

Comparing Short- versus Long-Term Quality of Life Following Autologous or Implant-Based Breast Reconstruction

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Background/Aim

Autologous and alloplastic breast reconstruction techniques differ in risks and benefits, while the impact of follow-up duration on quality of life remains unclear. This study compares **short-term (≤ 12 months)** and **long-term (> 12 months)** PROMS using the **BREAST-Q**.

Methods

- Systematic review & meta-analysis of RCTs & cohort studies reporting BREAST-Q
- Outcomes stratified by follow-up (≤ 12 vs. > 12 months)

Results

Out of 9,141 records, 195 studies met inclusion criteria.

Breast-Q scores reported in mean.



Conclusion

Autologous reconstruction demonstrated **superior long-term outcomes** in physical, psychosocial, and breast satisfaction domains. In contrast, **alloplastic** reconstruction showed **higher sexual well-being** and slightly **better short-term scores**. **Follow-up duration** significantly **influences PROMs** and should be considered to **manage patient expectations** and **tailor**