

POST BREAST SURGERY

Q. What are my options after breast surgery?

A. You have three alternatives after breast surgery: wearing an external breast form, non-surgical breast reconstruction (a custom prosthesis), or surgical breast reconstruction. We encourage you to learn about or come see the alternatives available other than surgical reconstruction. This will help you make more informed decision.

Q. Will my skin need attention after breast surgery?

A. Yes, your skin needs deep moisturizing to prevent dryness and sensitivity, and to promote healing; especially if you undergo radiation or chemotherapy treatment. Vitamin A or Vitamin E creams without paraffin are recommended.

Q. What can I wear immediately after breast surgery?

A. A post-surgical garment or camisole is perfect for immediate wear after surgery, even home from the hospital, and is covered by Medicare and most insurance plans. They are made from soft cotton with smooth interior seams and pockets to hold fiber-filled forms for a natural look. Some have removable drain pouches, zippers or Velcro, and some can be stepped into.

Q. What is a breast form?

A. A breast form is a breast prosthesis to be worn inside a bra to closely simulate the natural contours of your own breast. Forms are made from silicone, foam, or fiber fill.

Q. After breast surgery am I at risk for lymphedema?

A. You may be at risk if lymph node dissection or radiation is involved. Read and follow our *Avoiding Lymphedema Tips*.