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# IMPACT OF SILICONE IMPLANT OR SALINE EXPANDER AND CONTRALATERAL SYMMETRIZATION IN QUALITY OF LIFE OF PATIENTS SUBMITTED TO IMMEDIATE RECONSTRUCTION

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**Objectives:** Assessing Quality of Life (QoL) and aesthetic satisfaction of patients with breast cancer submitted to surgery with immediate reconstruction using silicone implant or saline expanders, with or without contralateral symmetrization. **Methodology:** It is a transverse study, with application of global and specific QoL questionnaires (WHOQOLBREF and BREAST-Q) in patients submitted to surgery with post-mastectomy reconstruction in Hospital do Câncer Aldenora Bello (HCAB), São Luís – MA. The nonparametric Mann-Whitney test was used to check for an association between scores. The significance level of 5% was adopted. The patients were selected from January 2013 to May 2017, being the questionnaires applied from August to December 2017. **Results:** 32 patients had reconstruction and 24 (75%) had post-mastectomy reconstruction. Eleven (45.8%) patients were submitted to saline expander reconstruction and 13 (54.2%) had silicone implant reconstruction. Ten (41.7%) patients had immediate contralateral symmetrization. The analyses using BREAST-Q showed that patients with silicone implant reconstruction had greater breast satisfaction (76.5x54.4,  $p=0.020$ ). Although it does not show statistical difference, silicone implant reconstruction tends to have better QoL on psychosocial domain (86.5x74.2,  $p=0.237$ ), sexual well-being (55.5x52.5,  $p=0.675$ ) and physical well-being (73.2x63.4,  $p=0.269$ ). The impact of symmetrization on QoL using WHOQOL-BREF does not have statistical significance, being greater on symmetrization group (87.5x75.9,  $p=0.168$ ). The analyses with BREAST-Q demonstrate that symmetrization causes better QoL related to satisfaction with breasts (79.5x57.0,  $p=0.022$ ), psychosocial well-being (91.5x73.2,  $p=0.037$ ), chest well-being (82.4x58.9,  $p=0.002$ ), and quality of information (97.0x68.0,  $p=0.007$ ). Patients submitted to symmetrization trends to have better sexual well-being (65.1x46.9,  $p=0.063$ ). **Conclusion:** Patients submitted to immediate reconstruction with silicone implants presents greater breast satisfaction. Contralateral symmetrization is related to greater satisfaction with breasts, psychosocial well-being, and chest well-being.