

Modified Goldilocks Mastectomy: An Institutional Review of a Novel Technique in Oncoplastic Breast Surgery with Personalized Modifications

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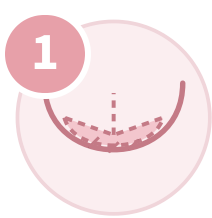


BACKGROUND

The **Goldilocks mastectomy**¹ rebuilds the breast mound from the patient's own de-epithelialised skin. We combined it, for the first time at our institution, with a **modified nipple-sparing approach** and a **lateral intercostal artery perforator (LICAP) flap**².

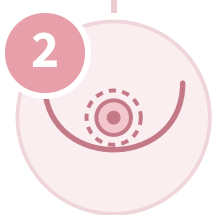
METHODS

The combined technique



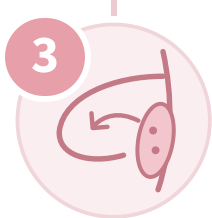
1 Goldilocks mastectomy

Patient's own de-epithelialised skin flap reshapes the breast



2 Nipple-sparing modification

Nipple-areola complex preserved for aesthetics



3 LICAP flap

Lateral chest-wall perforator flap adds volume

- 📄 Prospective institutional cohort analysis
- 📅 1 Nov 2023 – 31 Jan 2025
- 👥 **27 patients**, combined procedure
- 📊 Outcomes: minor/major infection, delayed healing, nipple necrosis, seroma

RESULTS

n = 27 patients

Nipple viability

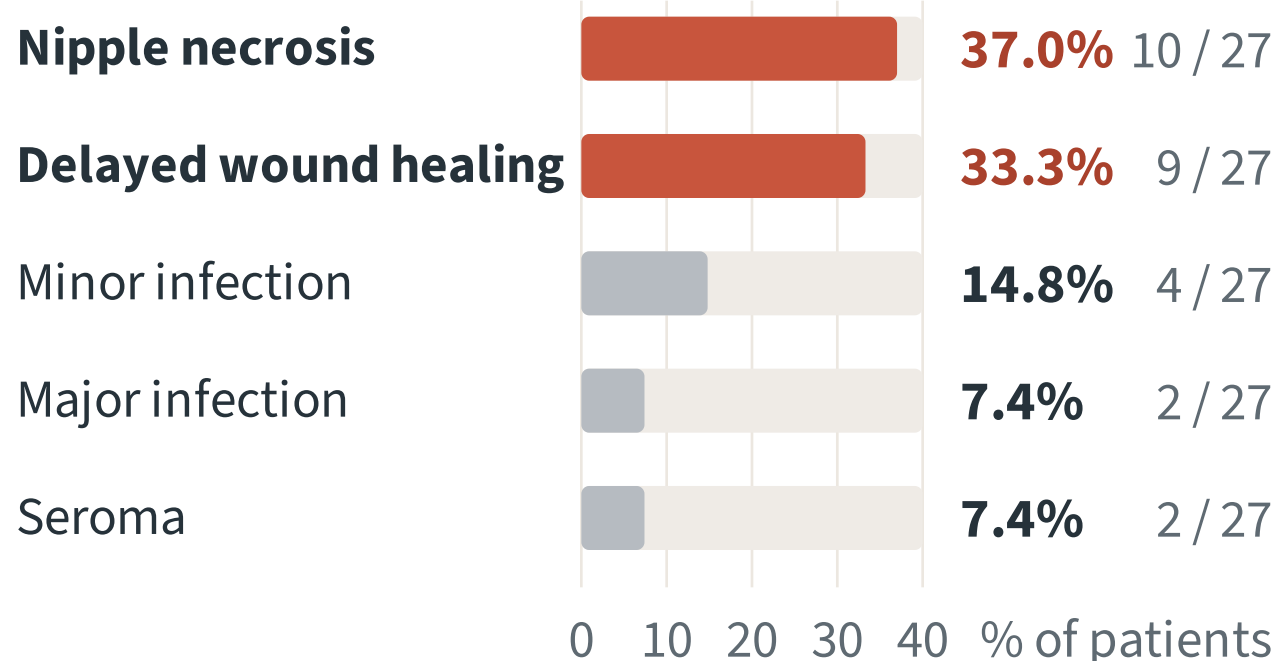
63.0%

37.0%

● Viable 17 / 27

● Necrosis 10 / 27

Postoperative complications



Surgical outcome



Image shared with patient consent.

CONCLUSION



Promising and feasible

for patients wanting to keep nipple aesthetics



High necrosis and delayed healing

careful patient selection is key



Larger cohorts and longer follow-up

are needed to optimise outcomes

- Richardson, H., & Ma, B. (2020). The Goldilocks Mastectomy: A Novel Approach to Breast Reconstruction. *Journal of Plastic and Reconstructive Surgery*, 45(3), 123–130.
- Patel, R., & Kumar, S. (2024). Lateral Intercostal Artery Perforator (LICAP) Flap in Breast Reconstruction: Techniques and Outcomes. *Plastic and Reconstructive Surgery Global Open*, 12(1), e1234.