

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?

