



Meet With Your Health Care Team



There is no such thing as one size fits all.
* Discuss your options with your doctors and a breast reconstruction surgeon to find an option that best suits you.

What Are My Surgical Options?

A Lumpectomy
Removes the tumor and/or partial removal of the breast along with radiation therapy.

B Mastectomy
Removal of the breast.
(with or without reconstruction)

Other Terms Defined

- **Unilateral** - Affects one breast
- **Bilateral** - Affects both breasts
- **Lymph Node Surgery** - Removal and sampling of the nodes from the armpit.
- **Axillary Node Dissection** - Removal and testing of 10 to 20 nodes to determine if cancer has spread. Some patients may require this procedure.



Breast Reconstruction

What You Need To Know

Learn about the types of reconstruction methods available, the terms used and the associated procedures for informed decision-making.

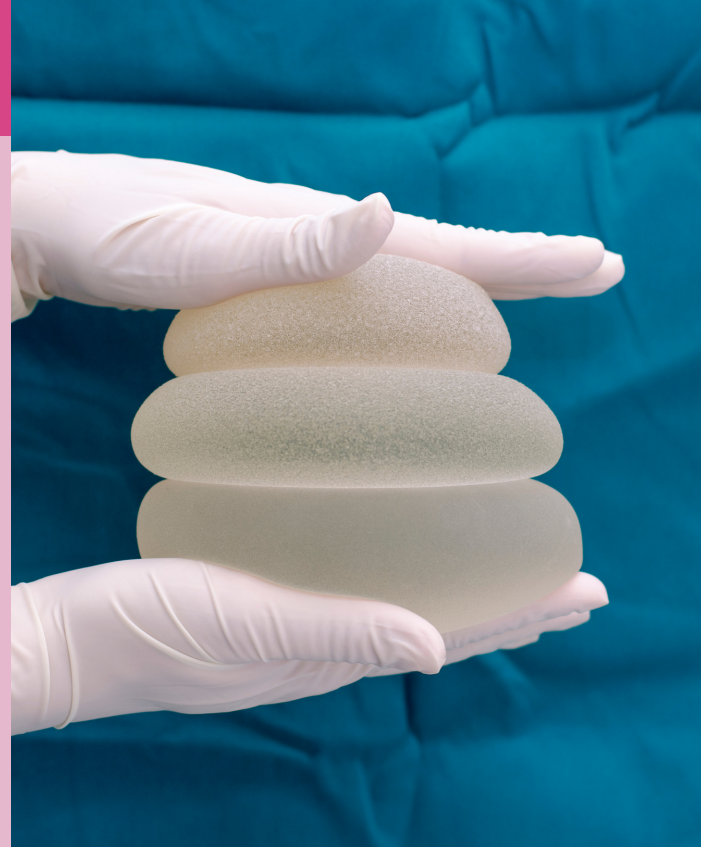
Three Main Types of Breast reconstruction

Autologous tissue-based reconstruction:

This procedure offers the newest advancements to sculpt and shape breasts that look and feel natural. It can allow for sensation to the reconstructed breast. A fat graft or flap is created using tissue transplanted from elsewhere on the patient's body. If tissue is taken from the abdomen, the patient also receives a tummy tuck. This procedure is suitable for women who do not have enough skin to cover an implant.

Implant reconstruction: During the initial surgery, a **tissue expander** is placed under the pectoralis muscle. It's then filled with saline until the proper volume is achieved. Surgeons then use either a **saline or silicone** implant for the reconstruction. Implant reconstruction offers the shortest operative time and is the simplest breast reconstruction surgery.

Combination implant and autologous : This technique combines both implants and flaps, where tissue from another part of the body is used in the reconstruction.



Using Your Own Tissue

TRAM Flap: Uses lower belly fat and abdominal muscle

DIEP Flap: Uses lower belly fat and skin, sparing the muscle

SIEA Flap: Uses lower belly fat without cutting through muscle

LD Flap: Uses muscle, fat and skin from your back

Gluteal Free Flap: Uses fat and skin from your buttocks

Delayed vs Immediate Reconstruction



Delayed: A second surgery occurring after the breast cancer surgery to reconstruct the breast.

Immediate: when reconstruction is performed at the time of the surgery.

← Breast Implants

Types are: Silicone or Saline - both assist in restoring breast volume, size and appearance.

What are they made of (texture & description)?:

- Saline: Silicone shell filled with sterile saltwater during surgery
- Silicone Shell: Silicone shell prefilled with silicone.
- Glicome Shaped: A more cohesive /gummy textured, prefilled silicone gel.

Tissue Expander/Implant: A temporary device used to expand breast skin. Thereafter, saline or silicone gel implants are surgically inserted under the chest muscle.

Prosthesis: A removable form that sits on top of the skin.