## Capsular Contracture: Prevention & Treatment

#### Karol A Gutowski, MD, FACS

Private Practice
University of Illinois & University of Chicago





PROGRAM CO-CHAIRS: Amy Alderman, MD Dennis Hammond, MD James Zins, MD

#### Disclosures

Merz Syneron/Candela

May use brand names due to lack of distinguishing generic names

#### Disclaimers

- Limited to augmentation
  - More variables in reconstruction
  - Same principles may apply
- Focus on more recent studies
  - Newer generation implants
  - More likely to use current techniques
- Individual surgeon's case series
  - Tend to under report CC
- Variability in reporting technique details
  - Pocket irrigation
  - No touch technique
  - Pocket dissection

## Etiology

- Bacterial contamination in 2/3rds of Baker III/IV capsules
- Emerging evidence of biofilms
- Nonbacterial causes
  - Hematoma
- Common inflammatory pathway



#### Baker Grade

Grade	Feel	<u>Appearance</u>
1	Soft	Natural
II	Little firm	Normal
III	Firm	Abnormal
IV	Hard, cold, painful	Distorted

Unless otherwise mentioned, will only refer to Grade III & IV

## Capsular Contracture

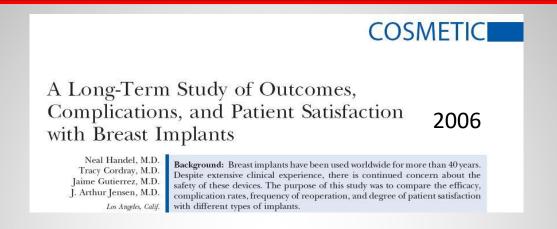
#### Common cause of <u>reoperation</u>

— Saline (Mentor & Allergan)	Augmentation	up to 20%
	Reconstruction	up to 30%
- Gel (Mentor & Allergan)	Augmentation	up to 40%
	Reconstruction	up to 14%

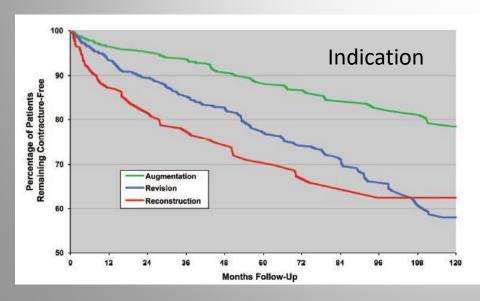
#### Common cause of <u>implant removal</u>

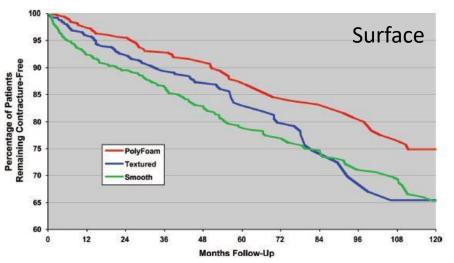
<ul><li>Saline (Mentor &amp; Allergan)</li></ul>	Augmentation	up to 15%
	Reconstruction	up to 30%
- Gel (Mentor & Allergan)	Augmentation	up to 33%
	Reconstruction	up to 21%

## Capsular Contracture Over Time

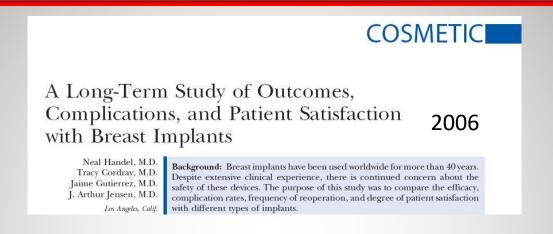


#### 3495 saline or silicone gel implants in 1529 women for any indication

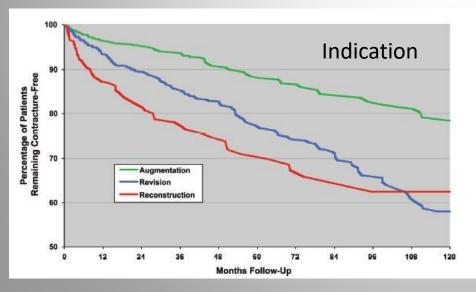


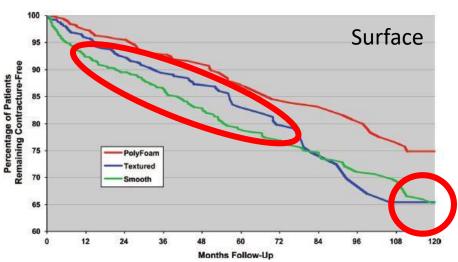


#### Capsular Contracture Over Time

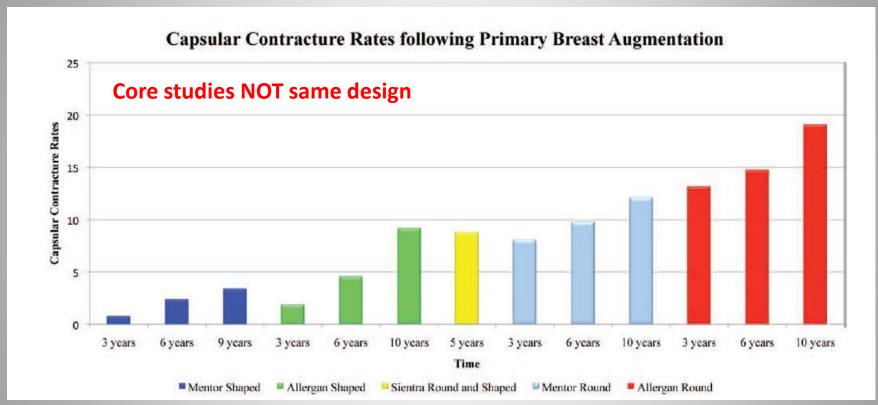


#### Is capsular contracture inevitable?



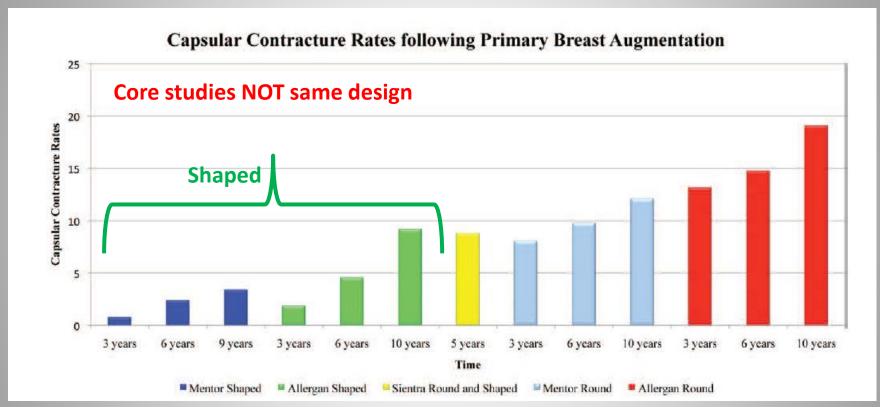


## Core Studies Summary: CC



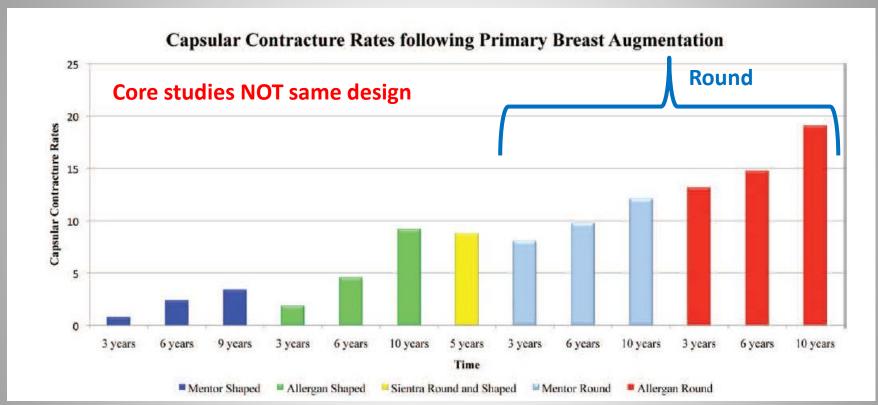


## Core Studies Summary: CC





## Core Studies Summary: CC





#### Capsular Contracture: Prevention & Treatment

#### **Prevention**

- Implant choice
  - Smooth vs textured
  - Shaped vs round
- Incision choice
- Implant pocket
- Pocket irrigation
  - Betadine
  - Antibiotics
- Surgical technique
  - No touch methods

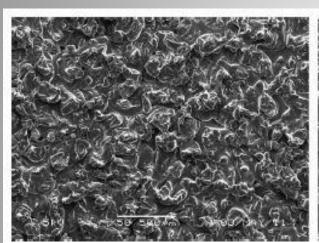
#### **Treatment**

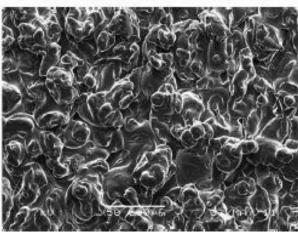
- Nonsurgical
  - Medication
  - Ultrasound
- Capsule modification
  - Closed capsulotomy
  - Anterior vs complete capsulectomy
- Pocket site change
- ADM placement
- Different implant
- Prevention

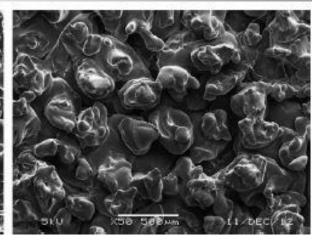
#### Textured Surfaces NOT the Same



#### Differences in Same Manufacturer







Mentor
Round
MemoryGel
100 pores/inch

Mentor
Shaped
MemoryShape
65 pores/inch

Mentor
CPX
Tissue Expander
45 pores/inch

COSMETIC

2014

The Design and Engineering of the MemoryShape Breast Implant

M. Bradley Calobrace, MI

Summary: The recent approval of MemoryShape implant by the Food and Drug Administration introduces a novel implant available to the surgeon for cosmetic

#### Textured for Subglandular Placement

#### COSMETIC

2006

#### Capsular Contracture in Subglandular Breast Augmentation with Textured versus Smooth Breast Implants: A Systematic Review

Chin-Ho Wong, M.R.C.S. Miny Samuel, M.Sc., Ph.D. Bien-Keem Tan, F.R.C.S. Colin Song, F.R.C.S.

Singapon

**Background:** There are conflicting recommendations in the literature regarding the use of textured implants to reduce capsular contracture in subglandular breast augmentation. The authors reviewed the literature to evaluate the effectiveness of surface texturization in reducing capsular contracture.

Methods: The electronic databases MEDLINE, EMBASE and the Cochrane

Recommendation: Use <u>textured</u> implants for <u>subglandular</u> placement <u>Smooth</u> implants may be appropriate for <u>submuscular</u> placement

#### No Recommendations

#### SPECIAL TOPIC

2010

Capsular Contracture with Breast Implants in the Cosmetic Patient: Saline versus Silicone— A Systematic Review of the Literature

Timothy A. Schaub, M.D. Jamil Ahmad, M.D. Rod J. Rohrich, M.D.

**Background:** Capsular contracture is one of the most common and trying complications associated with the placement of breast prostheses. The authors hypothesized that silicone implants have a higher rate of capsular contracture

- <u>Lack of current prospective data comparing saline & silicone implants</u>
- Therefore <u>can't make data-driven recommendations</u> regarding:
  - Pocket, fill type, surface
- Textured implants (saline and silicone) have <u>tendency</u> for less contracture
- Submuscular plane (saline and silicone) has <u>tendency</u> for less contracture

## Should we Use Textured Implants?

#### BREAST

Current Risk Estimate of Breast Implant– Associated Anaplastic Large Cell Lymphoma in Textured Breast Implants

David J. Collett, MBBS Hinne Rakhorst, MD, PhD Peter Lennox, FRCSC Mark Magnusson, MBBS,

**Background:** With breast implant–associated anaplastic large cell lymphoma (BIA-ALCL) now accepted as a unique (iatrogenic) subtype of ALCL directly associated with textured breast implants, we are now at a point where a sound epidemiologic profile and risk estimate are required. The aim of this article is

<ul> <li>Silimed Polyurethane 23 Relative Ris</li> </ul>	e Kisk*
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- Allergan Biocell 17
- Mentor Siltex
- Mentor Smooth\* 0

#### Adams et al 14 Point Plan + 1

- 1. IV antibiotic prophylaxis before skin incision
- 2. Inframammary incision
- 3. Nipple shields
- 4. Atraumatic dissection
- 5. Prospective hemostasis
- 6. Avoid dissection into the breast parenchyma
- 7. Dual-plane pocket
- 8. Pocket irrigation with triple antibiotic +/- Betadine

#### Adams et al 14 Point Plan + 1

- 9. Minimize skin contamination (insertion sleeve)
- 10. Minimize implant open time and sizers
- 11. Change surgical gloves
- 12. No drains
- 13. Layered skin closure
- 14. Antibiotic prophylaxis for future invasive procedures

15. Leukotriene Inhibitor x 3 months post op

#### **Incision Site**

- 183 primary augmentations, mean follow-up 1.2 years
- Betadine + triple antibiotic irrigation + IV antibiotics
- CC rates:
  - 6.4% transaxillary
  - 2.4% periareolar
  - 0.5% inframammary

#### **Breast Surgery**

Effect of Incision Choice on Outcomes in Primary Breast Augmentation 2012

Jeffrey M. Jacobson, MD; Margaret E. Gatti, MD, MPH; Adam D. Schaffner, MD; Lauren M. Hill, MD; and Scott L. Spear, MD

#### **Incision Site**

- 856 primary augmentations, mean follow-up 1.4 years
- Variable pocket irrigation
- Overall CC 2.8%
  - Antibiotic irrigation decreased CC (3.9% vs 0.4%)
  - Tobacco users had more CC (5.5% vs 1.9%)
  - Saline implants had more CC than silicone gel (4.3% vs 1.3)
- Recommend IMF & submuscular placement, antibiotic irrigation

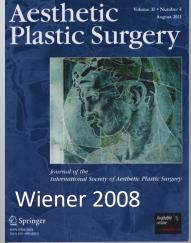
Capsular Contracture Rate in a Low-Risk Population After Primary Augmentation Mammaplasty 2013

Andrew L. Blount, MD; Matthew D. Martin, MD; Kyle D. Lineberry, BS; Nicolas Kettaneh, BS; and David R. Alfonso, MD

#### **Incision Site**

- Inframammary incision CC: 0.59%
- Periareolar incision CC: 9.5%
- Periareolar mastopexy CC: 8%
- "due to an increase in contamination of the breast pocket with intraductal material

colonized by bacteria."



## Pocket Irrigation: Betadine

- Betadine rinse followed by saline (FDA OK)
- Leaving Betadine in the pocket (FDA NOT OK)
- Intraluminal Betadine (FDA NOT OK)
- FDA concerns of implant shell compromise
  - Studies suggest it is safe

Mechanical Analysis of Explanted
Saline-filled Breast Implants Exposed to
Betadine Pocket Irrigation

Harold J. Branden, DSc; V. Leroy Young, MD; Kenneth L. Jerina, DSc;
Clarence J. Worf, PhD; William P. Adams, Jr, MD; and Maria E. Watson

Experimental

2004

Effect of Povidone Iodine on Silicone Gel Breast Implants In Vitro: Implications for Clinical Practice

George J. Zambacos, M.D., Dai Nguyen, M.D., and Robert J. Morris, F.R.C.S.(Plast.)

BREAST

2007

The Role of Betadine Irrigation in Breast Augmentation

Thomas C. Wiener, M.D.

Background: In the spring of 2000, the U.S. Food and Drug Administration issued a ban on the use of Betadine (povidone-iodine; Purdue Frederick, Stam-

## Pocket Irrigation: Betadine + Abx

- 330 inframammary dual-plane augmentations
  - Group A: Cephalothin 1.5 g IV + cephalexin 750 mg PO BID x 7 days
  - Group B: Cefuroxime 750 mg IV + levofloxacin 500 mg
     PO QD x 5 days + pocket irrigation
    - 25 mL 10% povidone-iodine + cefuroxime 750 mg + gentamicin 80 mg in 15 mL saline
- CC at 2 year follow up
  - Group A: 6%
  - Group B 0.6%

#### **Breast Surgery**

Povidone-Iodine Combined With Antibiotic Topical Irrigation to Reduce Capsular Contracture in Cosmetic Breast Augmentation: A Comparative Study





## **Betadine Irrigation**

- Meta-analysis of four studies
  - 1191 patients Betadine irrigation
  - 595 patients saline irrigation
- Less CC with Betadine
  - 2.3% vs 8.9%
- Implant rupture <1%</li>
- Low study methodologic quality limits recommendation for standard of practice

# Efficacy and Safety of Povidone-Iodine Irrigation in Reducing the Risk of Capsular Contracture in Aesthetic Breast Augmentation: A Systematic Review and Meta-Analysis Georgia C. Yalanis, M.Sc., B.S. En-Wei Liu, M.D. Hsu-Tang Cheng, M.D. Background: Capsular contracture is common and distressing after aesthetic breast augmentation. The precise cause of capsular contracture is not well established. This systematic review investigates current available evidence regarding perioperative povidone-iodine irrigation safety and efficacy in reduc-

## **Triple Antibiotic Irrigation**

- 335 patients, mean follow-up 14 months (6 75 months)
- No control group compared to historical controls
- 50,000 U bacitracin + 1 g cefazolin + 80 mg gentamicin in 500 cc NS
- No touch techniques + postop antibiotics
- CC rates:
  - 1.8% primary breast augmentation (n=248)
  - 0% augmentation-mastopexy (n=24)
  - 9.5% breast reconstruction (n=63)

Cosmetic

2001

COSMETIC



Optimizing Breast Pocket Irrigation: An in Vitro Study and Clinical Implications

William P. Adams, Jr., M.D., W. Chad H. Conner, B.A., Fritz E. Barton, Jr., M.D., and Rod J. Rohrich, M.D.

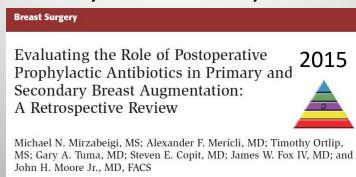
Enhancing Patient Outcomes in Aesthetic and Reconstructive Breast Surgery Using Triple Antibiotic Breast Irrigation: Six-Year Prospective Clinical Study 2006

William P. Adams, Jr., M.D. Jose L. Rios, M.D. Sharon J. Smith, R.N.

**Background:** Capsular contracture remains one of the most commonly reported complications in aesthetic and reconstructive breast patients. Previous in vitro studies from the authors' laboratory have recommended a new triple

## Postoperative Antibiotics

- 605 implants: 1° or 2° breast augmentation
- 1% CC at mean 3.8 year follow up
- Protocol:
  - 1 g cefazolin IV (or clindamycin)
  - Bacitracin irrigation
  - Smooth Mentor saline or silicone gel implants
  - 3 days of antibiotics (52%) vs none (48%)
- No reduction in CC, infection, or complication rate



## Electocautery vs Blunt Dissection

#### **Brief Communication**

- 615 cases
- 51% visualized dissection with electrocautery
  - -CC0.64%
- 49% blind Dingman blunt dissection
  - CC 6.4%

The Role of Pocket Dissection in Breast Implant Contracture: A Single Surgeon's Review Jason Jacoby, B.S. Sean T. Lille, M.D 2011

#### **Combined Augmentation Mastopexy**

#### **Breast Surgery**

One-Stage Augmentation Mastopexy:
A Review of 1192 Simultaneous Breast
Augmentation and Mastopexy Procedures in
615 Consecutive Patients

2.4% CC

2014

W. Grant Stevens, MD, FACS; Luis H. Macias, MD; Michelle Spring, MD; David A. Stoker, MD, FACS; Carlos O. Chacón, MD, MBA; and Seth A. Eberlin, MD



3.0% CC

A Systematic Review of Single-Stage Augmentation-Mastopexy

2014

Nima Khavanin, B.S. Sumanas W. Jordan, M.D., Ph.D. Aksharananda Rambachan, B.A. John Y. S. Kim, M.D. Chicago, Ill.

Background: The safety of single-stage augmentation-mastopexy remains controversial given the dual purpose of increasing breast volume and decreasing the skin envelope. Currently, the literature is relatively sparse and heterogeneous. This systematic review considered complication profiles and pooled summary estimates in an attempt to guide surgical decision-making. Methods: Multiple databases were queried for combined augmentation-mastopexy outcomes. Whenever possible, meta-analysis of complication rates was performed.

3.9% CC

COSMETIC

2013

Simultaneous Augmentation/Mastopexy: A Retrospective 5-Year Review of 332 Consecutive Cases



M. Bradley Calobrace, M.D. Donald R. Herdt, B.S. Kyle J. Cothron, M.D.

**Background:** Of all mastopexies performed in the authors' facility, approximately 77 percent of patients have an implant placed simultaneously. The unique challenges and safety concerns associated with the simultaneous aug-

- Does not appear to dramatically increase risk of CC?
- Place implant, close pocket, then do mastopexy

## Nipple Shield

#### **Breast Surgery**

Risk of Breast Implant Bacterial Contamination From Endogenous Breast Flora, Prevention With Nipple Shields, and Implications for Biofilm Formation



2012

Roger N. Wixtrom, PhD, DABT; Ross L. Stutman, MD; Renee M. Burke, MD; Amy K. Mahoney, BS; and Mark A. Codner, MD

- NAC covered with adhesive shield
- 35% had + bacterial cultures



LOP15: Nipple shields as additional tool to pocket irrigation in reducing capsular contracture after cosmetic breast augmentation

\*S. Giordano<sup>1</sup>, A. Salmi<sup>1</sup>

<sup>1</sup>Turku University Hospital, Plastic Surgery, Turku, Finland

No Shield: 5% CC, n=60

Shield: 0% CC, n=105

#### Skin Barrier

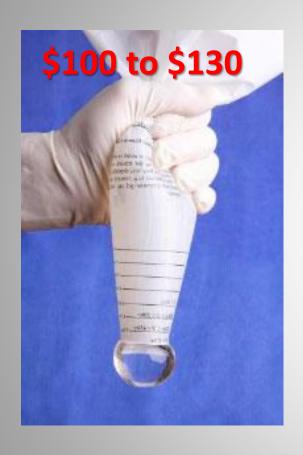


#### **IDEAS AND INNOVATIONS**

A Simple Barrier Drape for Breast Implant Placement

Kenneth C. Shestak, M.D. Morad Askari, M.D. Pittsburgh, Pa.

#### Insertion Funnel





Keller Funnel & Inplant Funnel

#### Keller Funnel

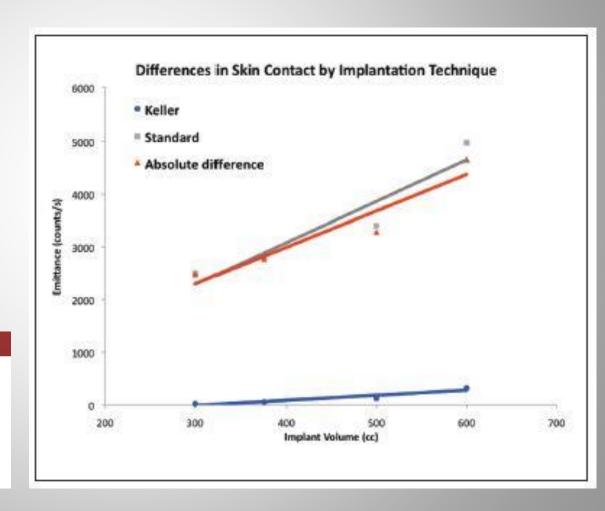
## 27-fold reduction in skin contact

#### **Breast Surgery**

Contamination in Smooth Gel Breast Implant Placement: Testing a Funnel Versus Digital Insertion Technique in a Cadaver Model

2012

Hunter R. Moyer, MD; Bahair Ghazi, MD; Neil Saunders, MD; and Albert Losken, MD



#### Keller Funnel

#### **Breast Surgery**

#### **Preliminary Report**

Does Implant Insertion with a Funnel Decrease Capsular Contracture? A Preliminary Report

Nicholas A. Flugstad, MD; Jason N. Pozner, MD; Richard A. Baxter, MD; Craig Creasman, MD; Sepehr Egrari, MD; Scot Martin, MD; Charles A. Messa III, MD; Alfonso Oliva, MD; S. Larry Schlesinger, MD; and Bill G. Kortesis, MD, FACS

Aesthetic Surgery Journal 2016, Vol 36(5) 550–556 © 2015 The American Society for Aesthetic Plastic Surgery, Inc. Reprints and permission: journals.permissions@oup.com DOI: 10.1093/asj/sjy237 www.aestheticsurgeryjournal.com

OXFORD UNIVERSITY DRESS

2016

1177 patients **no** funnel1620 patients with funnel

1.49% CC reoperation

el

0.68% CC reoperation

54% reduction (P = 0.004)

All sites that used same techniques had same or lower CC rate when using funnel

#### Postoperative Leukotriene Inhibitor

#### **COSMETIC**

#### Prevention of Capsular Contracture Using Leukotriene Antagonists

Ruth Graf, Ph.D.
Adriana S. K. Ascenço, M.D.
Renato da S. Freitas, Ph.D.
Priscilla Balbinot, M.Sc.
Carolina Peressutti, M.D.
Diogo F. B. Costa, M.D.
Fábio de H. C. R.

**Background:** Capsular contracture is a common occurrence in plastic surgery, with a prevalence varying from 0.5 percent up to 30 percent. Although the standard treatment is capsulectomy, alternative treatments have been studied, such as the use of leukotriene inhibitors. These drugs have recently been evaluated in the prophylaxis of contracture. The authors aimed to assess the efficacy of montelukast (Singulair) in the prevention of capsular contracture in patients undergoing mammaplasty with textured silicone prostheses.

 4.6% CC in control group vs 0% in Singulair group at 2 years

#### Postoperative Leukotriene Inhibitor

OPEN

COSMETIC

Prophylactic Leukotriene Inhibitor Therapy for the Reduction of Capsular Contracture in Primary Silicone Breast Augmentation: Experience with over 1100 Cases

Stephen D. Bresnick, M.D.

Encino, Calif.

**Background:** The role of leukotriene inhibitors used immediately postoperatively to potentially influence the development of capsular contracture is unknown. The purpose of this study was to evaluate the incidence of capsular contracture among women undergoing primary smooth silicone gel breast augmentation, with or without postoperative leukotriene inhibitor therapy.

No LTI

5.0% CC

Accolate

2.2% CC (p < 0.05)

Singulair

- 3.3% CC
- Mentor smooth gel implants, DP, Abx irrigation
- LTI x 3 months

### Capsular Contracture: Prevention & Treatment

#### **Prevention**

- Implant choice
  - Smooth vs textured
  - Shaped vs round
- Incision choice
- Implant pocket
- Pocket irrigation
  - Betadine
  - Antibiotics
- Surgical technique
  - No touch methods

#### **Treatment**

- Nonsurgical
  - Medication
  - Ultrasound
- Capsule modification
  - Closed capsulotomy
  - Anterior vs complete capsulectomy
- Pocket site change
- ADM placement
- Different implant
- Prevention

# Montelukast (Singulair)

- 19 patients with existing CC
- Singulair (10 mg QD) + massage BID
  - 11% worse
  - 16% no change
  - 26% improved
  - 37% completely improved
  - 11% prevented from having CC formation (given after surgery for CC)
- Baker II had better improvement than III & IV

#### **Breast Surgery**

Effects of Singulair (Montelukast) Treatment for Capsular Contracture

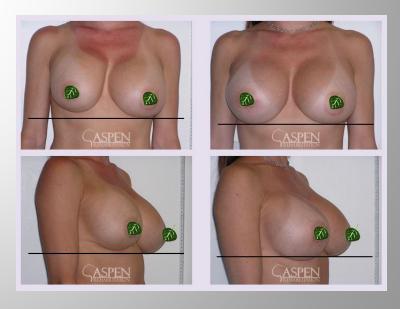
Catherine K. Huang, MD; and Neal Handel, MD

### Ultrasound

- Specific protocol
- Disrupts biofilm
- Allows antibiotic to work
- Not as useful for Baker 4
- No good published studies

Prophylaxis trials





# Capsular Contracture Surgery

#### Do something different

- Remove capsule
- New implant
- New pocket
- Use all other techniques
- Add ADM?
- Recurrent CC
  - When to stop & remove implant
  - Offer fat grafting?

# Closed Capsulotomy

#### Not recommended

- Implant rupture
- Hematoma
- Implant pseudoherniation
- Low success long-term

# Open Capsulotomy





#### ORIGINAL ARTICLE

Breast

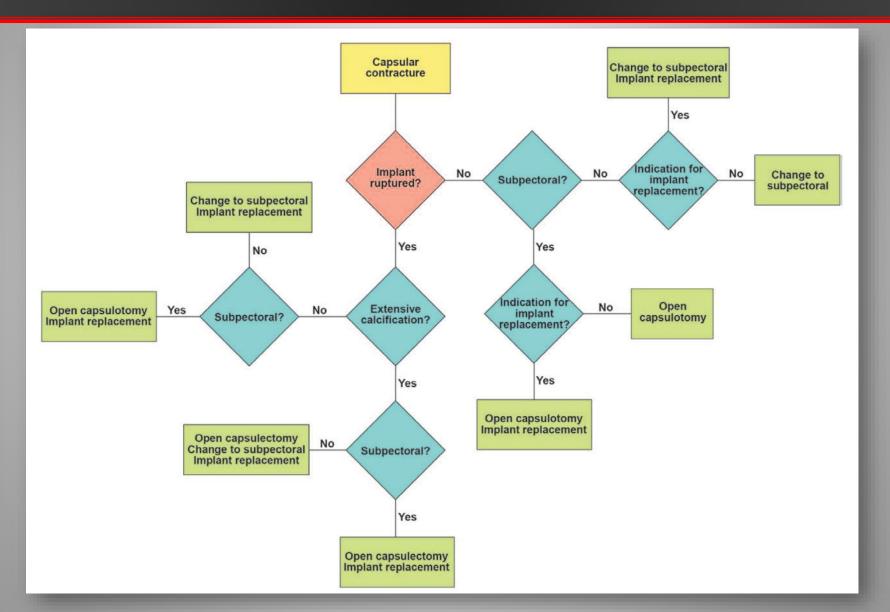
Open Capsulotomy: An Effective but Overlooked Treatment for Capsular Contracture after Breast Augmentation

Eric Swanson, MD

**Background:** The prevailing theory for capsular contracture after breast augmentation is a subclinical capsular infection. A capsulectomy, site change, and implant

- Replacements were smooth & round, 93% saline
- 23% developed recurrent capsular contracture
  - 3% experienced second recurrence
- Patients with ruptured gel implants had greater risk of recurrence
- Capsular contracture corrected with
  - 1 procedure in 77% of patients
  - 2 procedures in 97% of patients
- Short follow up period

# Swanson Capsulotomy Algorithm

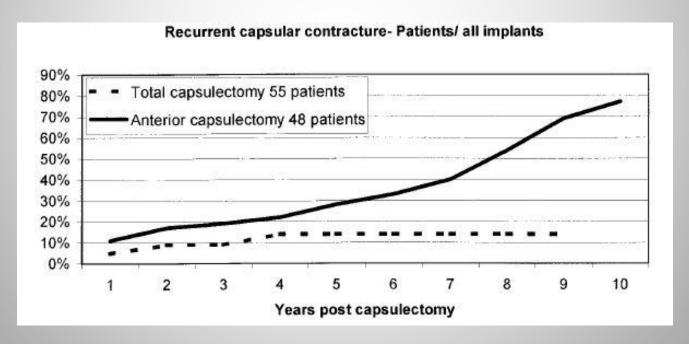


## Capsulectomy

Recurrence of Subglandular Breast Implant Capsular Contracture: Anterior versus Total Capsulectomy

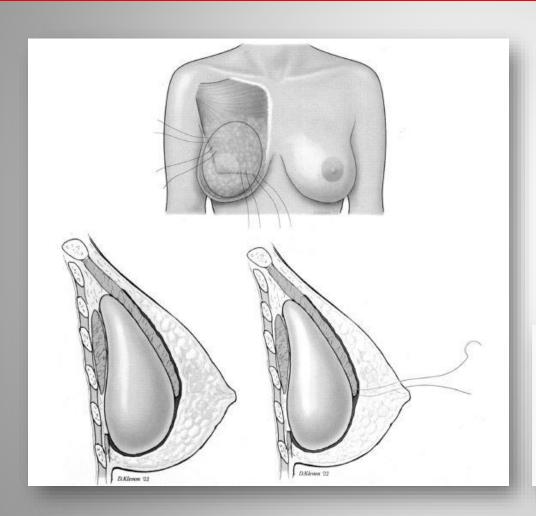
Nicholas Collis, B.Sc., F.R.C.S.(Ed.), and David T. Sharpe, O.B.E., M.A., F.R.C.S.
West Yorkshire, England

2000



Total (vs anterior) capsulectomy when possible

## Pocket & Capsule



- If subglandular
  - Capsulectomy
  - Submuscular pocket
  - Muscle sutures
  - ADM?

#### 2003

COSMETIC

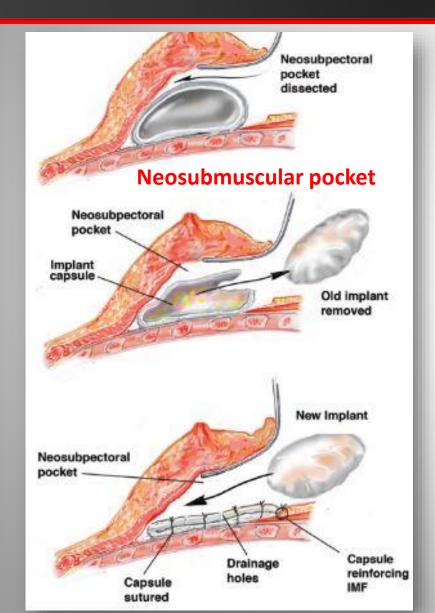
The Correction of Capsular Contracture by Conversion to "Dual-Plane" Positioning: Technique and Outcomes

Scott L. Spear, M.D. Mary Ella Carter, M.D. Jason C. Ganz, M.D.

Little has been published regarding the treatment of patients with long-established capsular contracture after previous submuscular or subglandular breast augmentation. This study reviews 7 years of experience in treating established capsular contracture after augmentation mammaplasty by relocating implants

Washington, D.O.

### New Pocket & Leave the Capsule



- If submuscular
  - Anterior capsulectomy

#### versus

Complete capsulectomy

#### versus

- Neosubmuscular pocket
  - Between muscle & anterior capsule
  - Avoids intrathoracic penetration
- ADM?

### Patient Discussion on Intraoperative Decision Making

- Prepare patient for change in operative plan
- May not be a full capsulectomy
- May be a pocket change
- May be a neosubpectoral pocket
- May need tissue support cost!





# Site Change & New Implant

- Site change + <u>new implant</u> seems to give lowest recurrence
- Additional cost may be worth recurrence



### **ADM Evidence**

- Most studies in reconstructive surgery
- Mostly short term case reports for aesthetic breast surgery
- Significant cost not my first line option

BREAST 2012

The Role of Acellular Dermal Matrices in Capsular Contracture: A Review of the Evidence

C. Bob Basu, M.D., M.P.H. Lynn Jeffers, M.D.

Houston, Texas; and Oxnard, Calif.

Summary: Despite advances in breast implant surgery, capsular contracture remains a challenging sequela of reconstructive and cosmetic breast implant surgery. Although there are established modalities for treatment, most recently, acellular dermal matrix products have been suggested to have a role in preventing or diminishing the pathologic process of capsular contracture. In this article, the author presents a review of the literature to highlight the level of evidence on the role of acellular dermal matrices in the treatment of capsular contracture. (*Plast. Reconstr. Surg.* 130 (Suppl. 2): 118S, 2012.)

# Capsular Contracture: Prevention & Treatment

Karol A Gutowski, MD, FACS

Karol@DrGutowski.com

**Presentation Available Next Week** 

**DrGutowski.com -> Click [For Physicians]** 





PROGRAM CO-CHAIRS: Amy Alderman, MD Dennis Hammond, MD James Zins, MD