What to Expect: Breast Reconstruction Consultation

**The Consultation**
During your consultation, be prepared to discuss:

- Your surgical goals, options, and course of treatment
- Any medical conditions, drug allergies, previous surgeries
- Current medications, vitamins, herbal supplements, tobacco, alcohol, and drug use
- Outcomes of breast reconstruction, risks, and expectations
- Photos

**The Procedure**
- Breast reconstruction is a journey that is unique for each patient. This may include:
  - Multiple surgeries over a period of 6-12 months
  - Building the breast by using your own tissue versus tissue expansion and implant placement
  - Nipple reconstruction
  - Nipple areolar tattooing

**The Recovery**
- Following your breast reconstruction surgery, gauze and bandages may be applied to your incisions, along with a surgical support bra. A surgical bra will minimize the swelling and support the reconstructed breast.
- Healing will continue for several months while swelling decreases and breast shape/position improve
- Continue to follow your Plastic Surgeon’s instructions for follow-up visits and care.

**Insurance Coverage**
- Breast reconstruction surgery after Breast Cancer is considered a reconstructive procedure, and should be covered by health insurance. However, your coverage may only provide a portion of the total cost.
- *The Women’s Health and Cancer Rights Act* is a federal law passed in 1998 that requires all group health insurance plans that cover mastectomies and reconstruction surgery as well.
Tips for Healing

- Following your physician’s instructions is the key to success of your surgery.
- It’s important that your incisions are not subjected to force, abrasion, or motion during the time of healing.
- Your doctor will give specific instructions on how to care for yourself.