

Breast Reconstruction Comparison Summary Chart

Type of Reconstruction	Tram	Latissimus Dorsi Flap	Tissue Expanders
Length of surgery	Unilateral 2 hrs. Bilateral 3-4 hrs.	3-4 hrs.	Unilateral 1-1.5 hrs Bilateral 2.5 hrs.
Length of hospital stay (initial)	3-5 days	2 days	1 day
# of procedures required for completion (immediate)	2	2	3
Complications	<ul style="list-style-type: none"> *infection * bleeding * seroma *delayed wound healing *circulation problems *abdominal hernia *fat necrosis *excessive scarring *muscle/abdominal weakness * breast asymmetry *DVT/PE *anesthetic issues 	<ul style="list-style-type: none"> *infection *bleeding *seroma *delayed wound healing *circulation problems *fat necrosis *excessive scarring *muscle/shoulder weakness *breast asymmetry *DVT/PE *anesthetic issues 	<ul style="list-style-type: none"> *infection *bleeding *seroma *delayed wound healing *excessive scarring *capsular contracture *implant displacement/rupture *thinning of the skin *breast asymmetry *DVT/PE *anesthetic issues
Standard follow up visits to the surgeon's office	<ul style="list-style-type: none"> *Drains and dressing removed 5-7 days *Remove stitches 10-14 days *F/U: 6 -12 weeks *Revisit surgeon at 3 mos. To discuss the next procedure. 	<ul style="list-style-type: none"> *Drains and dressing removed 5-7 days *Remove stitches 10-14 days *F/U: 6 -12 weeks *Revisit surgeon to discuss the next procedure. 	<ul style="list-style-type: none"> *Drains and dressing removed 5-7 days *Remove stitches 10-14 days *F/U 4 weeks to commence tissue expansion . *Tissue expansion every 2 weeks x 3-4 months. *Overall, the most lengthy procedure until completion
Location of scars	<ul style="list-style-type: none"> *lower abdominal scar from hip to hip *an ellipse scar to 	<ul style="list-style-type: none"> *on the back of the affected side(diagonal) 	<ul style="list-style-type: none"> *mastectomy scar (straight line or inverted T)

	breast *new position for umbilicus	*breast at mastectomy site	
Indications	*patients who have had a mastectomy *patients with adequate abdominal tissue *patients who may be receiving aggressive radiation *patients who have had other procedures fail.	*patients who have had a mastectomy *patients who lack adequate abdominal tissue *patients who have had multiple abdominal surgeries and are not a candidate for a Tram	*patients who have had a mastectomy *Thin women with very little body fat *healthy women not requiring radiation
Recovery time	6-8 weeks No strenuous exercise or heavy lifting	3-4 weeks No strenuous exercise or heavy lifting	2-4 weeks No strenuous exercise or heavy lifting
Contraindications	*smokers *previous abdominal surgeries *pre-existing health problems *patients lacking excessive abdominal tissue	*extensive axillary dissection *smokers *pre-existing health problems	*aggressive radiation (procedure will be considered on an individual basis)
Advantages	*your own tissue is used *no exposure to synthetic devices *patient gets a “tummy tuck”	*no abdominal complications *the blood supply is dependable *a safer option for patients who are considered high risk for a Tram .	*shorter operative procedure, hospitalization and recovery phase *produces a predictable shape *fewer scars *produces a higher firmer breast *flexibility in selection of select size
Timing	*immediate(at the time of mastectomy) or delayed	*immediate (at the time of mastectomy) or delayed	*immediate (at the time of mastectomy) or delayed