

## Breast Reconstruction Comparison Summary Chart

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

	*new position for umbilicus	mastectomy site	
<b>Indications</b>	*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
<b>Recovery time</b>	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
<b>Contraindications</b>	*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)
<b>Advantages</b>	*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
<b>Timing</b>	*immediate(at the time of mastectomy) or delayed	*immediate (at the time of mastectomy) or delayed	*immediate (at the time of mastectomy) or delayed