

Immediate-DElayed AutoLogous (IDEAL) Breast Reconstruction with the DIEP Flap

Sonia Fertsch, Beatrix Munder, Mazen Hagouan, Tino Schulz, Oliver Thamm, Peter Stambera,
Alina Abu-Ghazaleh, Julia Schaberick, Christoph Andree
Department of Plastic and Aesthetic Surgery, SANA Krankenhaus Düsseldorf Gerresheim, Germany

Abstract

Background: The most common cancer worldwide in women is breast cancer. The increasing number of cases each year, requires a novel curative approach that can combine oncological treatments and breast reconstruction yielding a pleasing and aesthetic breast that is a definitive and long lasting solution. Thus, the Immediate-DElayed AutoLogous (IDEAL) breast reconstruction principle was created to hold up to the standards of the needs of contemporary women.

Method: The IDEAL protocol for breast reconstruction was developed in our department in cooperation with our breast surgery unit and describes a two-stage approach that implicates neoadjuvant radio-/ chemotherapy treatment regimes and tumor staging before the mastectomy in order to avoid post-mastectomy radiation. In a second step the breast is then reconstructed with autologous tissue for optimal and natural results.

Conclusion: More and more patients decide to undergo breast reconstruction after breast cancer. The IDEAL concept offers a life-long and safe solution with a low rate of late complications.

Key words: IDEAL Method, DIEP, breast reconstruction, breast cancer, neoadjuvant treatment