



# Keeping Abreast

Breast Cancer Reconstruction Support

No matter which type of reconstruction you are planning to have, consider asking your surgeon these questions as you plan your reconstruction surgery. Some may not be relevant to you but can at least act as a guide.

Am I a good candidate for breast reconstruction?	How long will I be in the hospital?
What type of breast reconstruction is best for me?	Will I need blood transfusions? If so, can I donate my own blood?
How many reconstruction procedures have you done?	How long is the recovery time?
Which types of reconstruction are you most experienced in?	What type of wound care will I need to do at home?
What are the risks of breast reconstruction?	Will you insert surgical drains?
What is the best reconstruction timing for me?	Are there exercises I'll need to do after surgery?
What will my breast look like after reconstruction?	How much activity can I do at home?
Do you have photos of similar reconstructions that you've performed?	What do I do if I get swelling (lymphedema) in my arm?
What results are realistic for me?	When will I be able to return to normal activities such as driving and working?
Will the reconstructed breast match my remaining breast in size?	Can you connect me with other women who have had the same surgery?

[www.keepingabreast.org](http://www.keepingabreast.org)

Keeping Abreast Ltd, Oak Lodge Business Centre, 129 School Lane, Little Melton, Norwich NR9 3LB

Company Registration No: 06891388 Charity No: 1129522 Registered Office: M&A Partners, 7 The Close, Norwich, NR1 4DJ

How should I prepare for surgery?	Will reconstruction interfere with chemotherapy?
How long will the surgery take?	Will reconstruction interfere with radiation therapy?
Will I have a local or general anaesthetic?	How long will the implant last? (if applicable)
How will my reconstructed breast feel to the touch?	What kinds of changes to the breast can I expect over time?
Will I have any feeling in my reconstructed breast?	How will aging affect the reconstructed breast?
How much discomfort or pain will I feel?	Are there any new reconstruction options that I should know about?
What happens if I gain or lose weight?	

All questions courtesy of Breast Cancer Care – Jan 2016

[www.keepingabreast.org](http://www.keepingabreast.org)

Keeping Abreast Ltd, Oak Lodge Business Centre, 129 School Lane, Little Melton, Norwich NR9 3LB

Company Registration No: 06891388 Charity No: 1129522 Registered Office: M&A Partners, 7 The Close, Norwich, NR1 4DJ