



**Advanced Aesthetics**

Plastic Cosmetic Surgery & Laser Centre

Dr. Dilip Gahankari



**BREAST RECONSTRUCTION**

1300 007 300 ■ [iplasticsurgeon.com.au](http://iplasticsurgeon.com.au)

## What's **Inside**

The decision to undergo any surgical procedure is never one to be taken lightly.

Dr. Gahankari has the skill, experience and proven record to ensure you are in the best, most capable hands. Dr. Dilip's commitment is to provide outstanding care to his patients with assurance of safety and quality in all aspects of their Plastic Surgery management. It is with this sincere philosophy that he performs every procedure.



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## The Procedure

### What is the procedure & are you a candidate?

Breast cancer is all too common in women and while survival rates are improving, there are many associated problems sufferers face.

For some, partial or full mastectomy (removal of the breast) is necessary. Losing one or both breasts to cancer impacts a woman's self-esteem considerably.

Breast reconstruction (which can be performed at the time of the mastectomy or many years later) can be the solution.

Breast reconstruction is designed to recreate the breast mound on one or both sides.

During a detailed consultation, Dr Gahankari will assess what options are available to you.





## The Surgery

### How is the procedure performed?

- There are three main types of breast reconstruction.
- First is making your breast mound entirely with your tissues. This is most commonly done with microvascular TRAM flap. In simple terms, the breast mound is made from the spare 'tire' of the lower tummy.
- The second procedure involves making of a new breast with the help of a silicone implant. This can be done through the use of the tissue expander, which stretches the remaining skin in the breast area, then a silicone implant is placed in under this newly stretched skin.
- Another option is to use a silicone implant under a muscle flap that is swung forward from the back. This is especially suitable for women who had radiation treatment and who desire an implant assisted reconstruction rather than TRAM flap.



## Prepare your **Mind & Body**

Surgery is a major event for anyone, and for a short time it will have a great impact on your life.

Thorough planning and preparation will ensure your experience is a positive one and your outcome meets your expectations.





- Have a thorough knowledge of the procedure. Ensure you have asked Dr. Gahankari any questions you have so you feel completely informed and comfortable.
- Understand that you will need time to recover and for a short time you will be incapacitated to some degree and unable to live your life the way you normally do. Allowing your body time to heal and recover will ensure your surgery is successful and you are back to your normal routine in as short a time as possible.
- Maintain a positive attitude. This surgery is something you are doing for your wellbeing and it is important to stay focused and positive.

## Your Mind

Knowledge is power





## Your **Body**

### Prepare your body

- Quit smoking at least four weeks before your scheduled surgery. Smoking and nicotine make complications more likely and also slow the healing process.
- Ensure your body is as healthy as possible by eating well and exercising regularly prior to your surgery. Don't undertake any crash or fad dieting, or begin an unusually rigorous exercise program.
- Do not take any aspirin, ibuprofen or similar drugs for two weeks prior your procedure.
- Do not consume any alcohol for at least 48 hours prior your procedure.
- Remember that you should not eat or drink anything for 8 hours before the surgery.



## Prepare your **Nest**

Prior to your surgery take some time to prepare your home for your return.

- Ensure your bedroom has easy access for you post-surgery. If your bedroom is upstairs, consider moving to a downstairs room for the first week after your recovery.
- Ensure that your bedroom is set up for you to be comfortable. Have a table beside your bed with items you will need such as phones, phone chargers, books, diaries and remote controls. Make sure there are plenty of pillows so you can get comfortable.
- Check that your bathroom is suitably set up, preferably with a hand held shower so you can bathe without wetting any dressings. You may also want to invest in a shower chair or sturdy plastic chair to use in the shower.

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## Your nest (continued)

- You will not be able to do any heavy lifting immediately after your surgery, nor will you be able to drive. Ensure you have planned for this.
- Organise for your groceries to be home delivered for a week or so after your surgery.
- Have some healthy meals prepared and in the fridge or freezer for the first few days after surgery when you may not feel like cooking. Also have some snacks such as protein bars in the pantry.
- Consider your pets. If you have cats or dogs that jump up on you or climb on you, it may be easier for you to have a friend mind them immediately after surgery.

## Make sure you have:

- Ice packs
- Loose, comfortable clothing that is easy to put on and take off.
- Over the counter pain medications recommended by Dr. Gahankari.
- Antibacterial soap or body wash. Dr. Gahankari can advise the best options.
- Prune juice. Pain medication may cause constipation and prune juice is a natural way to relieve this.

## Your Support

### Organise in advance for a more positive outcome

- Ensure the family and friends you have chosen to tell your surgery about know that you may need their help in the first days and weeks after your surgery. Allow them to assist you with some of your regular duties and commitments. Make sure they know what to expect on your return with regard to your capabilities.
- You'll need a friend or family member to drive you home after your surgery. If you live alone you will need someone to stay with you for a night or two. Organise this well in advance.
- Consider your schedule carefully prior to surgery and make alternative arrangements for things like driving kids to school or other commitments.
- Choose a trusted friend or family member who can help you care for any stitches and bandaging you may have. Dr. Gahankari will provide you with specific instructions on how to care for the bandages in the days following the surgery, and it is important that you follow them closely in order to prevent infection or excessive bleeding.
- Check that all the phone numbers you need are programmed into your phone or written in an address book beside your bed.



## Procedure Day

On the day of your procedure ensure you:

- Have not had anything to eat or drink for 8 hours prior to surgery
- Arrive in plenty of time
- Have any paperwork you need with you
- Wear loose comfortable clothing
- Do not wear contact lenses
- Do not wear jewellery
- Do not wear make-up
- Do not wear nail polish
- Have organised your travel home after surgery.

After the procedure, you will be monitored to ensure that you have no residual effects from the anaesthesia and verify that there is no excess bleeding. You may have drainage tubes placed in the incision areas.

Pain will be controlled with over the counter pain relievers unless Dr. Gahankari prescribes a stronger prescription. Generally the pain is minimal and easily controlled.



## After Surgery

### What can you expect immediately after surgery?

- Your post-operative experience will depend on the type of surgery you have undergone.
- For micro-vascular TRAM flap reconstruction, you can expect to be in hospital for five to seven days.
- For LD (your back muscle) flap, you may be in the hospital for a day or two. You may go home with the drains if they still are draining fluid. They would then be removed in the next few days.
- If you have had the expander inserted for stretching the breast skin for a breast implant, you would be given a schedule for gradual inflation of these expanders with saline at our office. You would also be given prescriptions for antibiotics and pain killers.

### RELAX AND RECOVER

Remember, you have just had surgery so don't do anything stressful or undertake any strenuous physical activity.

## Scars

What kind of scarring can you expect?

Any surgical procedure will leave scars. Your scarring will depend on the type of mastectomy you have had, and the type of reconstruction undertaken. These generally fade in time in most women, but they don't go away entirely.

Scars from mastectomy and reconstruction are generally out of sight, even in a bathing suit or low-cut dress or top.



## Risks

All surgical procedures have risks and they depend on the type of procedure performed.

Risks in breast reconstruction include

- Infection, bleeding, pain,
- Hernia (relevant to TRAM flap), implant rupture,
- Tissue breakdown (failure of the tissue to thrive due to inadequate blood supply),
- Blood clot, seroma or fluid collection.
- An uncommon complication is non-thriving of the attached flap.





## Concerns

Surgery is a major event for anyone, and it is natural that you may have concerns.

### **We are here to help.**

Call our clinic on **1300 007 300** at any time if you have any questions.

This number can also be used to contact Dr Gahankari's after hours service.

If you feel you need urgent medical attention, we advise that you visit the Accident and Emergency Department at your nearest hospital.



## That's about it!

We hope that you've enjoyed reading our information guide, and that it's been helpful.

We love to hear from you! Please consider sharing your experience with us via [Google Plus Review](#) or [Social media](#).

### Contact Us

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# Other Services

## FACE

- Brow Lift
- Prominent Ears
- Eyelid Surgery
- Facelift
- Platelet Rich Plasma Injections

## BODY

- Hand Surgery
- Skin Cancer Treatment
- Arm Lift
- Body Lift
- Tummy Tuck
- (SlimLipo) Laser Liposuction
- Labiaplasty
- Post Pregnancy Surgery

## BREAST SURGERY

- Asymmetric Breasts
- Breast Enhancement
- Breast Lift
- Breast Reconstruction
- Breast Reduction
- Male Breast Reduction

## MEN

- Brow Lift
- Prominent Ears
- Eyelid Surgery
- Facelift
- Nose Reshaping
- Male Breast Reduction
- Body Lift
- Platelet Rich Plasma Injections

## NON-SURGICAL

- BBL Photo Rejuvenation
- Wrinkles & Finesline Reduction
- Lip Enhancement
- Excessive Sweating
- Permanent Hair Reduction
- Laser Resurfacing
- MicroLaserpeel
- ProFractional™ Laser
- Skin Photo Rejuvenation
- Sunspots & Skin cancer
- Birthmark & Vascular
- Veins, Redness & Capillaries
- Microdermabrasion
- Peels

## TATTOO REMOVAL

- Picosure Laser Tattoo Removal