML, Lee MK, Attai DJ

Background:

- Previous research reports lower patient satisfaction without breast mound reconstruction
- Increasing number of “Going Flat” patient communities
- Survey designed to investigate motives for going flat and identify factors associated with post-operative satisfaction

Methods:

- Survey developed with patient advocates and distributed to online patient communities

Results:

940 respondents

Mean age 53, 94% white, 74% US resident, 70% private payor

Top reasons for going flat:

Desire to avoid foreign body
Concern about complications

36%: not initially offered flat as an option

30%: surgeon did not support decision to go flat

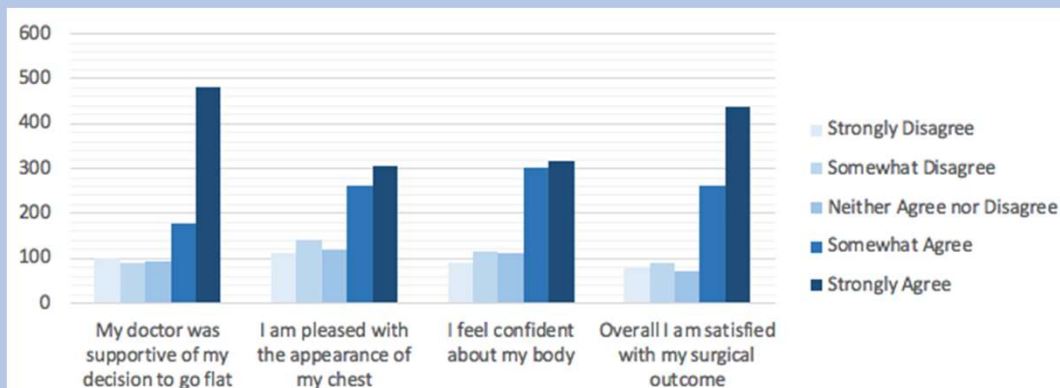
74% satisfied with outcome

Predictors:

Adequate information (adj OR 3.01 95% CI 1.87-4.84)

Surgeon support (adj OR 5.87 95% CI 3.73-9.25)

Fig 1: Respondent answers to Likert scale questions regarding satisfaction after surgery



Conclusions:

- Majority satisfied with outcome
- Preoperative counseling and surgeon support predictive of satisfaction

More work needed:

- Educate surgeons regarding option of “Going Flat” and that it may be preferred by some patients
- Validated tools to optimally counsel and support women who are not interested in breast mound reconstruction