

Joint Event on

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## **Therapeutic nipple-sparing mastectomy combined with endoscopic immediate prosthetic breast reconstruction via axillary incision. A further step towards evidence-based and personalized surgery**

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**Introduction:** Nipple-sparing mastectomy is an oncologically validated technique for selected breast cancer patients and allows to improve aesthetic results and patients' quality of life. Conventional skin incisions are often a suboptimal solution due to the visibility of the scars. Aim of this work is to show our innovative technique, which allows to perform nipple-sparing mastectomy, lymph-node surgery, and endoscopic immediate prosthetic breast reconstruction using a single cosmetic axillary incision.

**Materials and methods:** Between June 2016 and October 2019, 14 consecutive patients underwent therapeutic nipple-sparing mastectomy with endoscopic immediate reconstruction via axillary incision; inclusion criteria were cup A or B breasts and tumors less than 3 cm in diameter. Data were recorded in order to evaluate reproducibility, feasibility, safety, aesthetic outcomes and patients' quality of life.

**Results:** Mean age was 46 years old (range: 34-54 years); median tumor size was 1.7 cm; average follow-up time was 11 months (range 3-42); median operation time was 340 minutes; mean hospital stay was 4,1 days. Tumor-free margins were obtained in all 14 cases. No local-regional recurrence occurred during follow-up. No major complications were experienced. No systemic complications were observed. All patients were satisfied with their aesthetic results, especially the absence of visible scars.

**Conclusions:** Therapeutic nipple-sparing mastectomy with endoscopic immediate prosthetic reconstruction via axillary incision is a safe and appropriate procedure in cup A and B breasts, alternative to conventional techniques. It allows to improve aesthetic outcomes and patients' quality of life thanks to a single well-hidden axillary scar.

### **Biography**

He is a Associate Professor of General Surgery – Fondazione Policlinico Universitario Agostino Gemelli IRCCS, Catholic University, Rome – Italy since 1st January 2017. Coordinator of integrated therapies for breast cancer at the Department of Women' and Children's Health, Fondazione Policlinico Universitario Agostino Gemelli IRCCS, Rome – Italy since 1st July 2014. Senior Staff Surgeon– Breast Unit, Fondazione Policlinico Universitario Agostino Gemelli IRCCS, Rome – Italy since 1st November 2001.

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