

# Breast Reconstruction

5 questions for your **plastic surgeon** to help you feel prepared and confident

## 1 What are my breast reconstruction options?

Breast reconstruction has evolved and advanced a great deal over the years. First, talk to your surgeon about what's important to you. Do you need to return to work quickly? Do you want an enhanced result, or to look as you did before your mastectomy? Are you athletic? Your surgeon will consider these lifestyle factors when discussing your options and deciding which technique may be best for you.

## 2 What are my implant options?

If you choose a procedure involving implants, there is a wide range of implants available to match the potential shape and size of any breast. You may have heard of different types of implants, saline or silicone, including highly cohesive "gummy" implants. Ask your surgeon which options may be right for you.

## 3 What is the difference between under-the-muscle and over-the-muscle breast reconstruction?

Under-the-muscle (subpectoral) breast reconstruction is a technique that involves placing a breast implant under the chest muscle. Depending on your breast anatomy, your surgeon may use a tissue expander to make room for the implant. Over-the-muscle (prepectoral) breast reconstruction is an innovative muscle-sparing technique using breast implants to reconstruct the breast over the chest muscle in the same space where your natural breast resides. Ask your surgeon which technique is right for you.

## 4 Will I need fat transfer following my breast reconstruction?

Fat transfer may improve the overall shape and contour of your reconstructed breast by utilizing fat from other areas of your body. While not everyone is a candidate, a plastic surgeon may recommend it as an adjunct to your breast reconstruction.

## 5 What will my breasts look like when I've recovered?

Having appropriate expectations for your reconstruction can make a big difference in how you view your final results. Ask about the size, shape, and feel of the reconstructed breast, where your scar will be located, and your options for nipple reconstruction. You can also ask to see before-and-after photos of patients who have had similar breast reconstruction procedures. No question is too big or small—if it matters to you, it should matter to your surgeon!

**Ask your surgeon any and all questions you may have to become well informed and confident in your decisions.**