

A PROSPECTIVE COMPARATIVE STUDY OF NEEDLE ASPIRATION vs INCISION& DRAINAGE OF LACTATIONAL BREAST ABSCESS

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ABSTRACT

Puerperal breast abscess is a common problem in lactating mothers causing significant morbidity with the incidence ranging from 0.4 to 11% in Indian subcontinent. The traditional management of breast abscess was incision & drainage, but significant morbidity was associated with the procedure. The treatment of the breast abscesses shifted to a more conservative approach needle aspiration in the recent years. To compare the outcomes of needle aspiration vs incisional drainage of lactational breast abscess with reference to recurrent abscess, time required for complete healing, pain and scar. 2. To study the most common organism in the breast abscess. 3. To study the sensitivity of the organisms seen in breast abscess.

This is a prospective study done from 1st April 2017 to 1st March 2018. All patients who come to outpatient department of RVM Medical College with the diagnosis of lactational breast abscess were taken as study population. Data of 60 patients with clinical features suggestive of puerperal breast abscess was recorded. The patients were then divided into two treatment groups A and B with 30 patients in each group. Patients in group A underwent percutaneous needle aspiration and in group B underwent open surgical drainage. **RESULTS:** A total of 60 breast abscesses were treated by these methods. In group A 25 patients were treated successfully with needle aspiration & antibiotics. The mean time for healing is 11 days in 2 cm abscess and longest 23.5 days in 5 cm abscess. 7 abscesses showed growth of S.aureus, 17 showed MRSA, 4 showed no growth, 2 abscesses showed other rarer organisms. Success rate of aspiration is 83%. This is an outpatient procedure & is cost effective. Patient satisfaction is more in aspiration group. Group B patients underwent incision & drainage but it is associated with cessation of breast feeding, cumbersome scar, and prolonged healing times. Mean time of healing in 3 cm abscess is 25.5 days and 5 cm abscess is 30 days.

KEY WORDS: Puerperium, lactational breast abscess, needle aspiration, incision drainage