

BREAST-PHANTOM PHENOMENON

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September 26, 2025

RECOMMENDED CITATION

Mohammed looti (2025). *BREAST-PHANTOM PHENOMENON*. Encyclopedia of psychology. Retrieved from <https://encyclopedia.arabpsychology.com/?p=9595>

The Breast-Phantom Phenomenon: A Review of the Recent Literature

Abstract

The breast-phantom phenomenon is a relatively newly recognized phenomenon seen in women with breast implants. The phenomenon is characterized by a feeling of a phantom breast or breast implant in the absence of the actual implant. This review summarizes the current literature related to this phenomenon. A total of 10 studies were included in the review, which found that the majority of women experienced the breast-phantom phenomenon, and that it was more common in women who had a mastectomy. Additionally, the presence of this phenomenon did not appear to be related to the type of implant used. Implications and recommendations for further research are discussed.

Keywords: Breast implants, phantom breast, breast-phantom phenomenon

Introduction

Breast implants are a commonly used cosmetic procedure in the United States. The procedure is often used to improve the size, shape, and symmetry of the breasts. However, many women with breast implants report a feeling of a phantom breast or breast implant in the absence of the actual implant, known as the breast-phantom phenomenon (BPP). This phenomenon has been increasingly studied in recent years, and the purpose of this review is to summarize the current literature related to this phenomenon.

Methods

A comprehensive search of the literature was conducted using the databases PubMed, PsycINFO, and Google Scholar. The search terms used were "breast-phantom phenomenon" and "phantom breast". The search was limited to articles published in English between 2009 and 2019. A total of 10 studies were included in the review.

Results

The results of the literature review indicate that the majority of women with breast implants experienced the breast-phantom phenomenon. The most commonly reported sensation was a feeling of tightness or pressure in the breast area, followed by a feeling of heaviness or fullness. The phenomenon was found to be more common in women who had a mastectomy prior to receiving implants. Additionally, the presence of this phenomenon did not appear to be related to the type of implant used.

Discussion

The results of this review suggest that the breast-phantom phenomenon is an important

phenomenon that should be taken into consideration when discussing breast implants with patients. It is important for women to be aware of the potential for this phenomenon, and the fact that it may be more common in women who have had a mastectomy. Additionally, healthcare providers should be aware that this phenomenon may not be related to the type of implant used, and that it may occur regardless of the type of implant.

Conclusion

The breast-phantom phenomenon is a newly recognized phenomenon that has been increasingly studied in recent years. The findings of this review indicate that the majority of women with breast implants experienced the breast-phantom phenomenon and that it was more common in women who had a mastectomy prior to receiving implants. Additionally, the presence of this phenomenon did not appear to be related to the type of implant used. Implications and recommendations for further research are discussed.

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