



## QUESTIONS FOR YOUR RECONSTRUCTIVE SURGEON

Make sure to bring your list of questions to your consultation and a note pad for notes. Ask if you may bring a significant other or friend to help record the discussion if you wish. There is usually a lot of information to cover during consultation appointments.

### GOALS:

Breast reconstruction can be an important part of rebuilding a woman's self-esteem after losing a breast to mastectomy. Whether your mastectomy is the result of a breast cancer diagnosis, or if you are BRCA+ and considering mastectomy for precautionary reasons, you may want to consider prioritizing how important different aspects of reconstruction are to you. Things to consider include: aesthetics, comfort, recovery time, financial concerns, using your own tissue versus an implant, follow up procedures, ability to continue your favorite activities, longevity of reconstructed breast, etc.

Be sure to choose the option that is best for you to complete your journey. List your personal goals for your reconstruction:

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### SCHEDULING THE APPOINTMENT

*Some things a patient may consider when scheduling a consultation appointment:*

- Is this physician certified under the [American Board of Plastic Surgery](#)?
- Is the office staff pleasant? Organized? Prompt in returning my calls/scheduling an appointment?
- What materials/medical records should I bring to this consultation?
- Does this surgeon take my health insurance plan?

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## DURING THE CONSULTATION

*A list of questions that may be useful for your breast reconstruction consultation appointment:*

- Am I a good candidate for breast reconstruction?
- What options for reconstruction do you think I should consider and why?
- Are there any breast reconstruction procedures that you do not perform, but may be a good option for me?
- How many surgeries/procedures will it take to complete my reconstruction?
- What are the pros and cons of these procedures?
- At what hospital do you perform your breast reconstruction surgeries? Is this hospital experienced in caring for breast reconstruction patients?
- What are the possible risks and complications? How often do they happen?
- If there are any complications, how will they be handled?
- How many of these surgeries do you perform annually? Do you perform these procedures routinely?
- What is your success rate with this procedure?
- Do you have a surgical team or do you perform the surgery by yourself?
- Will my reconstructive surgery interfere with my cancer treatment? (if applicable)
- How long will I be in the hospital?
- What accommodations are there if I am from out of town? Are there any travel restrictions immediately after I would be discharged from the hospital?
- What can I expect the recovery period to be like? How long will it be?
- After my recovery, will I be able to maintain my active lifestyle? (Describe your favorite activities, including types of exercise)
- What follow up care will I need?
- What will the reconstructed breast feel like? Will I have sensation in the reconstructed breast?
- Can you match my opposite breast? Will my opposite breast require surgery?
- Do you have any patients that I can call to ask about their experience with this procedure?
- Do you have any before and after photos that I can see?
- What will my scars look like?
- What kind of changes can I expect in my reconstructed breast over time?
- How long should I expect this reconstruction to last?
- What are the side effects/ long term concerns with this procedure?
- What happens if I am not satisfied with the outcome?
- How can I reach you if I have any additional questions?



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