

# Elite

breast reconstruction

ROZBEH TORABI, MD ▪ RADBEH TORABI, MD ▪ RANIYAR TORABI, MD ▪ KRISTA SINCLAIR, FNP-C, RNFA  
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel: (480) 291-6895 | Fax: (480) 948-3750  
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

## Preparing for your Breast Reconstruction Appointment

A breast cancer diagnosis can be overwhelming. Once a surgical plan is determined by both you and your breast surgeon, reconstruction is the next step. This document is a brief overview of common breast reconstruction surgical options to aid in your upcoming appointment. Surgical options are patient dependent. Your surgical options will be discussed during your appointment. If you have any questions prior to your appointment or in regards to this document please call or email our office. We also welcome you to review the breast reconstruction portion of our website for additional information.

Main Phone Number: 480-291-6895

Email: [Contact@epsaz.com](mailto:Contact@epsaz.com)

<https://eliteplasticsurgeryaz.com/breast-reconstruction-services-overview/>



### **Oncoplastic closure or no reconstruction**

Based on emergent need for mastectomy, health status or patient preference you may not be a candidate or choose to have reconstruction at the time of mastectomy. Occasionally, your breast surgeon will coordinate with a plastic surgeon to perform the surgical closure. The surgical closure may or may not include removing excess skin to achieve flat/ streamline results. This will be discussed at your appointment based on your referral and personal decision.

### **Lumpectomy with delayed reconstruction**

A lumpectomy is a procedure performed by your breast surgeon in which the cancerous mass/tumor is removed and the rest of the surrounding breast tissue is spared. Patient's occasionally wait to have reconstruction after the completion of radiation. This allows them to see the full-effects of the changes that will occur post-surgery and radiation. A few key points to consider is that radiation changes the appearance of the breast, which can not be predicted. Moreover, any reconstruction after radiation requires a 6 month waiting period to ensure the best success of reconstruction with reliable results during this time we monitor radiation changes and advise on your best course of action.

### **Single or Bilateral Mastectomy with Reconstruction**

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Mastectomy single or double sided with tissue expander placement and subsequent implant(s) or autologous reconstruction. A mastectomy can be performed on one or both sides. This is decided by you, your breast surgeon and plastic surgeon. A mastectomy is the removal of breast tissue leaving your skin and soft tissue. Occasionally nipples and/or skin can not be spared and your breast surgeon will discuss what this entails.

At the time of mastectomy the plastic surgeon will insert tissue expander(s) which are similar to implants through temporary place-holders. This allows the skin to heal, regenerate blood supply and form a

capsule or shell for permanent implants to be placed at a later date. Placing the tissue expanders allows more reliable results for final reconstruction. Moreover, it allows time for the final pathology to determine if you will require radiation or additional cancer related treatments. Once pathology has resulted patient's may proceed with implant based reconstruction or autologous reconstruction. If radiation is needed there is a 6 month post-radiation wait period for implant(s) and 3 months for autologous reconstruction on average.



### **Autologous (Own Tissue) Reconstruction**

Autologous reconstruction is using tissue from a different part of the body to reconstruct the breasts. This tissue can be used from the abdomen, inner thighs and back. The fat and soft tissue is transplanted to the breasts and the blood supply is reconstructed to give you a more natural and lifelong reconstruction. This procedure is not offered by many plastic surgeons in the valley, we at Elite Plastic Surgery specialize in this procedure.

### **Direct to implant at time of Mastectomy**

During the mastectomy surgery the plastic surgeon operates with your breast surgeon to place implants at the same time. This particular surgery is often not performed by our office as it requires a specific patient and breast type. Moreover, results are not as reliable.

