



Quality of life, body image and sexuality: what can breast augmentation do for our patients?

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The objective of this study was to measure patients' quality of life before and after breast augmentation. 80 patients participated preoperatively, 57 also filled out the postoperative questionnaire. We used a self-developed questionnaire as well as the FLZM, the BREAST-Q Augmentation module; the emotionality scale of the Freiburg Personality Inventory (FPI-R-L); the Rosenberg Self-Esteem Scale (RSES) and the PHQ-4. 98.2% of patients reported feeling more feminine and more attractive after the surgery, 84.2% said that they would choose the same surgery again. The FLZM showed significant increases in general quality of life ($p=0.016$) as well as in satisfaction with health ($p=0.005$) and the body image ($p<0.001$). Our patients also recorded significantly better psychosocial and sexual well-being as well as improved satisfaction with the breasts on the BREAST-Q scales ($p<0.001$). One adverse result here was worse physical well-being ($p<0.001$). There were significant improvements in emotional stability ($p=0.002$) and self-esteem ($p=0.005$). The PHQ-4 showed a significant improvement in the risk for depression and anxiety ($p<0.001$). In conclusion, breast augmentation improves patients' quality of life and satisfaction with the breasts as well as the body image overall. Although physical well-being decreased postoperatively, most patients would opt for the procedure again.

Biography: Dr. Papadopoulos, born in Greece, 2009 was elected as Professor of Plastic Surgery at the Munich Technical University in Germany, as well as 2014 as associate Professor, and 2018 as Professor of Plastic Surgery at the Democritus University of Thrace in Alexandroupoli, Greece. Additionally, since 2017 he is visiting Professor of Plastic Surgery at the University of Athens in Athens, Greece. Dr. Papadopoulos served as President of the International Fetal Medicine and Surgery Society, and the Hellenic Society for Reconstructive Microsurgery. Currently he is President of the Greek Society of Lymphology and ExCo Member of the Hellenic Society of Hand Surgery.

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