

Utilizing the Mother Infant Lactation Questionnaire to Assess Breastfeeding Success after Benign Breast Surgery



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BACKGROUND

- Breastfeeding has many health benefits for both maternal and child health.
- The World Health Organization recommends exclusively breastfeeding for the first 6 months of life; however most Americans do not meet this goal.
- Many young patients refrain from undergoing benign breast surgery for fear of impacting breastfeeding future ability.
- Study aim:** To compare breastfeeding and lactation outcomes amongst cohorts of mothers who had a reduction or augmentation mammoplasty prior to pregnancy and controls

METHODS

Assessment Tool

- Mother Infant Lactation Questionnaire (MILQ)[®], a multidomain patient-reported outcome measure to assess breastfeeding and lactation. Copyright © 2023 Boston Children’s Hospital. All Rights Reserved.

Inclusion Criteria

- 18 to 45 years old at time of survey
- English-speaking adult mothers
- Between 6 months and 5 years postpartum

DEMOGRAPHICS

Surgical cohort		Control cohort
Reduction mothers	Augmentation mothers	Control mothers
N = 20	N = 12	N = 278

	Participants (N = 309)
Mean (SD) age, years	34.6 (5.5)
Race, N (%)	
White	212 (68.6)
Hispanic or Latino	55 (17.8)
Asian	43 (13.9)
Black or African American	18 (5.8)
Other	21 (6.7)
Unknown	2 (0.6)
Median (IQR) body mass index, kg/m²	24.2 (6.86)

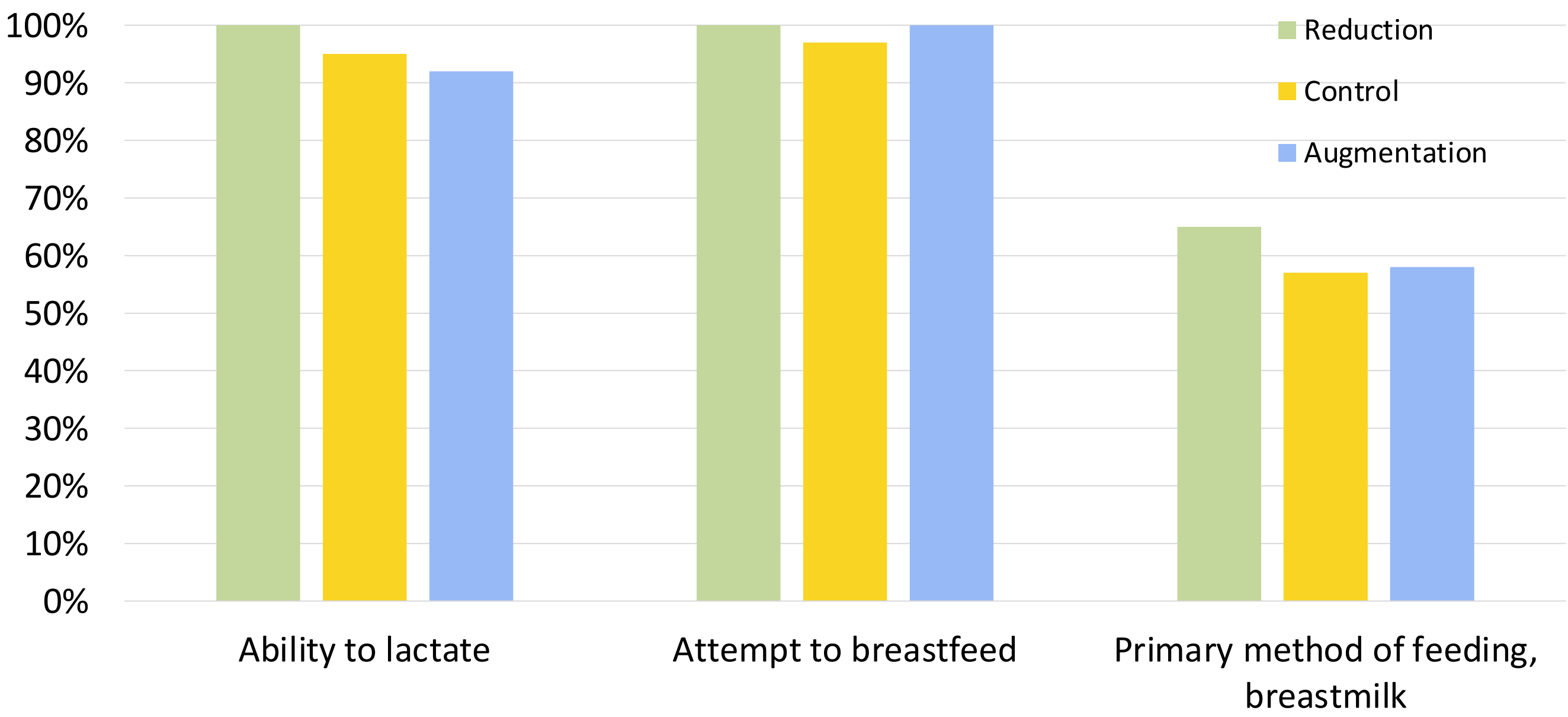
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CONCLUSION

- Findings suggest that reduction and augmentation mammoplasty may not negatively impact future lactation and breastfeeding ability.
- Although lactation performance outcomes were statistically similar between surgical and control cohorts, mothers with surgical history may benefit from using devices to assist with lactation and breastfeeding.
- Future research goals:** Increase surgical cohort sample size, gather information regarding surgical technique and investigate racial and ethnic health disparities.

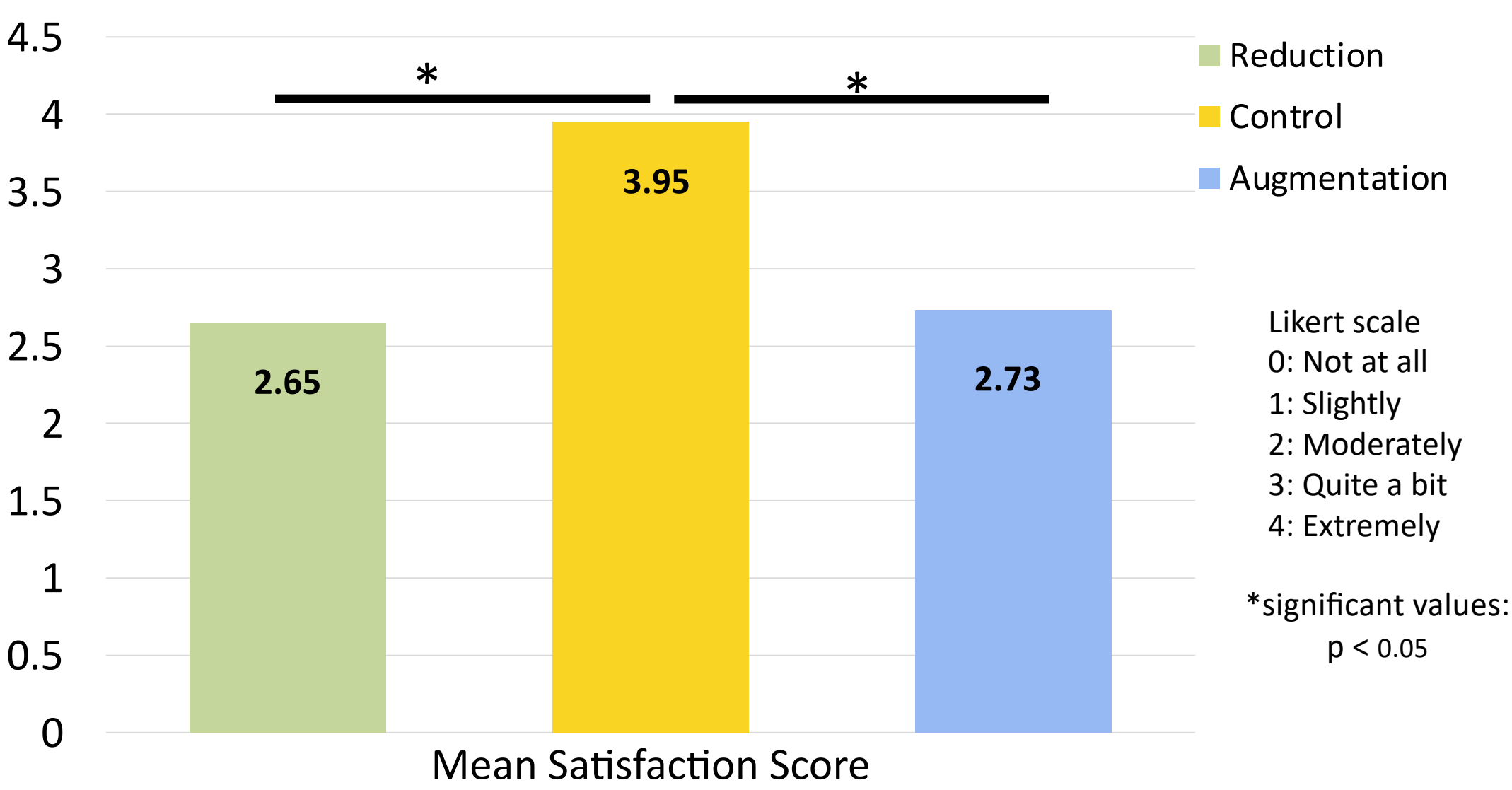
BREASTFEEDING OUTCOMES

Lactation & Breastfeeding



There are no significant differences in lactation ability, attempt to breastfeed, or use of breastmilk as primary nutritional method.

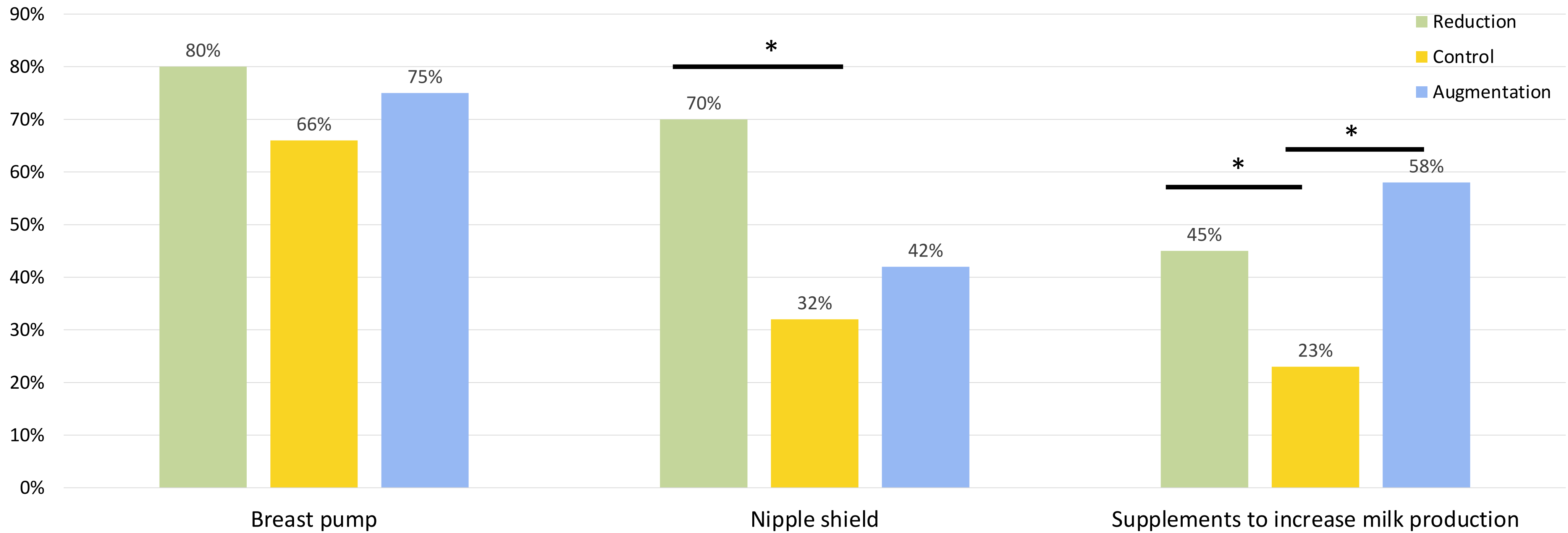
Satisfaction from Breast Milk Alone



Patients who have undergone breast surgery are able to derive satisfaction about their breastfeeding performance similarly to mothers with no surgical history.

BREASTFEEDING DEVICE USAGE

Breastfeeding Devices



Although breastmilk use and lactation ability were largely similar across all groups, surgical cohorts may use devices to assist with breastfeeding and lactation at differing rates. Providers should discuss nipple shield usage as an early intervention with mothers who had reductions and discuss nutritional supplements with mothers who had augmentations and reductions.