



Does Breast Reconstruction affect my treatment and recovery from Breast Cancer?

Studies have shown that breast reconstruction has no effect on cancer recurrence and does not delay cancer detection. It does not affect breast cancer survival.

Breast reconstruction does not delay or interfere with chemotherapy or radiotherapy, should either be needed.

Women with breast reconstruction are known to have better quality of life, sexuality and confidence.

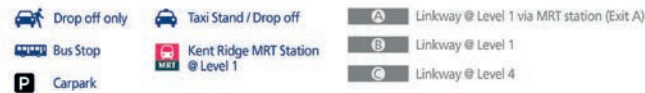
Recovery after Surgery

Hospital stay is usually about 3 days to a week, depending on the type of reconstruction and on the individual.

You should be able to return to doing activities, such as household chores, sports, driving and sexual activity, 4 to 8 weeks after your operation.

Scars will be present initially but will improve over time.

Breast Care Centre
 NUH Medical Centre Level 8
 Appointment Line: (65) 6772 2002
 Email: breast_surgery@nuhs.edu.sg



Nearest MRT Station: Kent Ridge (Circle Line)

National University Hospital
 5 Lower Kent Ridge Road, Singapore 119074
 Tel: (65) 6779 5555 Fax: (65) 6779 5678
 Website: www.nuh.com.sg
 Company Registration No. 198500843R

Information is correct at time of printing (Jan 2016)
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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Shaping Life with Breast Reconstruction

All You Need to Know



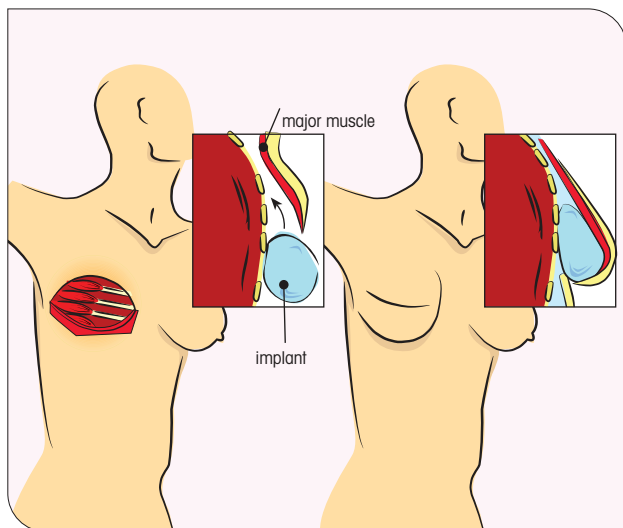
Having breast cancer can be one of the biggest challenges for a woman. Fortunately, almost anyone who has gone through a mastectomy for breast cancer can opt for reconstruction. Having a new reconstructed breast can help to restore the body image of a woman.

Breast Reconstruction

The breast can either be reconstructed using an implant or from your own tissue.

Implants

A breast implant using saline or silicone is placed within the chest wall under the skin.

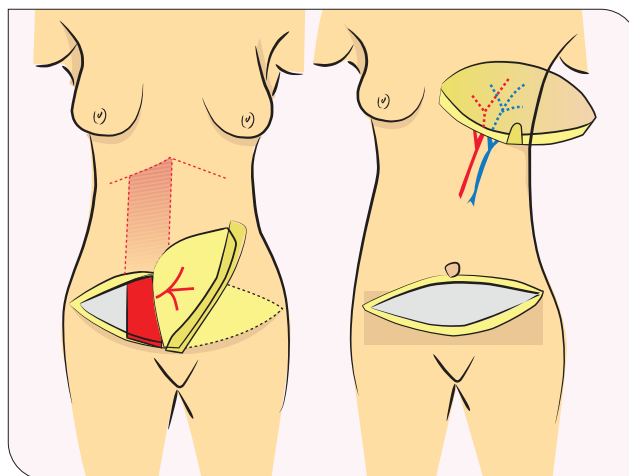
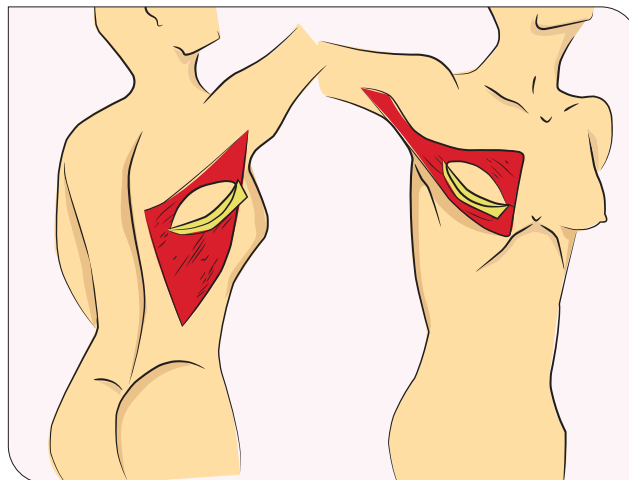


Sometimes the skin may be deficient, especially because the reconstruction is done months or years after the original breast surgery. In this case, a temporary tissue expander can be inserted to allow for progressive stretching of the skin before a permanent breast implant is placed.

Own Tissues

Using your own tissue for reconstruction produces more natural and better long-term results.

An ellipse of skin and muscle can be taken from the back and moved to the chest wall to create a new breast shape.



Skin and fat from the lower abdomen can also be transferred up to the chest wall to create a new breast.

Nipple Reconstruction

The nipple and areola (dark skin around the nipple) are usually reconstructed a few months after the breast reconstruction surgery. This is to allow for the new breast to settle into its position.

The nipple is created using local skin or part of the nipple from the other breast. The areola can be created from a small skin graft taken from the groin or through tattooing.

When can Breast Reconstruction be performed?

Breast reconstruction can be performed at the same time as mastectomy.

Having immediate breast reconstruction can minimise the emotional trauma experienced due to the loss of a breast, and gives a better aesthetic result as the breast skin can be preserved.

It can also be performed for those who have had previously undergone mastectomy and now wish to undergo reconstruction.

