

The Modified Goldilocks-the GSH experience

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The Goldilocks mastectomy was described in 2012 as a procedure for patients who are poor candidates for traditional methods of reconstruction. It was considered better than a simple mastectomy but not a full reconstruction.

The technique has been modified in a number of ways to enhance the cosmetic result.

The outcome of 36 consecutive patients, who presented with breast cancer underwent bilateral Goldilocks mastectomy over a 3 year period. All patients had breast ptosis. There were no major complications requiring reoperation- but 2 patients developed NAC necrosis and 8 developed epidermolysis-all managed with dressings. The commonest minor complication was breakdown at the T-in all cases this also responded to outpatient dressings. Smoking and high BMI were risk factors for complications

The cosmetic results were deemed satisfactory by the multidisciplinary breast clinic. This technique avoids additional donor site morbidity and can be performed in patients where prosthetic reconstruction is risky. It maybe a viable option for patients with ptosis presenting with breast cancer in Africa.