

Elite

breast reconstruction

Overview

Breast reconstruction surgery is a procedure that can help you regain your physical and emotional well-being after a mastectomy. At Elite Plastic Surgery, we understand the challenges you face when you are diagnosed with breast cancer or have a genetic predisposition to the disease. We are here to provide you with the support and care you need to get through this difficult time.

We know that breast cancer can be a very overwhelming experience. You may be feeling a range of emotions, including fear, anxiety, and uncertainty. You may also be facing a lot of new information and decisions. We want to make sure that you have the information and support you need to make the best decisions for your health and well-being.



Our reconstructive team is dedicated to helping you regain your self-identity after a mastectomy. We understand that breast reconstruction is more than just a medical procedure. It is also a way to reclaim your sense of self and your confidence. We take great pride in helping our patients achieve natural-looking results that allow them to feel comfortable and confident in their own skin.

We know that breast cancer is not just your battle. It is a journey that you will share with your family and friends. We are here to support you every step of the way. We want to help you get back to the life you love, and we know that you can do it.

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Our Approach

We believe that every patient is unique, and we tailor our treatment plans accordingly. We have extensive experience with all types of breast reconstruction procedures, and we are committed to providing our patients with the most up-to-date information and care.

We have published numerous peer-reviewed articles on breast reconstruction, and our research has covered a wide range of topics, including:

- The most modern options for breast reconstruction
- Improving recovery following mastectomy
- Describing narcotic medication prescription patterns
- Assessing the risk of complications following breast reconstruction



We believe that the most informed patients are the most satisfied with their reconstructive results. This is why we take the time to educate our patients about all of their options and to answer any questions they may have. We also believe in shared decision-making, and we work with our patients to develop a treatment plan that right for them.

We are committed to providing our patients with the highest quality care and the most natural-looking results. We are confident that we can help you achieve your goals for breast reconstruction

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What you should know prior to your consultation

Options for breast reconstruction – There are two main types of breast reconstruction: implant based and autologous tissue transfer. Implant based reconstruction uses saline or silicone implants to create the shape of the breast. Autologous tissue transfer uses tissue from another part of the body, such as the abdomen, back, or thighs, to create the breast.

Risks and benefits to each type of reconstruction: Both implant-based and autologous tissue transfer have risks and benefits. It is important to discuss these with your surgeon so that you can make an informed decision about which type of reconstruction is right for you.



Recovery time for each type of reconstruction: The recovery time for breast reconstruction varies depending on the type of surgery and your individual circumstances. With all of our reconstructive procedures we use established enhanced recovery after surgery protocols (ERAS). These protocols focus on optimizing patient care before, during, and after surgery to reduce the risk of complications and speed up recovery.

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Enhanced Recovery After Surgery (ERAS)

There are a number of advantages to using ERAS protocols following breast reconstruction. These include:

- **Shorter hospital stay:** Patients who follow ERAS protocols typically have a shorter hospital stay than those who do not. This can save patients time and money, and it can also help them get back to their normal activities sooner.
- **Reduced pain:** Patients who follow ERAS protocols typically experience less pain than those who do not. This is because ERAS protocols focus on multimodal pain management, which uses a combination of different pain medications and techniques to keep patients comfortable.
- **Less nausea and vomiting:** Patients who follow ERAS protocols typically experience less than nausea and vomiting than those who do not. This is because ERAS protocols focus on preventing these complications by optimizing fluid intake and using antiemetic medications.
- **Fast return to normal activities:** Patients who follow ERAS protocols typically return to their normal activities sooner than those who do not. This is because ERAS protocols focus on helping patients get up and moving as soon as possible after surgery.



Overall, ERAS protocols offer a number of advantages for patients undergoing breast reconstruction. These protocols can help patients have a shorter hospital stay, experience less pain, and return to their normal activities sooner.

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What to expect now.

Once your consultation is made or referral has been placed, we will follow these steps:

1. We will schedule your first available appointment, usually within 1-2 weeks
1. We will contact you from our office with additional information about breast reconstruction through our TouchMD platform for additional information and videos
1. We will have a consultation with you to discuss your goals for breast reconstruction and to answer any questions you may have
1. We will work with your breast surgeon's office directly to schedule procedures in order to integrate your care.

We understand that this can be a difficult time, and we are here to support you every step of the way. We will do everything we can to make the process as smooth and as easy as possible for you.



Elite Plastic Surgery Breast Reconstruction offer in-network services with a variety of insurance providers, including BCBS, Ambetter, Cigna, and Aetna. We also work with other insurance providers, so please contact us if you have any questions about your coverage.

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We understand there may be additional questions you may have and encourage you to use this page to write them down prior to your consultation.