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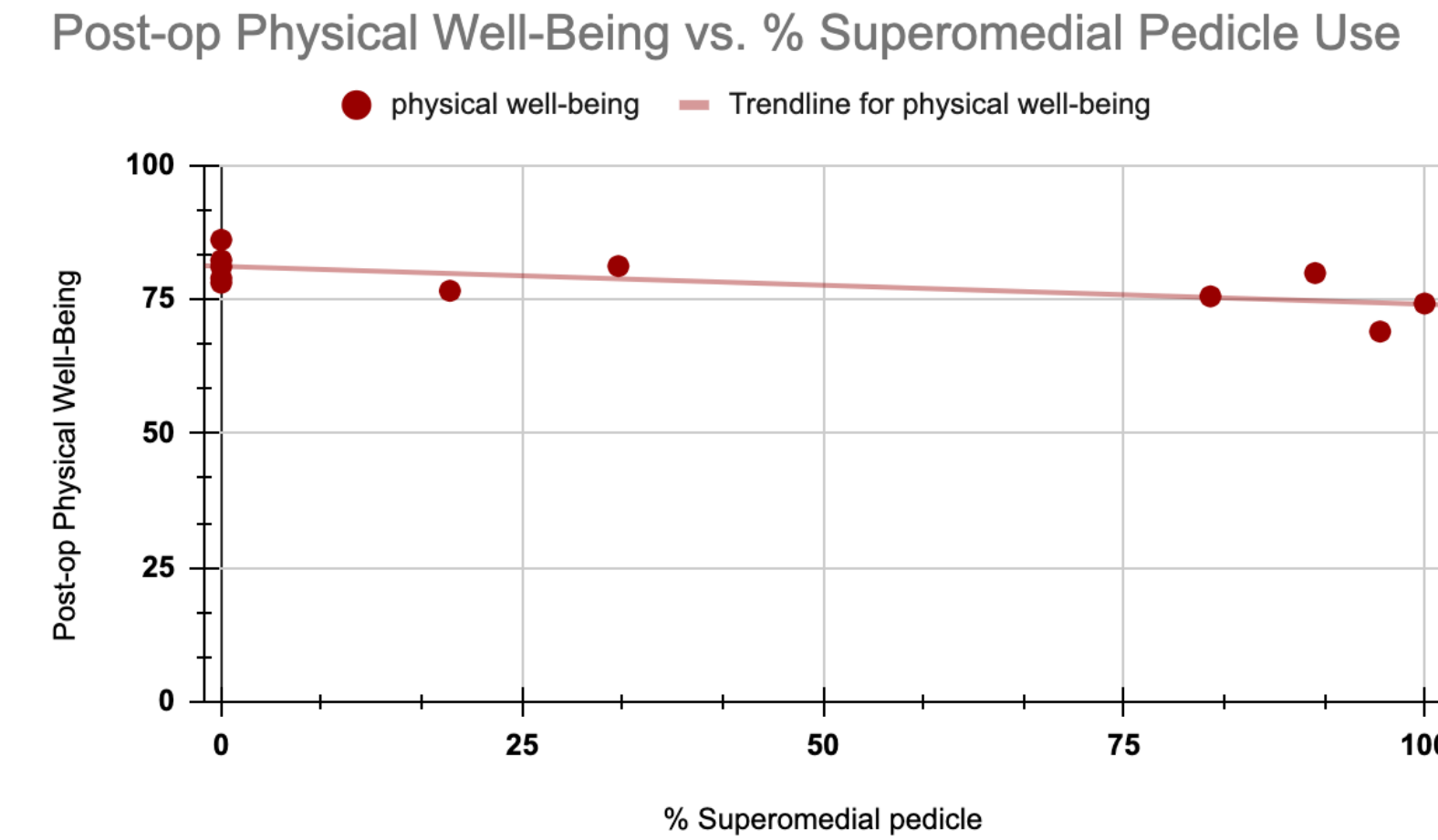
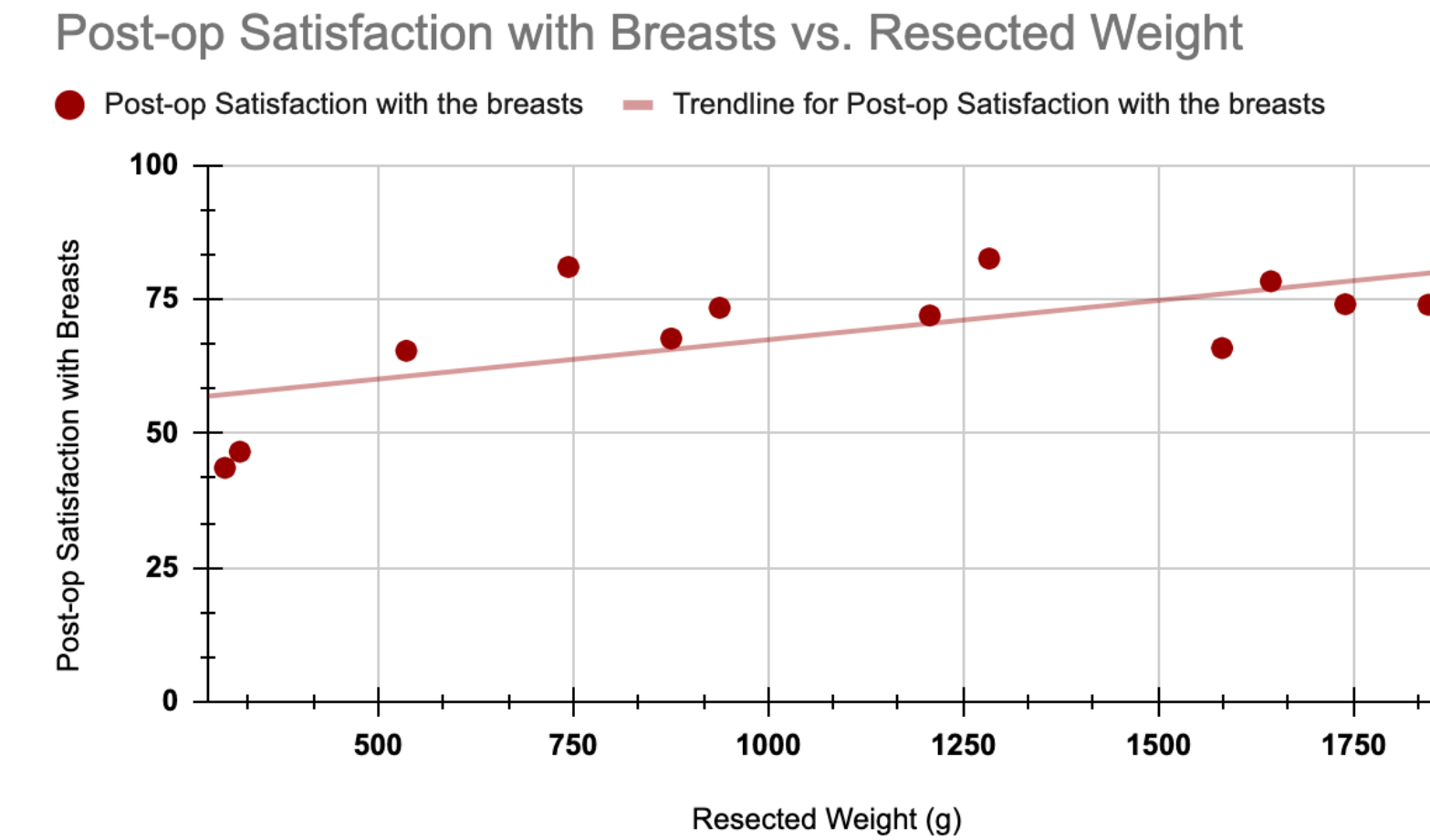
Results

Literature search identified 378 unique articles, of which 14 met our inclusion criteria. Eight papers provided data on both pre-op and post-op BREAST-Q scoring. With the exception of 2/8 studies that did not provide sufficient information to determine a p-value, all studies demonstrated significant improvements in BREAST-Q scoring across categories following reduction mammoplasty. Positive correlations included mean age and preoperative sexual well-being (SRCC +0.61, $p<.05$), BMI and postoperative satisfaction with breasts (SRCC +0.53, $p<.05$), resected weight and postoperative satisfaction with breasts (SRCC +0.61, $p<.05$). Negative correlations included BMI and preoperative physical well-being (SRCC -0.78, $p<.01$), superomedial pedicle usage and postoperative physical well-being (SRCC -0.67, $p<.05$), Wise pattern incisions and postoperative sexual well-being (SRCC -0.66, $p<.05$)/physical well-being (SRCC -0.70, $p<.05$), vertical incision usage and postoperative satisfaction with the NAC (SRCC -0.78, $p<.05$).

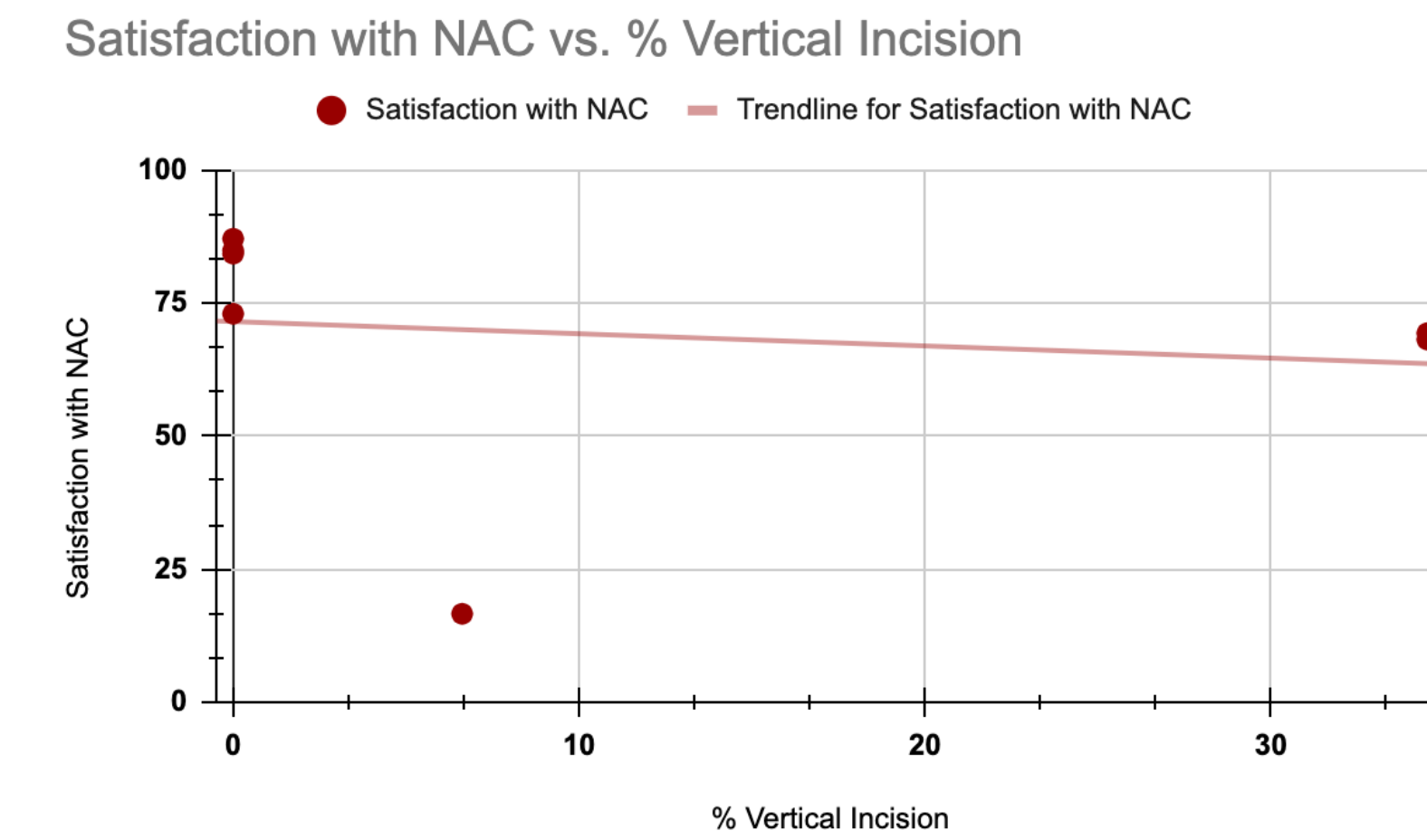
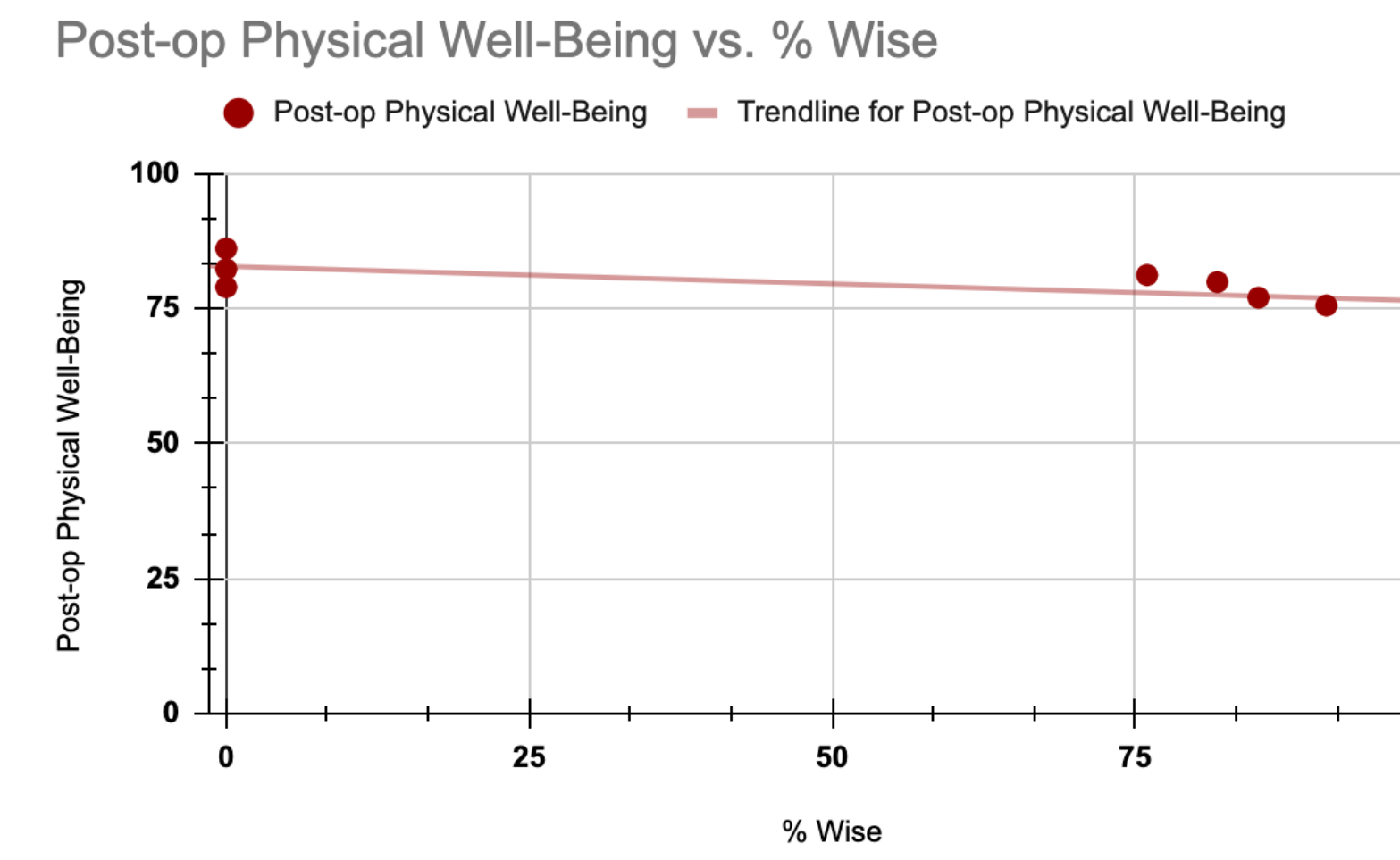
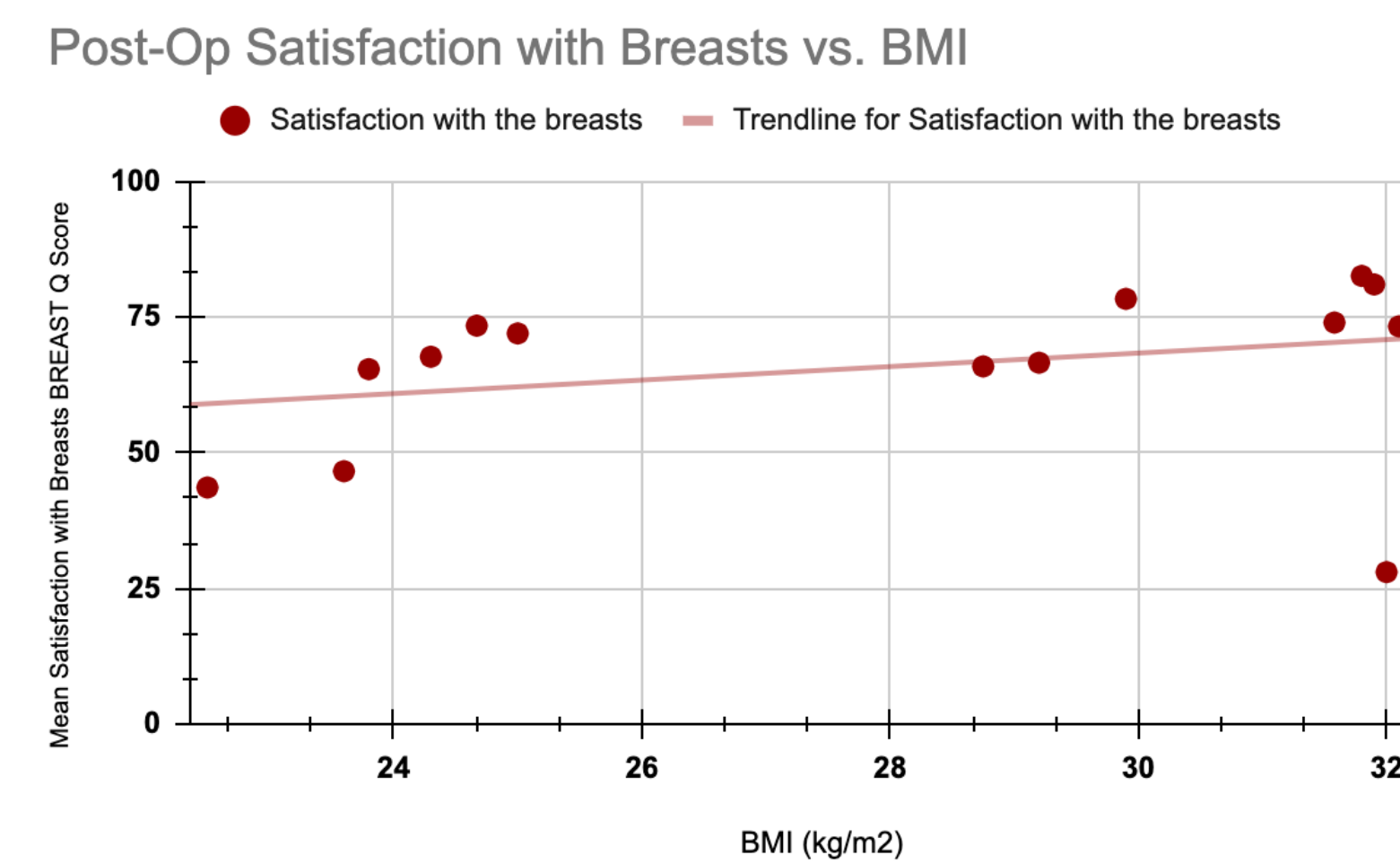
Pre-op Physical Well-Being vs. BMI

Legend: ● physical well-being, — Trendline for physical well-being

BMI (kg/m ²)	Mean Physical Well-Being BREAST Q score
24.5	52
25.0	54
27.0	75
27.8	70
30.0	50
31.0	46
31.5	40
31.8	42
32.0	45
32.2	48
32.5	30



A systematic review was performed using PubMed from inception through August 6, 2021 for the term (("breast q") OR ("breast-q")) AND ("Mammaplasty"[Mesh] OR mammoplast* OR mammaplast* OR (breast n3 reduc*)). Studies that recorded pre-op, post-op, or both pre-op and post-op BREAST-Q scores were included. Studies examining breast reconstruction, breast augmentation, oncoplastic reduction, or breast cancer patients were excluded. Non-cohort studies (i.e. case series, technique papers), studies for which full-text was not available, and studies not in English were also excluded. Microsoft Excel was used to calculate mean differences, conduct univariate linear regression analysis, calculate Spearman's Rank Correlation Coefficients (SRCC), and to create scatterplots.



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