



Video of the month

Endoscopic mastectomy in 10 steps

Mastectomía endoscópica en 10 pasos

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Figure 1

In 2021 the first endoscopic breast surgery workshop was held to standardise the surgical technique of minimally invasive mastectomy by the authors and the steps to be followed were stipulated (Fig. 1).

The surgical technique is summarised in the following steps:

- 1 Positioning the patient in the supine position with abduction of the upper extremity.
- 2 Incision of 3 to 3.5 cm located at the external margin of the breast.
- 3 Dissection of the subcutaneous tissue.
- 4 Open approach: Initial dissection of all margins.
- 5 Endoscopic approach: placement of a single port device.
- 6 Anterior margin.

- 7 Posterior margin.
- 8 Removal of surgical specimen.
- 9 Reconstruction: Using prepectoral polyurethane implant through the same incision.
- 10 Result: No distress caused to skin or NAC, good symmetry, no frontal scarring.

Appendix A. Supplementary data

Supplementary material related to this article can be found, in the online version, at doi:<https://doi.org/10.1016/j.ciresp.2020.02.010>.

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