

DATE \_\_\_\_\_

Doctor's Name

## QUESTIONS TO ASK AT YOUR FIRST PLASTIC SURGERY CONSULT FOR BREAST RECONSTRUCTION

1. Do you do DTI (direct-to-implant) reconstruction, or delayed reconstruction with expanders? Why? What are the benefits and potential drawbacks of each approach?
2. Which do you recommend and why: implants placed UTM (under-the-muscle) or OTM (over-the-muscle)? What are the pros and cons of each?
3. In implant reconstruction, what kinds of implants do you use? Silicone or saline, textured or not? And is there any cancer risk associated with this type?
4. Tell me about the use of cadaver skin (AlloDerm) in the breast reconstruction process. Are there any potential dangers or complications associated with this?
5. Besides implant-based reconstruction, could you explain the other options of autologous reconstruction (using tissue from your own body to reconstruct the breasts), such as DIEP flap, LAT flap, TUG flap, etc.? Which option — implant or autologous reconstruction — would you recommend for me and why?
6. Will this be a nipple-sparing mastectomy? Why or why not? If not nipple-sparing, what options are there to recreate my nipples — nipple reconstruction, nipple tattoos? Does your office do any of those procedures, and if not, are there providers who do that you could refer me to?
7. Can you explain any sensation loss I may experience in my chest after mastectomy and reconstruction?
8. Will I need/what can I expect re: follow-up revision surgery(ies) and fat grafting, etc.?
9. What can I expect re: the cosmetic outcome? Where will the scars be and what will those look like? Can I see photos of samples of your work?
10. If doing implant reconstruction, how do I/you/we decide what size to choose for the implants? What factors should I consider when making that decision?
11. Do implants ever flip or move around, and what do I do if/when this happens?
12. How long will I be in the hospital after my surgery?
13. How long will I have the post-op surgical drains (JP drains) in for?
14. How long will I have physical restrictions and limitations post-op with implant reconstruction? With autologous reconstruction?
15. What's your rate of infection/complication?
16. [For prophylactic mastectomy and reconstruction] Ideally, is there a better or worse time of year to have this surgery? (e.g., should I not do it in the summer if I can avoid it due to hot temps and more physical/outdoor activities?)
17. Could you tell me about the post-op pain management and what that will entail?
18. What are the subsequent appointments I'll need to schedule with you before my surgery and what does that timeline look like? What are the next steps after I leave here today?

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