



Breast Reconstruction Guide

Whether you've made the choice to begin breast reconstruction, or you're still deciding what's best for you—it's all about your journey. It's a journey that starts from within.

At Mentor, we have a long history of helping women embrace the future with confidence and optimism.

This Breast Reconstruction Guide has been designed to help you organize the details of your journey from now through your recovery.

Your Support Team

Use this page to capture contact information for your care team.

Breast Surgeon Team Member

Name: _____

Phone: _____

Email: _____

Plastic Surgeon Team Member

Name: _____

Phone: _____

Email: _____

Patient Navigator/Coordinator Team Member

Name: _____

Phone: _____

Email: _____

Local Support Group Information

Discussing Your Reconstruction Options

Discussing breast reconstruction with your plastic surgeon should be an empowering experience! In addition to discussing where you are in your treatment and your desired aesthetic outcome, keep in mind your lifestyle preferences and how they might impact your breast reconstruction options.

Here you will find a list of some considerations to help you and your surgeon create the best treatment plan for your personal journey.



Medical Considerations

My reconstruction journey _____

Questions

1 How is breast reconstruction coordinated with cancer treatment?

Notes:

2 What are the approaches for mastectomy?

3 Can I have a mammogram after reconstruction?

4 Will physical therapy be part of my post-operative recovery?



Lifestyle Considerations

My lifestyle goals _____

Questions

1 How will my level of activity affect my reconstructed breasts?

Notes:

2 Will I have any sensation in my reconstructed breasts?

3 How long will the recovery process take?



Aesthetic Considerations

My desired aesthetic outcome _____

Questions

1 Do you have before-and-after photos I can look at?

Notes:

2 Will my breasts be symmetric?

3 Where will my scars be?

Questions to Discuss with Your Plastic Surgeon: Breast Reconstruction

What type of reconstruction do you think will meet my goals?

What are the risks and benefits of pre-pec versus submuscular?

What are common complications with breast reconstruction?

What can I expect during the tissue expander stage?

How often will I need to get the tissue expanders filled?

How long will I have tissue expanders?

Notes:

Questions to Discuss with Your Plastic Surgeon: MENTOR[®] Products

Do you have any MENTOR[®] Tissue Expanders I can see?

What type of MENTOR[®] Tissue Expander will you select for me?

Can I have radiation with tissue expanders in my body?

Do you have any MENTOR[®] Breast Implants I can feel?

What MENTOR[®] Implant will give me the aesthetic outcome I desire?

Will I need to replace the implants in the future?

Notes:

Pre- and Post-Op Checklist

Being Prepared is the Best Way to Feel Ready For Your Surgery

There are many details that go into surgery planning. Often times, it's easy to forget the small stuff. The following pre- and post-op tips are meant to provide the details that can make life easier before and after surgery.

This list does not replace the advice of your surgeon, but it can provide reminders about what to ask the surgeon and how to be better prepared.

Talk to Your Surgeon and Their Staff

- Mixing medications: Medications you're already taking may interact with surgery or with medications that your surgeon prescribes before and after your procedure. Be sure to tell your surgeon about any medications you are taking or plan to take throughout recovery. Vitamins, minerals, and herbs can also interact with medications.
- Receive directions to the facility where you plan to have the procedure.
- Request a list of your surgeon's pre-operative and post-operative instructions, which can include:
 - a) showering recommendations
 - b) medications that need to be taken or stopped prior to the procedure
 - c) supplies that you will need after surgery
 - d) policies on smoking cessation, if applicable
- After hours contact information for your surgeon.

The Days Before Surgery

- Purchase any supplies that you will need for recovery.
- Follow instructions provided by your surgeon regarding medication.
- Fill any post-operative prescriptions necessary after the procedure.
- Coordinate with a friend or family member who can drive you home after the procedure and possibly stay with you for the first few days after surgery.

Pre- and Post-Op Checklist

The Night Before Surgery

- Pack your bag the night before surgery. Bring any personal items that you might need.
- Bring a container to hold your eyeglasses or contact lenses.
- Bring comfortable clothes to wear after the procedure.
- Bring your insurance card.
- Follow instructions regarding food and drink.

The Day of the Procedure

- You will receive a list of discharge instructions and medication instructions.
- You will receive emergency contact information
- Be certain to have someone stay with you for the amount of time recommended by your surgeon.

Your Breast Reconstruction Journey

Tissue Expander Surgery

Date:

Location:

MENTOR® Left Tissue Expander Serial Number.....

MENTOR® Right Tissue Expander Serial Number.....

Post Operative Plastic Surgeon Visits

Date:

Date:

Expander Fill Volume:

Expander Fill Volume:

Physician instruction:

Physician instruction:

Questions for your physician:

Questions for your physician:

Date:

Date:

Expander Fill Volume:

Expander Fill Volume:

Physician instruction:

Physician instruction:

Questions for your physician:

Questions for your physician:

Post Operative Breast Oncologist Surgeon Visit

Date:

Physician instruction:

Questions for your physician:

Breast Implant Surgery

Date:

Location:

Mentor® Left Breast Implant Serial Number

Mentor® Right Breast Implant Serial Number

Your Breast Reconstruction Journey

Post Operative Plastic Surgeon Visit

Date: _____

Physician instruction: _____

Questions for your physician: _____

Notes: _____

Post Operative Breast Oncologist Surgeon Visit

Date: _____

Physician instruction: _____

Questions for your physician: _____

Notes: _____

Your MENTOR® Breast Implants are guaranteed for your lifetime. All recipients of MENTOR® Breast Implants are automatically enrolled in the MENTOR®Promise™ Protection Plan.

My Breast Implant Warranty Information _____
